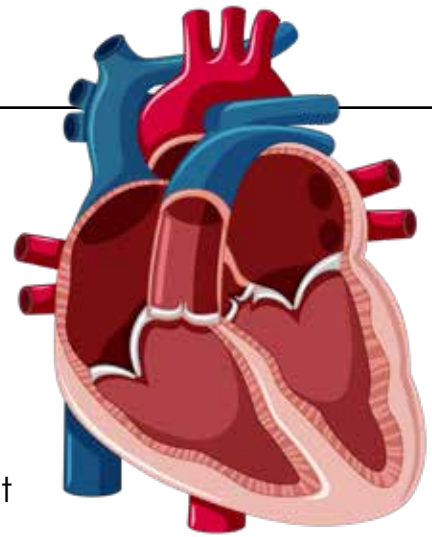


Name: _____

Your Heart

By Cynthia Sherwood



Have you ever watched as your mom or dad pumped gas into your car? You may not realize it, but the most vital part of your body—your heart—is simply a fancy pump. It is designed to move your blood around your body. The heart is located a little to the left of the center of your chest and is about the size of your fist.



Preview

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beat, blood is both entering and leaving your heart. The vessels that carry blood away from your heart are called arteries. The vessels that carry blood back to your heart are called veins.

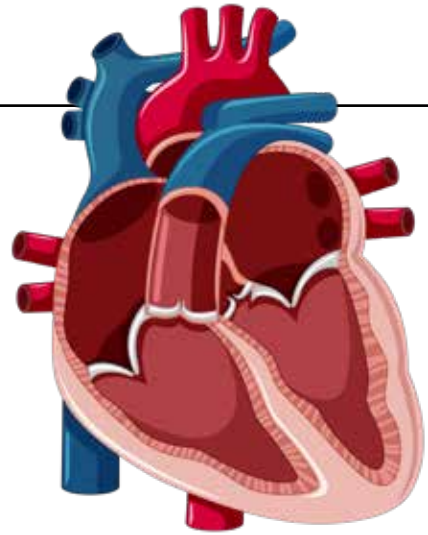
Heart disease is common among older Americans because the heart can become clogged over time. The heart will not pump as well if someone smokes or eats a lot of unhealthy fats and sugary foods. To take good care of your heart, you should eat plenty of whole grains, fruits, vegetables, and lean proteins. You should also exercise often to get your heart pumping hard. Just like other muscles in your body, your heart needs exercise to keep strong.

If you wonder why it is so important to have a strong heart, just think about this—your heart will beat about three *billion* times in your lifetime!

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1. Where is your heart located?

2. What does your heart do in your body?



Preview

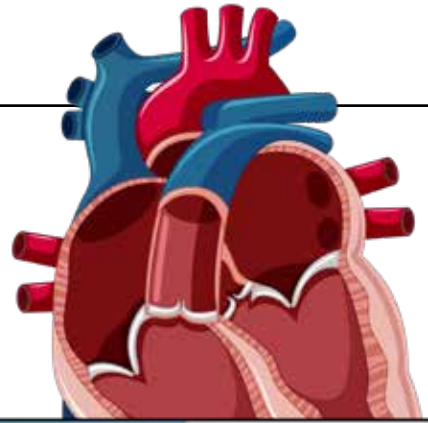
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Both

5. What are some things you can do to keep your heart healthy?

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**You can eat healthy foods, such as whole grains, fruits,
vegetables, and lean proteins, and you can exercise to keep
your blood pumping hard.**