

This is your “LOVE MY HEART” Journal

Use this workbook to learn about your heart and ways to keep your heart healthy.
Talk with your family about the things that you do and learn in this book!

Have fun!

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My Heart Health Pledge



You and Your Heart

Activity 1: How Your Heart Functions

Where is your heart? (point to it)

Read the information below and choose the right answer to correctly complete the sentence.

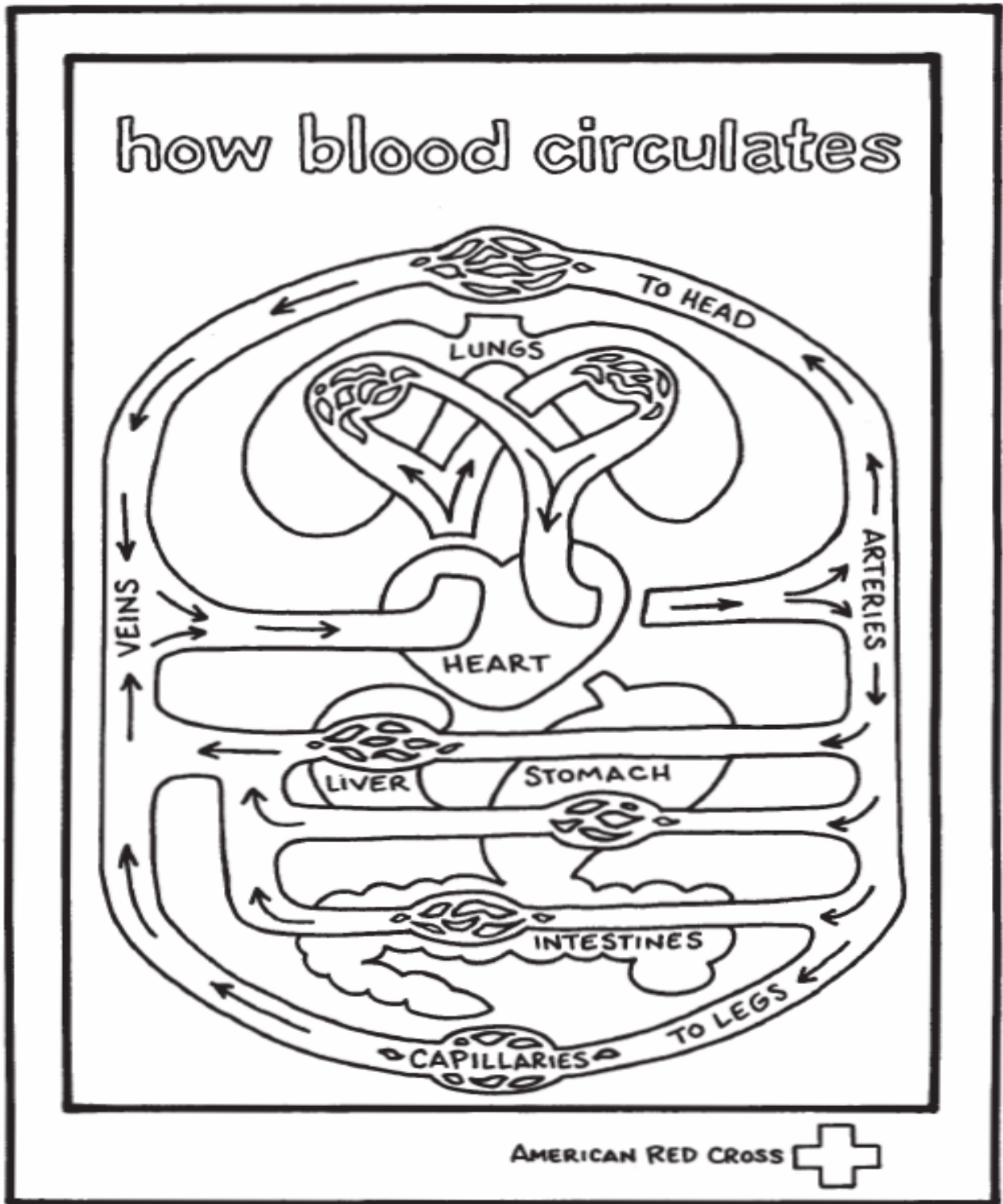
My heart pumps (glittering stars, blood, music) through my body. When I move my body, my heart beats (less, more) and provides more oxygen to my body. My heart is a (muscle, blood cell, bone). If I want my heart to be strong, I should be active to keep my heart in the habit of moving, eat healthy foods and never smoke tobacco.

