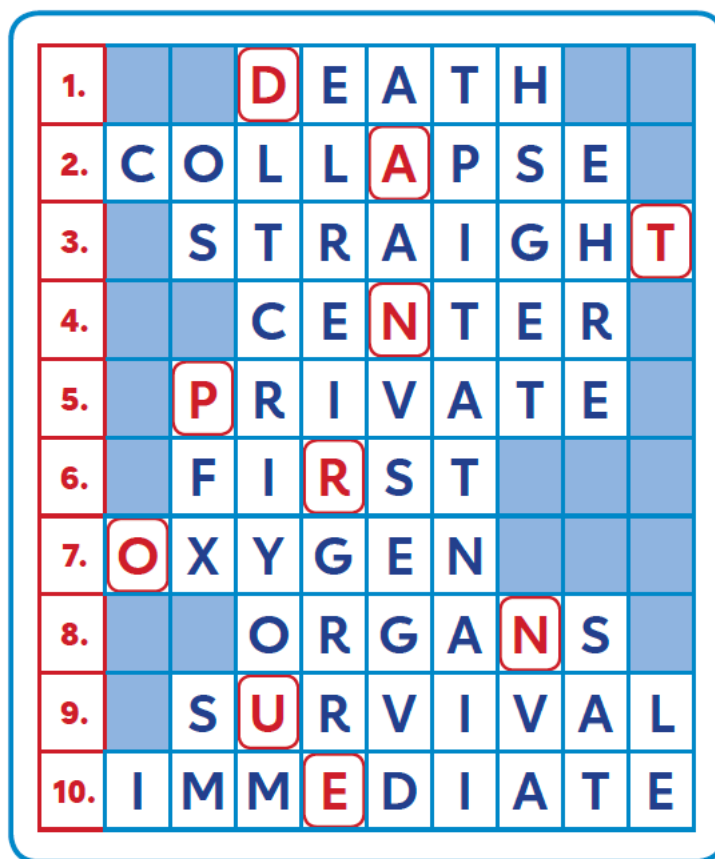




A Lifesaving Skill Answer Key



ANSWER: ONE HUNDRED BEATS PER MINUTE

All Mixed Up! Answer Key

1. MUSCLE
2. MILLIGRAMS
3. TEASPOONS
4. VESSELS
5. ELECTRONIC
6. SECONDHAND

7. DEPRESSION
8. DIABETES
9. SODIUM
10. CHOLESTEROL
11. PRESSURE
12. EXPECTANCY



Breaking the Code Answer Key

CODE

A = X
B = M
C = H
D = T
E = N
F = A
G = Y
H = E
I = D
L = U
M = S
N = V
O = F
P = I
R = L
S = G
T = B
U = R
V = C
X = P
Y = O

FACTS

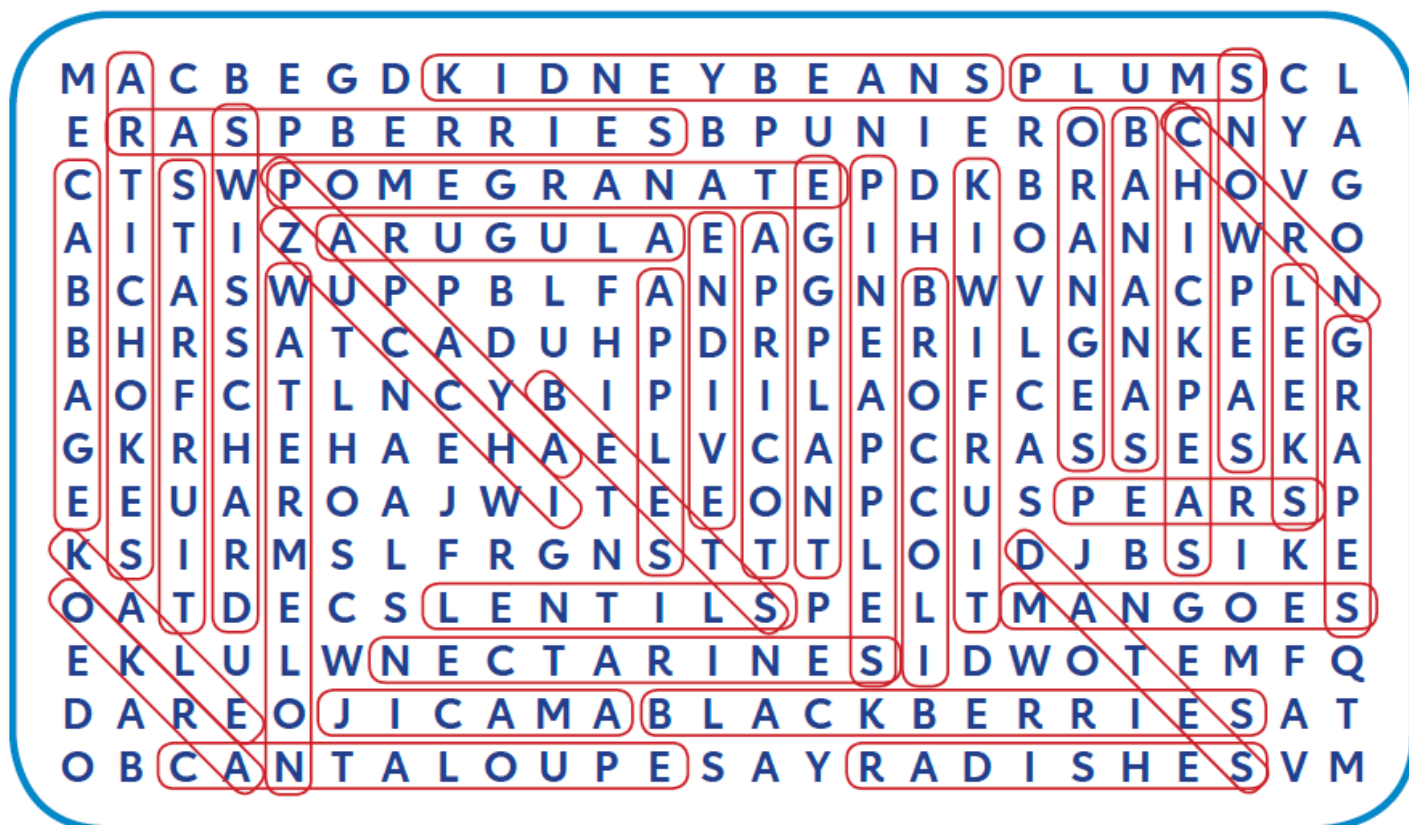
1. EARLY
2. DEATH
3. EFFECTS
4. SECONDHAND
5. CAPILLARIES
6. PREMATURELY
7. EXPOSED
8. PRODUCTS
9. CHEMICALS
10. PESTICIDES
11. BATTERIES
12. INHALING
13. DAMAGE
14. ACTIVE
15. E-CIGARETTES



