Lub Dub’s Fun Heart Healthy Activities

Before Your Visit!

Lub Dub is so excited that you will be visiting his Museum! The Halle Heart Children’s Museum is a special place where Lub Dub hopes to inspire kids just like you to make positive choices about your health.

Lub Dub wants YOU to be excited about your health.

Lub Dub needs you to leave the museum with three very important attitudes you have about your life and health!

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

Let’s get started by learning heart healthy vocabulary words with Captain Lub Dub

Review the heart health vocabulary words.
- Find the words in the word search.
- Match the words to the correct definition.
- Use the definitions to fill the blanks in heart healthy sentences.

When you visit the Museum use your new vocabulary words to impress your Heart Guide!
**Stethoscope:**  A medical instrument used for listening to sounds produced in the body by the heart and lungs

**Balanced Diet:**  To stay healthy your diet should include foods from all of the food groups

**Exercise:**  The activity of using your muscles to keep fit

**Serving Size:**  An amount of food found on the food label

**My Plate:**  A plate showing the different food groups and the amount of foods a person should eat

**Peer Pressure:**  Pressure from friends to behave like them

**Heart Rate:**  The number of times the heart beats in one minute

**Oxygen:**  A gas that is necessary for life

**Blood Vessels:**  The tubes through which the blood moves in the body

**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 back to the heart

**Nutrients:**  Substances in foods that people need to stay healthy

**Stroke:**  Occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts

**Blood Pressure:**  Pressure of the blood on the walls of blood vessels

**Heart Attack:**  Occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely
A M Y P L A T E K C K A Q O S
U P A M P V M R D D S P V D T
H E A R T R A T E D N Q F R E
B L O O D P R E S S U R E P T
N K C A T T A T R A E H S E H
E U H S Q M P B G C S Y E E O
G N U T R I E N T S R C R R S
Y E K O R T S D S E E X V P C
X I N I E V K S T V I Q I R O
O R K O F J D R Y J B A N E P
Y Z S L K I A O Q H T H G S E
B A L A N C E D D I E T S S T
S L E S S E V D O O L B I U C
R I M K R Y P D O O Z U Z R B
E S I C R E X E A V N L E E G

ARTERY
BALANCED DIET
BLOOD PRESSURE
BLOOD VESSELS
EXERCISE
MY PLATE
HEART ATTACK
HEART RATE

NUTRIENTS
OXYGEN
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SERVING SIZE
STETHOSCOPE
STROKE
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Directions: Complete the sentence by filling in the blanks with the correct word/words from the Word Bank.

Word Bank

| stethoscope | blood pressure | oxygen | nutrients |
| balanced diet | Food Pyramid | artery | blood vessels |
| exercise | stroke | heart rate | heart attack |
| vein | peer pressure | serving size |

1. When I exercise, my heart needs more __ __ __ __ __ __.

2. I will use the __ __ __ __ __ __ __ __ __ __ __ __ so I will eat from all the food groups.

3. I can listen to my heart beat with a __ __ __ __ __ __ __ __ __ __ __ __ __.

4. A __ __ __ __ carries blood back to my heart.

5. If someone is having a __ __ __ __ __ __ __ __ __ __ __ __ or a __ __ __ __ __ __, I will call 911.

6. My resting __ __ __ __ __ __ __ is 90-120 beats per minute.

7. The __ __ __ __ __ __ carries oxygen-rich blood from my heart to all parts of my body.

8. __ __ __ __ __ __ __ __ __ __ __ __ are the tubes through which the blood moves in the body.
9. We can check the __ __ __ __ __ __ __ __ __ and __ __ __ __ __ __ __ __ __ listed on the Nutrition Facts Label.

10. Say “no” to __ __ __ __ __ __ __ __ __ if someone tells you to smoke!

11. The nurse put a cuff around my arm to check my __ __ __ __ __ __ __ __ __.

12. I promise to eat a __ __ __ __ __ __ __ __ __ __ and __ __ __ __ __ __ __ __ everyday.