



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!



VOCABULARY LIST

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



Lub Dub's Vocabulary Word Search

2nd Grade

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
PEER PRESSURE
SERVING SIZE
STETHOSCOPE
STROKE
VEIN

Lub Dub Matching

Directions: Draw a line from the word box to the correct definition box.

Stethoscope

Balanced Diet

Exercise

Serving Size

Food Pyramid

Peer Pressure

Heart Rate

Oxygen

Blood Vessels

Artery

Stroke

Nutrients

Vein

Blood Pressure

Heart Attack

A gas that is necessary for life

Pressure of the blood on the walls of blood vessels

To stay healthy your diet should include foods from all the food groups

Occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off

A medical instrument used for listening to sounds produced in the body by the heart and lungs

An amount of food found on the food label

Substances in foods that people need to stay healthy

The number of times the heart beats in one minute

The activity of using your muscles to keep fit

A chart showing the different food groups and the amount of foods a person should eat from each

One of the tube-shaped vessels that carry blood back to the heart

Pressure from friends to behave like them

One of the tube-shaped vessels that carry oxygen-rich blood from the heart to all parts of the body

Occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot

The tubes through which the blood moves in the body

Lub Dub Fill in the Blanks

Directions: Complete the sentence by filling in the blanks with the correct word or words from the Word Bank

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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.