



Lub Dub's Fun Filled Heart Healthy Activities

After Your Visit!

I hope that you enjoyed your field trip to the Halle Heart Children's Museum and are now inspired to make positive choices about your health, especially diet and exercise. I hope you remember that you should eat 60 grams of fat per day (or 20 grams per meal), how to read food labels so you know how much fat is in your food, to watch your portion sizes and of course, to never smoke or use tobacco!

Now that you have the facts, I believe that you will make positive choices in your life because you are excited about your health and want to be stronger and live longer!

Remember the three very important, attitudes you need to continue living heart healthy!

**You believe in living heart healthy!
You choose to live heart healthy!
You will live heart healthy!**

To practice what you learned I have prepared this fun-filled Activity Packet to put your skills to the test!

Have fun and be creative! Send or email me stories about what you learned!

Love,

Lub Dub

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Circulatory System:	The bodily system of the heart, blood, and vessels concerned with the circulation of the blood
Cholesterol:	A waxy substance that may be related to the abnormal thickening and hardening of arteries when too much is present
Plaque:	A buildup of fat, cholesterol, calcium, and other substances, on the inside walls of the arteries
Heart Attack:	Occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely
Stroke:	Occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts
Defibrillation:	To stop the fibrillation (involuntary and uncoordinated rapid twitching of muscles) of a heart, usually by administering an electric shock
AED:	A portable defibrillator designed to be used by persons without substantial medical training who are responding to a cardiac emergency
Ventricle:	A chamber of the heart which receives blood from an atrium and from which blood is forced into the arteries
Atrium:	A chamber of the heart receiving blood from the veins (atria is the plural form)
Artery:	One of the tube-shaped vessels that carry oxygen rich blood from the heart to all parts of the body
Vein:	One of the tube-shaped vessels that carry blood from the capillaries back to the heart
Valve:	A bodily structure in the heart that allows movement of a fluid in one direction only
Capillary:	Any of the tiny blood vessels connecting the small arteries and veins
Cardiologist:	A medical doctor who specializes in the heart, its normal functioning and its diseases

Nicotine:	poisonous substance found in tobacco
Risk factor:	Something that increases the possibility that something bad will happen (cigarette smoking is a risk factor for heart disease)
Protein:	A naturally occurring substance found in animal products and some plant products (meat, milk, eggs, nuts, and beans)
Calorie:	Used to indicate the value of foods in the production of heat and energy
Nutrient:	Substances in foods that people need to stay healthy
Carbohydrate:	Starches and sugars that provide the body with most of the energy it needs
Calcium:	A chemical element necessary for the normal function of the heart, nerves and bones
Fat:	A major class of energy rich food
Trans Fat:	A type of fat usually made by food manufacturers so that foods last longer on shelves or in cans. Eating trans fats increases the risk of some illnesses, like heart disease.
Saturated Fat:	A type of fat that has been shown to increase the risk of heart disease. Found in animal foods such as butter, full fat dairy foods, and fatty meats, as well as many processed and take-away foods
Monounsaturated Fat:	A healthy fat that may help reduce the risk of heart disease. Found in olive and canola oil, nuts and avocados
Polyunsaturated Fat:	A healthy fat that may help reduce the risk of heart disease. Found in fish, vegetable oils such as sunflower oil, nuts and seeds



The Adventures of Lub Dub and Couch Potato



Think about the choices Lub Dub makes to live heart healthy. What does he choose to eat and how much does he eat. Is he active and move his body or does he lie around all day eating chips while watching TV or playing video games?

Write down or discuss with your friends or family what Lub Dub does to live a heart healthy life. Talk about why he chooses to live heart healthy. Does it make him feel and look better? Is he more focused and able to concentrate better?

Now think about The Couch Potato. What are the choices he is making and why do we call him a “Couch Potato”? How do you think he feels? Do you think he has any energy? Does he feel strong?

What do you think Lub Dub would do to encourage Couch Potato to begin living a heart healthy lifestyle? Think about heart healthy activities that Lub Dub and Couch Potato could do together. Maybe they could cook a meal together, go on a hike, turn up the dance music and move to the beat, or learn to skate board together.

Use what you learned at the Halle Heart Children’s Museum to write a story about the heart healthy adventures of Lub Dub and Couch Potato. Explain how Lub Dub was able to convince Couch Potato to believe in living heart healthy and how he started living a heart healthy lifestyle. Write about the new activities he started to participate in and how his life changed. Create a new name for Couch Potato.

Craft a cover, title page and glossary for your bestseller! Email or mail a copy to Lub Dub. Your bestseller will be entered into a contest for a special prize!

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Lub Dub's Heart Healthy Menu

Menu Supplies

- ♥ Wednesday food ads or magazines
- ♥ Construction paper
- ♥ Elmers Glue
- ♥ Black Markers



Directions:

Use the construction paper to create the body of the Menu by folding it in half like you were making a card. Use the information you learned on your tour at the Halle Heart Children's Museum or go to myplate.gov to create a healthy meal. Decide if you would like to design a breakfast, lunch or dinner meal. Draw a plate on the front of your menu. Leave room for a title. Cut out pictures to create your meal and glue on to the plate on the front of your menu.