Let's take a look at how blood flows in and out of your heart.

Color this picture!

Use a red crayon or marker when the arrows are going away from the heart.

Use purple when the arrows are going to the heart.





You and Your Heart

Activity 2: Break the Heart Code

Break The Heart Code

This message tells you how to have a healthy heart. Change each letter to the one that comes just before it in the alphabet.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Z P V D B O I B W F B

I F B M U I Z I F B S U, J U T

B T F B T Z B T, P O F,

U X P, U I S F F! F B U

I F B M U I Z T U V G G, N P W F

B S P V O E F O P V H I, M J W F

U P C B D D P - G S F F!



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Nutrition

Activity 1: Foods for a Healthy Heart

Have you ever seen a picture of yourself when you were a baby?



How have you changed since you were a baby?



What helps you grow? Good food!

Nutrients are the things in food that help you to grow tall and strong. Try writing this word.

nutrient _____

Vitamins and **minerals** are the things that make nutrients good for you. Try writing these words.

vitamin _____

mineral _____

What Foods Do You Need?

Eat each of the following kinds of foods each day.
Add a food that you like to eat to each group.

Lean Meat, Poultry, and Fish



Fat-free or Low-fat Milk Products



Fruits



Vegetables



Breads, Cereals, Pasta



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Nutrition

Activity 2: Fruits, Veggies and Healthy Choices



Fruits and Vegetables

Some of the pictures below show fruits. Color the fruits.



Some of the pictures below show vegetables. Color the vegetables.



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Fruits and vegetables have lots of vitamins and minerals. Your heart likes these foods!

What fruits do you like? Write the names of fruits you like next to the first picture above.

What vegetables do you like? Write the names of the vegetables you like next to the second picture.

Talk with other girls in your troop about their favorite fruits and vegetables. You might learn about some new foods that are good for your heart. Write them here,

Making Healthful Choices

Choose three foods that would make the **most** healthful breakfast.
Circle them.



Choose three foods that would make the **most** healthful lunch.
Circle them.



Choose three foods that would make the **most** healthful snack.
Circle them.



Choose three foods that would make the **most** healthful dinner.
Circle them.



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What are some of your favorite foods?

Do you think your heart likes these foods?

Talk with other girls in your troop about their favorite foods.



Nutrition

Activity 3: Tracking My Foods

My Good Food!

What foods did you eat today?

Try to eat 4-6 fruits and vegetables every day and 3 cups of milk products.

| | Vegetables | Fruits and natural fruit juices | Milk products |
|-----------|------------|---------------------------------|---------------|
| Morning | | | |
| Afternoon | | | |
| Evening | | | |

Tracking My Foods – Chart 2

What foods did you eat today?

Try to eat 4-6 fruits and vegetables every day and 3 cups of milk products.

| | Vegetables | Fruits and natural fruit juices | Milk products |
|-----------|------------|---------------------------------|---------------|
| Morning | | | |
| Afternoon | | | |
| Evening | | | |

After you've tracked the food you ate for two days, talk with an adult about the foods you ate.

Were the foods you ate heart healthy?

Do you need to add a few more foods that are heart healthy?



Exercise

Activity 1: Exercise for a Healthy Heart



Activities for the Heart

Circle the pictures that show activities that help your heart the most.



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Why is playing good for your heart?

How do you move your body every day?

What are some of your favorite activities?



