

Take the Superheart Quiz

Game 3 Read the information below and match the numbers to the words listed. Use each word once only.

Your heart is a (1) that pumps (2) around your body, through a network of tubes called (3) and veins. Your blood needs to be constantly circulated to your (4), muscles and other body parts to deliver (5) and nutrients (such as vitamins and minerals). These are needed to help you concentrate at school, and play football or dance with friends; in fact your heart plays a part in everything you do as it works hard to keep you alive! This is why it is important to take care of it throughout your (6).

- MUSCLE
- OXYGEN
- LIFE
- BRAIN
- BLOOD
- ARTERIES



Did you know? For a child your age:

- It takes less than 60 seconds for your blood to pump through the heart to every part of your body
- Your heart beats about 130,000 times in one day and about 47 million times in a year
- You have enough blood vessels in your body to circle around the globe

What's next?

By learning these facts and playing the games, you helped Superheart in his mission to keep your heart healthy. You can further help him:

- Give the leaflet to your friends and play the games with them
- Organize a special football or basketball game with your friends
- Show this leaflet to your parents or another adult, and ask to cook a heart-healthy meal
- Tell your teacher about this, and ask to organize a heart-healthy activity at school



Hi! I'm Superheart. Good to meet you!



Eat well! Get moving! Be a Superheart champion.

Learn how to keep your heart healthy. This is important, since your heart needs to keep pumping every day and every night, from even before you were born!

Let's look inside for heart facts and fun activities to try.

Game 2

For a heart-healthy diet, which foods do you think you should eat more often and which should you eat less often? Look at the list of foods in the menu and draw them in the boxes provided. Answers are on page 4 – no peeking!

Menu

Eat less often

Eat often

- Boiled potatoes
- Chips
- Salt fish or fried fish
- Fried chicken
- Chocolate cookie or cake
- Peppers/capsicum
- Banana
- Burger
- Grilled or baked white fish
- Low-fat yogurt and milk
- Green beans/okra
- Cola

Did you know?

To stay strong and healthy you should try to eat lots of different types of foods. Try to eat more fruit and vegetables and less foods containing fats, added sugar and salt.

However, some foods contain too much salt, sugar, or unhealthy types of fat called saturated fats and trans-fats. These are often found in fast or processed foods such as chips, burgers, fried chicken, cakes, and sweetened drinks. You can have these occasionally, but eating too much of this type of food can make you overweight and make it harder for your heart to work properly, over time.

Sugar and good types of fat can be found in healthy foods such as grilled fish and chicken, nuts, vegetables, fruit and natural fruit juice. These foods give you energy and help to keep your body fit and working properly, as well as helping you grow. You should try to eat such healthy foods often.

Game 1

Did you do any exercise today? Use the table below – try to exercise for at least 60 minutes!

Challenge your friends – who did the most exercise?

CHALLENGE	YOUR RESULTS	YOUR FRIENDS
Walking or cycling to school	<input type="checkbox"/>	<input type="checkbox"/>
Playing sport such as football or basketball	<input type="checkbox"/>	<input type="checkbox"/>
Fast walking or running	<input type="checkbox"/>	<input type="checkbox"/>
Tidying your room or other chores	<input type="checkbox"/>	<input type="checkbox"/>
Dancing	<input type="checkbox"/>	<input type="checkbox"/>
Swimming	<input type="checkbox"/>	<input type="checkbox"/>
Playing games with friends that get you moving	<input type="checkbox"/>	<input type="checkbox"/>
TOTAL	<input type="checkbox"/>	<input type="checkbox"/>

Doctors say that to keep healthy, you should exercise for at least 60 minutes each day. This can be any activity that gets your body moving and uses energy such as playing sport, dancing, and even tidying your room!

Press down gently on the inside of your wrist – can you feel your pulse? This is how fast your heart is pumping. Now jump up and down for one minute. Feel again – your pulse will be quicker! You can actually feel your heart being exercised!

Try this

Get moving!

Eat well!





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