Get the Skinny on Sugar Answer Key

1. HEALTH
2. CALORIES
3. TWENTY
4. NUTRIENTS
5. DIABETES
6. EIGHTEEN
7. TEASPOONS
8. BATHTUB

Good Eats Answer Key



Heart Healthy Logic Answer Key

Lenny: Add fruit slices to water for extra flavor and no added sugar.

or

Plan a dinner menu that is loaded with fruits and vegetables.

Either answer is acceptable.

Lois: Talk to a parent about the importance of learning Hands-Only CPR.

Leo: Plan a dinner menu that is loaded with fruits and vegetables.

or

Add fruit slices to water for extra flavor and no added sugar.

Either answer is acceptable.

Leeza: Draw a poster about watching out for the Salty Six.

Luis: Write a speech about staying away from cigarettes, e-cigarettes, and secondhand smoke.

Lorelai: Spend 60-plus minutes each day engaged in active play.

Love the You've Got Answer Key

1. DISEASE
2. IMMUNE
3. SUDDENLY
4. PROCESSED
5. MODERATE
6. NUTRIENTS
7. CARDIAC
8. EXPOSED
9. DEPRESSION
10. REDUCE

Make the Connection Answer Key

Your heart is the strongest muscle in the body, ———→ and ———→ it is also the most important one.

A can of soda can have about eight teaspoons of sugar, ———→ but ———→ a glass of water is sugar-free.

You can gain two hours of life expectancy from every hour you exercise, ———→ so ———→ get moving!

Using e-cigarettes can damage blood vessels, ———→ and ———→ it can also make it harder to be active.

Eating too much sodium can cause your body to hang onto extra fluid, ———→ and ———→ that can lead to high blood pressure.

Two 20-ounce sodas may sound like a good way to quench your thirst, ———→ but ———→ the sugar really adds up.

The heart pumps out about 83 gallons of blood each hour, ———→ so ———→ it must stay healthy to keep pumping.

The extra calories in sugary drinks can not only pack on the pounds, ———→ but ———→ they usually don't provide the important nutrients your body needs.

Physical activity builds muscles and strengthens bones, ———→ and ———→ it also helps you feel better.

Refreshment Reality Answer Key

1. YEAR
2. TEASPOONS
3. SODA
4. UNNEEDED
5. DRINK
6. ENERGY
7. NUTRITION
8. DEXTROSE
9. HEART DISEASE
10. WATER

Take a Minute, Save a Life! Answer Key

A	¹ C	² B	D
³ B	D	⁴ A	⁵ C
⁶ D	⁷ B	C	⁸ A
C	⁹ A	¹⁰ D	B

Too Much of a Salty Thing Answer Key

1. conSUMES, sodIUM
2. eleVATED, rISk
3. dIETs, RESTAurant
4. proBABLy
5. PACKaged, REdUCe
6. reCOMMends, miLLIGRams
7. pERCEnt, ADUlts
8. cONTRol
9. PROcesSED, dINIng
10. flUId



Up in Smoke Answer Key

1. PAI
2. NTT
3. HI
4. NNER
5. PES
6. TIC
7. IDE
8. SBAT
9. TER
10. IES

PAINT THINNER, PESTICIDES, & BATTERIES!



What's the Scoop on Sodium? Answer Key

PIZZA, BREADS and rolls, COLD CUTS and cured meats, snacks like chips and pretzels, SANDWICHES, and CHEESE.

What's the Word? Answer Key

1. CHEST COMPRESSIONS
2. HIGH BLOOD PRESSURE
3. HEART ATTACK
4. EXERCISE
5. DEPRESSION
6. VEGETABLES
7. SODA
8. SMOKING
9. FRUITS
10. TOBACCO