

HEART DISEASE WORKSHEET

Fill in the blank

heart

exercise

healthy foods

heart disease

fruits

vegetables

OUR _____ IS ONE OF THE MOST IMPORTANT ORGANS IN OUR BODY. IT HELPS GIVE THE BODY BLOOD THAT WE NEED TO STAY ALIVE.

YOU CAN START TAKING CARE OF YOUR HEART NOW BY GETTING ENOUGH _____ EACH DAY AND EATING _____.

SOME HEALTHY FOODS MAY INCLUDE _____.

_____ RESULTS FROM YEARS OF LIVING AN UNHEALTHY LIFESTYLE.

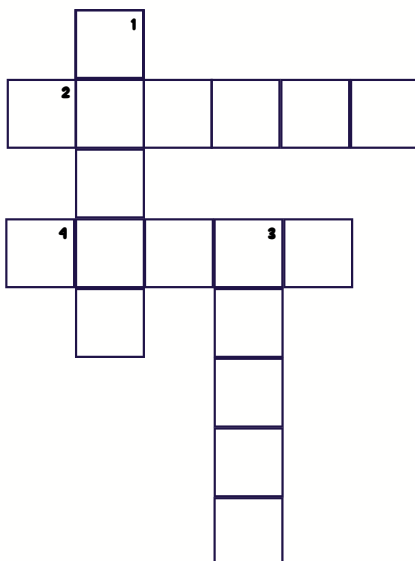
Crossword Puzzle

down

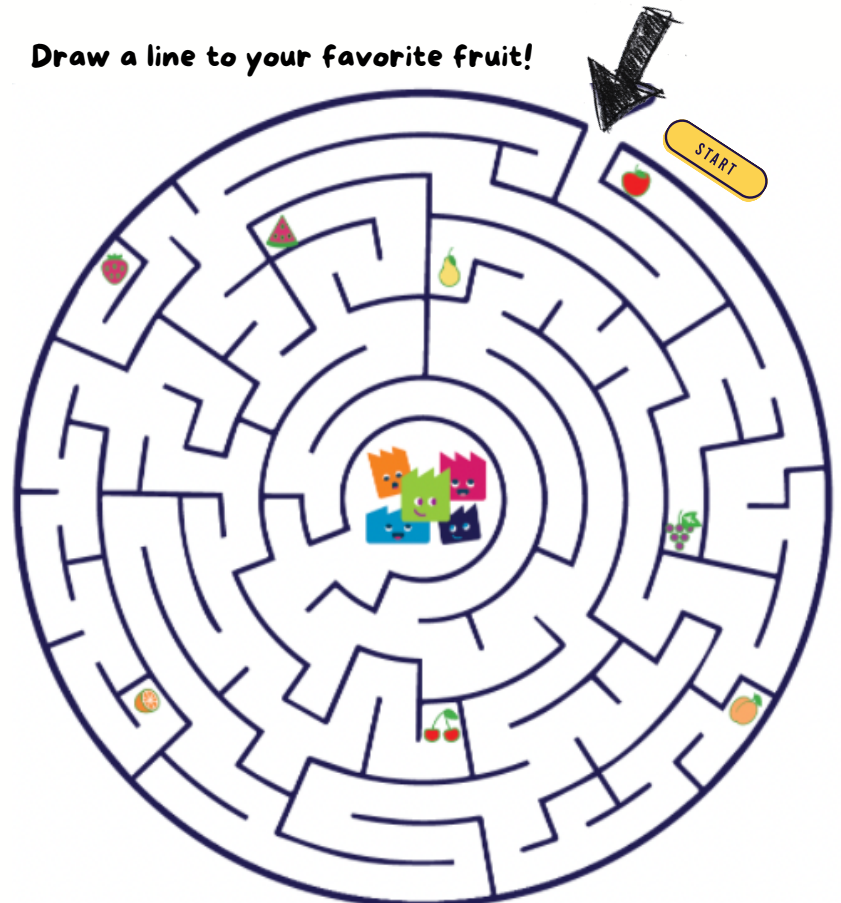
- 1 an organ that gives blood to our body
- 3 a fruit that is healthy

across

- 2 a person's mental or physical condition
- 4 our heart is an example of this



Draw a line to your favorite fruit!



Answers:

FILL IN THE BLANK

- 1.heart
- 2.exercise;healthy foods
- 3.fruits and vegetables
- 4.heart disease

CROSSWORD

Down

1 heart

3 apple

Across

2 health

4 organ