- ♥
- ♥ Don't forget!
- ♥ One half of your plate should be veggies and fruit.
- ♥ Choose low fat or fat free dairy.
- ♥ Choose whole wheat or grains.
- ♥ Choose lean meats or plant protein.
- ♥ No oversized portions!
- ♥ Only 20 grams of fat per meal!

Give your meal a title. Your title should make people want to eat your meal!

Lub Dub's World Famous Amazingly Delicious Heart Healthy Dinner

On the left side of the inside of your menu, describe the ingredients in your meal. Be imaginative! Look on the internet for examples of how food is described in restaurant menus.

Teriyaki Chicken Breast, Veggies and Rice

Chicken breast grilled with teriyaki sauce. Served with fresh steamed broccoli, ripe and juicy pineapple and mouth watering, savory wild rice. Sparkling water to drink and vanilla frozen yogurt with fresh raspberries and black berries sprinkled over the top.

Look up the amount of fat and calories in your food selection on www.nutritiondata.self.com

On the right page of your menu design a food label using the template provided.

Nutrition Facts	
Serving Size _____	
Serving Per Container _____	
<hr/>	
Amount per Serving	
<hr/>	
Calories	_____
Total Fat	_____
Saturated Fat	_____
Trans Fat	_____

LUB DUB RECORDS



Now that you have visited the Halle Heart Children's Museum, Lub Dub wants you to RECORD what you ate for lunch for three days again. Remember, it's easy and it's fun! When you are done with lunch, just write down what you ate. Use Lub Dub's RECORD CHART to jot it down. You should know how to calculate the number of fat grams you ate for lunch by reading the food label or the looking up the fat grams online. If you are still unsure, ask an adult to help. RECORD it on the RECORD CHART.

Lub Dub also wants you to again RECORD how you moved your body for three days! Did your choices change? Did you play soccer, dance or run track for longer periods of time? RECORD what you did and for how long. Think about whether your heart started to beat faster. Was the intensity of your exercise vigorous, moderate or low?

You can determine the intensity of your exercise by how you were breathing or if you could talk or sing!

Low intensity:	No change in breathing but moving body <i>Easy</i>
Moderate intensity:	Can talk but can't sing <i>A little hard</i>
Vigorous Intensity	Can only talk in short phrases <i>Very hard</i>

RECORD whether your exercise intensity was low, moderate or vigorous. Use the back if you need more room to RECORD your exercise choices!

Compare and Contrast your choices. Were you motivated to eat better? Did you think about what you ate? Did you eat more than 20 grams of fat? Did you move your body more or at a higher intensity? Discuss what choices you made differently because of your visit to the Museum.

Share your motivational stories with Lub Dub and you may find them on our website!

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LUB DUB'S RECORD CHART

DAY ONE After Your Museum Visit

FOOD CHOICES

VEGETABLE _____

FRUIT _____

WHOLE GRAIN _____

LOW FAT DAIRY _____

PROTEIN _____

OTHER FOOD OR DRINK

TOTAL FAT GRAMS _____

EXERCISE CHOICES

ACTIVITY _____

TIME _____

INTENSE _____ MODERATE _____ LOW IMPACT _____

EXERCISE CHOICES

ACTIVITY _____

TIME _____

INTENSE _____ MODERATE _____ LOW IMPACT _____

EXERCISE CHOICES

ACTIVITY _____

TIME _____

INTENSE _____ MODERATE _____ LOW IMPACT _____



LUB DUB'S RECORD CHART

DAY TWO After Your Museum Visit

FOOD CHOICES

VEGETABLE _____

FRUIT _____

WHOLE GRAIN _____

LOW FAT DAIRY _____

PROTEIN _____

OTHER FOOD OR DRINK

TOTAL FAT GRAMS _____

EXERCISE CHOICES

ACTIVITY _____

TIME _____

INTENSE _____ MODERATE _____ LOW IMPACT _____

EXERCISE CHOICES

ACTIVITY _____

TIME _____

INTENSE _____ MODERATE _____ LOW IMPACT _____

EXERCISE CHOICES

ACTIVITY _____

TIME _____

INTENSE _____ MODERATE _____ LOW IMPACT _____



LUB DUB'S RECORD CHART

DAY THREE After Your Museum Visit

FOOD CHOICES

VEGETABLE _____

FRUIT _____

WHOLE GRAIN _____

LOW FAT DAIRY _____

PROTEIN _____

OTHER FOOD OR DRINK

TOTAL FAT GRAMS _____

EXERCISE CHOICES

ACTIVITY _____

TIME _____

INTENSE _____ MODERATE _____ LOW IMPACT _____

EXERCISE CHOICES

ACTIVITY _____

TIME _____

INTENSE _____ MODERATE _____ LOW IMPACT _____

EXERCISE CHOICES

ACTIVITY _____

TIME _____

INTENSE _____ MODERATE _____ LOW IMPACT _____



Lub Dub wants to know what you are thinking!

Email or mail your thoughts to Lub Dub at:

LubDub@heart.org

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1. What was your favorite part of the museum?
2. List at least three things you learned at the museum.
3. Tell Lub Dub why you want to live heart healthy?
4. What will you do to live heart healthy?
5. Would you recommend The Halle Heart Children's Museum to your friends?

