



Lub Dub's Fun Filled Heart Healthy Activities Fifth grade and up

Before Your Visit!

Hi, I am Lub Dub, the Mascot at the Halle Heart Children's Museum. I'm very excited that you will be visiting the Halle Heart Children's Museum because it was built to inspire kids just like you to make positive choices about their health.

We've all heard that Americans eat too much and don't exercise enough, and that we need to slim down as a country. Well, I want to help change all that, but the only way to change bad habits is to change attitudes!

I want you to be EXCITED about your health because only YOU can make the positive health choices you need to live a heart healthy lifestyle.

I hope to inspire you to adopt three very important, positive attitudes about your life and your health!

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

To get ready you for your visit I prepared this fun-filled Activity Packet for you to review heart healthy vocabulary and to help you begin to think about what you choose to eat and how you choose to move. I hope you enjoy it and find it useful.

To your health! Love,

Lub Dub

**2929 South 48th Street
Tempe, Arizona 85282**



- 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





Lub Dub's Word Search

A P A M K N E C R Y O C S C B
M L C P C O I I I A S A A H Y
Y A A M A I R R S T O R T O R
E Q L B T T O C K S S B U L A
L U C O T A L U F A Y O R E L
C E I P A L A L A A S H A S L
I T U R T L C A C R T Y T T I
R N M O R I G T T T E D E E P
T E A T A R P O O E M R D R A
N I T E E B K R R R B A F O C
E R R I H I S Y T Y R T A L V
V T I N T F E V L A V E T G E
F U U A A E E N I T O C I N I
V N M C F D T R A N S F A T N
T S I G O L O I D R A C D E A

AED
ARTERY
ATRIUM
CALCIUM
CALORIE
CAPILLARY
CARBOHYDRATE
CARDIOLOGIST
CHOLESTEROL
CIRCULATORY
DEFIBRILLATION
FAT

HEARTATTACK
NICOTINE
NUTRIENT
PLAQUE
PROTEIN
RISKFACTOR
SATURATEDFAT
SYSTEM
TRANSFAT
VALVE
VEIN
VENTRICLE

Lub Dub Fill in the Blanks

Directions: Read the definition and write the correct word from the word bank.

Cholesterol	Ventricle	Valve	Monounsaturated Fat
Plaque	Polyunsaturated Fat	Saturated Fat	Circulatory System
Heart Attack	Atrium	Capillary	Nutrient
Calcium Stroke	Trans Fat	Cardiologist	Carbohydrate
Defibrillation	Artery	Nicotine	Calorie
AED	Vein	Protein	
Fat		Risk Factor	

1. _____ Something that increases the possibility that something bad will happen
2. _____ A naturally occurring substance found in animal products and some plant products.
3. _____ Used to indicate the value of foods in the production of heat and energy.
4. _____ Substances in food that people need to stay healthy.
5. _____ Starches and sugars that provide the body with most of the energy it needs.
6. _____ A chemical element necessary for the normal function of the heart, nerves and bones.
7. _____ A major class of energy rich food.
8. _____ A type of fat usually made by food manufacturers so that foods last longer on shelves or in cans. Eating this increases the risk of some illnesses, like heart disease.
9. _____ 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.

10. _____ A healthy fat that may help reduce the risk of heart disease. Found in olive and canola oil, nuts and avocados.
11. _____ A healthy fat that may help reduce the risk of heart disease. Found in fish, vegetable oils such as sunflower oil, nuts and seeds.
12. _____ The bodily system of the heart, blood, and vessels concerned with the circulation of the blood.
13. _____ A poisonous substance found in tobacco.
14. _____ A waxy substance that may be related to the abnormal thickening and hardening of arteries when too much is present.
15. _____ A medical doctor who specializes in the heart, its normal functioning and its diseases.
16. _____ A buildup of fat, cholesterol, calcium, and other substances, on the inside walls of the arteries.
17. _____ Any of the tiny blood vessels connecting the small arteries and veins.
18. _____ Occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely.
19. _____ A bodily structure in the heart that allows movement of a fluid in one direction only.
20. _____ Occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts.
21. _____ One of the tube shaped vessels that carry blood from the capillaries back to the heart.
22. _____ To stop the fibrillation (involuntary and uncoordinated rapid twitching of muscles) of a heart, usually by administering an electric shock.

23. _____ A chamber of the heart receiving blood from the veins (atria is the plural form).
24. _____ A portable defibrillator designed to be used by persons without substantial medical training who are responding to a cardiac emergency.
25. _____ A chamber of the heart which receives blood from an atrium and from which blood is forced into the arteries.
- 26 _____ One of the tube shaped vessels that carry oxygen rich blood from the heart to all parts of the body.

LUB DUB RECORDS



Before you visit the Halle Heart Children's Museum, Lub Dub wants YOU to RECORD what you are choosing to eat and how much you move your body.

For three days, Lub Dub wants you to RECORD what you ate for lunch. It's simple 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. If you know how, calculate the number of fat grams you ate for lunch and RECORD that too! If you don't, don't worry, Lub Dub will teach you when you visit the Museum.

Lub Dub also wants you to RECORD how you moved your body for three days! What were your choices? Did you play soccer, dance or run track? 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!

LUB DUB'S RECORD CHART

DAY ONE Before Your Museum Visit

FOOD CHOICES

VEGETABLE _____

FRUIT _____

WHOLE GRAIN _____

LOW FAT DAIRY _____

PROTEIN _____

OTHER FOOD OR DRINK

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 Before Your Museum Visit

FOOD CHOICES

VEGETABLE _____

FRUIT _____

WHOLE GRAIN _____

LOW FAT DAIRY _____

PROTEIN _____

OTHER FOOD OR DRINK

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 Before Your Museum Visit

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 _____