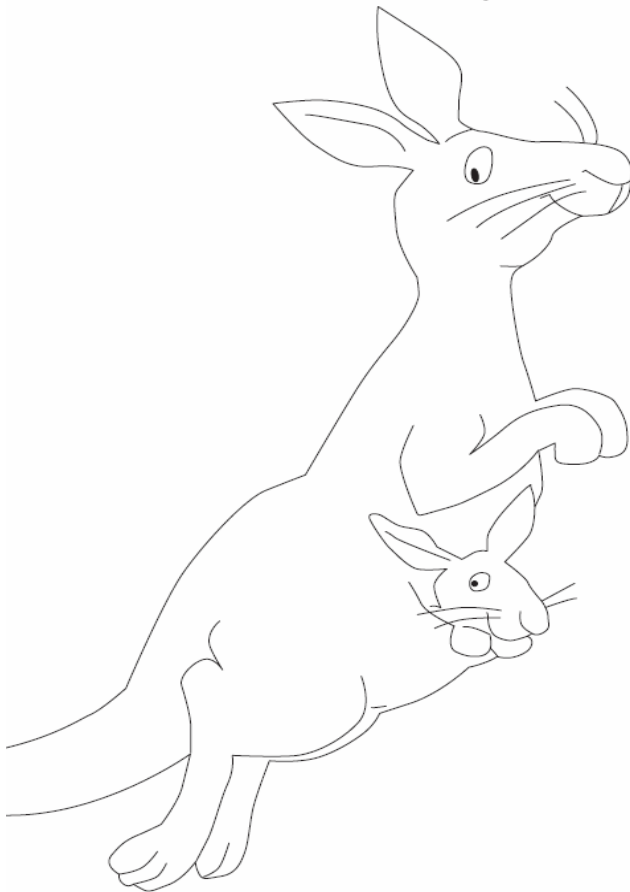
Exercise

Activity 2: Be Like the Animals

Read through this poem or have an adult read it to you. Then ask someone to read it while you act out the actions of all the animals. Be like the animals and exercise!

Be Like the Animals

by Mabel Watts



If you want to be healthy
And grow a good size,
Be like the animals...
EXERCISE!

Dance like a poodle,
Or crawl like a crab.
Walk to the playground...
Don't ride in a cab!

Stretching and bending is
Delightful and dandy—
Be a giraffe
(If one isn't handy.)

Or hippety-hop
Like a kangaroo
To feel fiddle-fit
And as good as new.

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On cold frosty mornings
Don't grumble and shiver.
Bundle up like a rabbit
And skate on the river.

For vigor and vim,
To keep fit and trim,
You can be like a fish
And learn to swim!

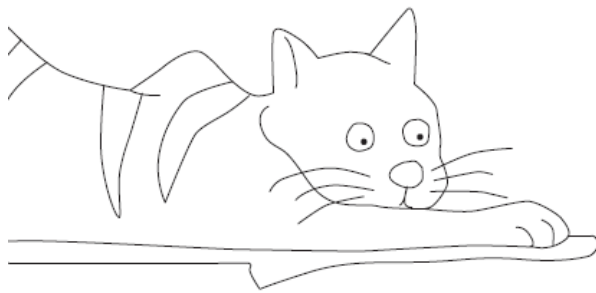
You will not see a tiger
Look listless and lumpy!
A tiger is chipper
And frisky and jumpy!



Like a snake, you can sway
To the tune of a flute...
You can even do better
Without hearing one toot!

Stalk like a kitten,
Or slide like an otter,
Or work like a beaver
On your home in the water.

If you want to grow healthy
And wealthy and wise,
Be like the animals...
EXERCISE!





