



# FILL IN THE BLANKS

Use the words in the list to complete the sentence.

1. Your heart is the size of \_\_\_\_\_.
2. Your heart pumps \_\_\_\_\_ of blood per hour.
3. The animal with the largest heart is \_\_\_\_\_.
4. A 16-ounce soda contains \_\_\_\_\_ of sugar.
5. Beat wants everyone to learn Hands-Only \_\_\_\_\_.
6. \_\_\_\_\_ Finn's Mission!
7. There are 60,000 \_\_\_\_\_ of blood vessels in your body.
8. Make a \_\_\_\_\_ change and move more!
9. \_\_\_\_\_ encourages us to sleep 9-12 hours every night.
10. \_\_\_\_\_ vaping and tobacco and say NO!
11. A doctor who specializes in hearts is a \_\_\_\_\_.
12. Laughter is good for your \_\_\_\_\_.
13. \_\_\_\_\_ is an addictive chemical found in cigarettes and vaping devices.
14. Move more! We should be active for \_\_\_\_\_ minutes a day!
15. Our hearts have \_\_\_\_\_ chambers.
16. The heart works twice as hard as the leg muscles of a \_\_\_\_\_.
17. We should eat \_\_\_\_\_ servings of fruits and vegetables a day.
18. The fairy fly, which is a type of wasp, has the \_\_\_\_\_ heart of any living creature.
19. Wylie and Bingo wants us to be \_\_\_\_\_.
20. Join \_\_\_\_\_ in eating healthy and choosing water!

**60**  
**SMALLEST**  
**39 GRAMS**  
**BLUE WHALE**  
**KIND**  
**CPR**  
**SPRINTER**  
**HEART**  
**NICOTINE**  
**SKIP**  
**PEPPER**  
**CARDIOLOGIST**  
**MILES**  
**BOLD**  
**YOUR FIST**  
**COMPLETE**  
**FOUR**  
**RILEY**  
**83 GALLON**  
**4-5**



# RELLENE LOS ESPACIOS EN BLANCO CON EL CORRECTO

Usa las palabras de la lista para completar la oración.

1. Tu corazón es del tamaño de \_\_\_\_\_.
2. Su corazón bombea \_\_\_\_\_ de sangre por hora.
3. El animal con el corazón más grande es \_\_\_\_\_.
4. Un refresco de 16 onzas contiene \_\_\_\_\_ de azúcar.
5. Beat quiere que todos aprendan \_\_\_\_\_ solo con las manos.
6. \_\_\_\_\_ ¡La misión de Finn!
7. Hay 60.000 \_\_\_\_\_ de vasos sanguíneos en su cuerpo.
8. ¡Haz un cambio de \_\_\_\_\_ y muévete más!
9. \_\_\_\_\_ nos anima a dormir de 9 a 12 horas cada noche.
10. \_\_\_\_\_ vapeo y tabaco y di ¡NO!
11. Un médico que se especializa en corazones es \_\_\_\_\_.
12. La risa es buena para tu \_\_\_\_\_.
13. \_\_\_\_\_ es una sustancia química adictiva que se encuentra en los cigarrillos y los dispositivos de vapeo.
14. ¡Muévete más! ¡Debemos estar activos \_\_\_\_\_ minutos al día!
15. Nuestros corazones tienen \_\_\_\_\_ cámaras.
16. El corazón trabaja el doble de duro que los músculos de las piernas de un \_\_\_\_\_.
17. Debemos comer \_\_\_\_\_ porciones de frutas y verduras al día.
18. La mosca hada, que es un tipo de avispa, tiene el corazón \_\_\_\_\_ de cualquier ser vivo.
19. Wylie y Bingo quiere que seamos \_\_\_\_\_.
20. ¡Únase a \_\_\_\_\_ para comer sano y elegir agua!

60  
PEQUEÑÍSIMO  
39 GRAMOS  
BALLENA AZUL  
AMABLE  
RCP  
VELOCISTA  
CORAZÓN  
NICOTINA  
SALTAR  
PEPPER  
CARDIÓLOGO  
MILLAS  
ATREVIDO  
TU PUÑO  
COMPLETO  
CUATRO  
RILEY  
83 GALONES  
4-5



# FILL IN THE BLANKS

## ANSWER KEY

1. Your heart is the size of **YOUR FIST/TU PUÑO**.
2. Your heart pumps **83 GALLONS/83 GALONES** of blood per hour.
3. The animal with the largest heart is **BLUE WHALE/BALLENA AZUL**.
4. A 16-ounce soda contains **39 GRAMS/39 GRAMOS** of sugar.
5. Beat wants everyone to learn Hands-Only **CPR/RCP**.
6. **COMPLETE/COMPLETO** Finn's Mission!
7. There are 60,000 **MILES/MILLAS** of blood vessels in your body.
8. Make a **BOLD/ATREVIDO** change and move more!
9. **RILEY** encourages us to sleep 9-12 hours every night.
10. **SKIP/SALTAR** vaping and tobacco and say NO!
11. A doctor who specializes in hearts is a **CARDIOLOGIST/CARDIÓLOGO**.
12. Laughter is good for your Heart/**CORAZÓN**.
13. **NICOTINE/NICOTINA** is an addictive chemical found in cigarettes and vaping devices.
14. Move more! We should be active for **60** minutes a day!
15. Our hearts have **FOUR/CUATRO** chambers.
16. The heart works twice as hard as the leg muscles of a **SPRINTER/VELOCISTA**.
17. We should eat **4-5** servings of fruits and vegetables a day.
18. The fairy fly, which is a type of wasp, has the **SMALLEST/PEQUEÑÍSIMO** heart of any living creature.
19. Wylie and Bingo wants us to be **KIND/AMABLE**.
20. Join **PEPPER** in eating healthy and choosing water!