Thank you for reading. See you again soon!

www.worldheart.org

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

By learning these facts and playing the games, you helped Superheart at school

What’s next?

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

- Muscle
- Oxygen
- Lift
- 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
• Give 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

Eat well! Get moving! Be a Superheart champion.

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 working properly, as well as helping you grow. You should try to eat such healthy foods often.

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, sugar, or unhealthy types of fat such as chips, burgers, fried chicken, cakes, Cola, and sweetened drinks.

However, some foods contain fats and trans-fats. These are often found in fast or processed foods such as grilled fish and chicken, nuts, vegetables, fruit 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.

Sugar and good types of fat can be found in grilled fish and chicken, grilled fish and chicken, grilled fish and chicken, and natural fruit juice. 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 life.

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 life.

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