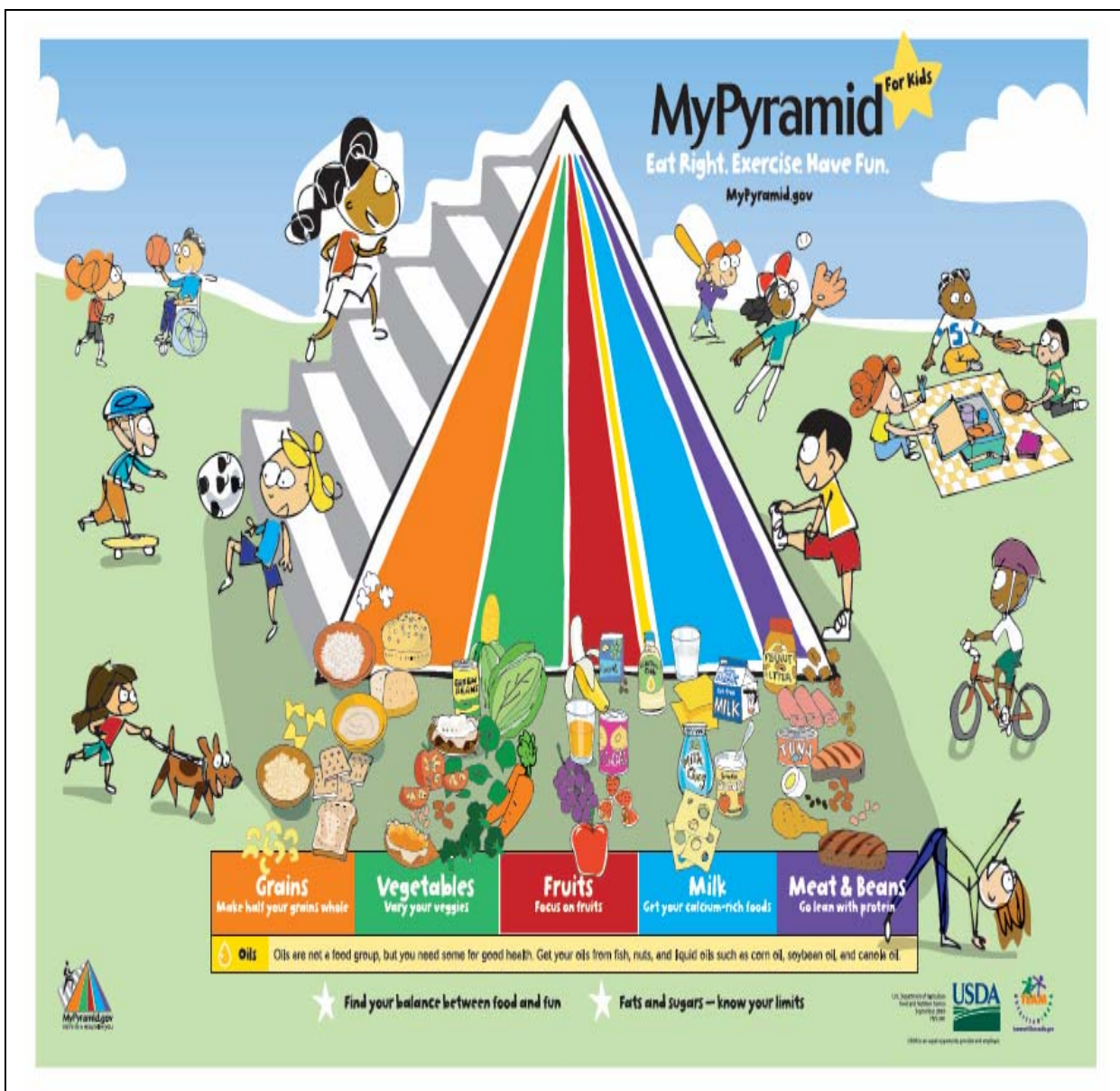
Exercise and Nutrition

Activity 3: Putting it All Together

Talk with an adult about the “My Pyramid” chart below. Which food groups do you eat more of?

Which food groups do you eat less ?

Are your eating habits similar to the pyramid?



Heart Health Pledge

Now that I have learned more about my heart and the importance of good nutrition and regular exercise, I pledge to share this information with

_____ .
(an adult woman)

Together, we will take steps to keep our hearts healthy!

You can encourage her to take the American Heart Association's online heart check up by going to www.goredforwomen.org.