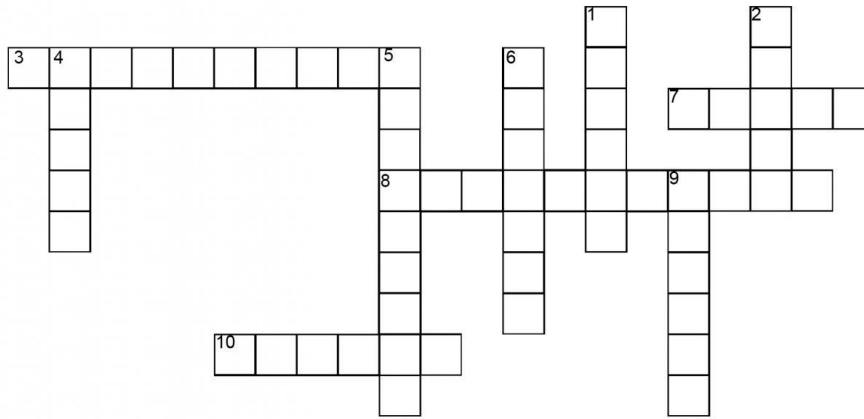


February is American Heart Month, so what better time is there to help children understand the impact of their choices on their own hearts? This is an informative puzzle for people of all ages. Make copies and share it with your family members.

Healthy Heart Puzzle



Directions: solve this crossword puzzle and learn to keep your heart healthy for life!

Across

3. Eat lots of fruits and _____ to get many of the nutrients you need for good health.
7. Staying at a healthy weight, avoiding excess sodium, and getting enough regular exercise can help keep your _____ pressure right where it needs to be.
8. _____ fat is good for your heart, as long as you don't eat too much of it. It's in things like olive oil and fish.
10. Blood carries _____ to the heart.

Down

1. When fat, cholesterol, and other things build up in your bloodstream, they can form _____, which sticks to your artery walls and makes it harder for blood to move around.
2. When in doubt, choose _____ grains, which are great sources of heart-healthy fiber.
4. When you eat, choose foods that are full of nutrients, not _____ calories.
5. _____ fat is not good for your heart. You can find this kind of fat in full-fat dairy and fatty meats.
6. According to the American Heart Association, "Using ANY _____ product damages nearly EVERY organ in your body and can cause heart disease and cancer." Even "smokeless" versions cause damage.
9. Staying _____ every day with fun exercises will help keep your heart in tip-top shape.

Solutions:
1. plaque, 2. whole, 3. vegetables, 4. empty, 5. saturated, 6. tobacco, 7. blood, 8. unsaturated, 9. active, 10. oxygen