

12 Reasons to Eat Fruits & Veggies

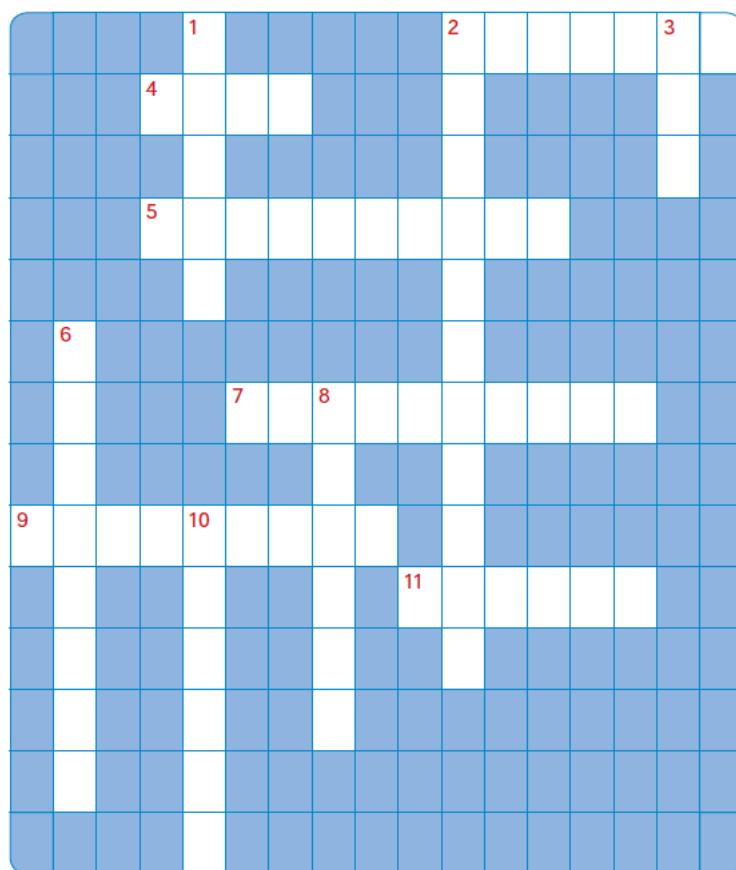
Read each clue. Use the word
bank to complete the puzzle.

ACROSS

2. Eating a diet that includes fruits and vegetables may protect against some kinds of ____.
4. The risk of chronic disease can be lowered by eating a healthy ____ that includes fruits and vegetables.
5. ____ can be divided into five subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables. There are so many to choose from!
7. Vitamin A, found in many vegetables, keeps the skin healthy and helps fight off ____.
9. ____ is found in many fruits and vegetables, like bananas and sweet potatoes. It may help maintain healthy blood pressure.
11. Also known as folic acid, ____ found in fruits and vegetables helps the body make red blood cells.

DOWN

1. Fruits and vegetables contain dietary _____. When diets are rich in this nutrient, the risk of heart disease, obesity, and type 2 diabetes is lowered.
2. Neither fruits nor vegetables contain _____, a waxy substance that comes in two forms, "good" and "bad." Too much of the bad variety, or simply not enough of the good, can lead to heart disease, heart attack, or stroke.
3. Many fruits and vegetables can be eaten _____, or uncooked.
6. In their natural form, fruits and vegetables are low in _____, fat, and sodium.
8. _____ include sweet-tasting foods like oranges, cantaloupes, peaches, and strawberries.
10. Diets that include fruits and vegetables may reduce the chances of a heart attack or _____.



WORD BANK

calories	fiber	potassium
cancers	folate	raw
cholesterol	fruits	stroke
diet	infections	vegetables

A Lifesaving Skill

Unscramble the word to complete each sentence. Write your answer in the grid. Then use the circled letters to answer the question in the speech bubbles.

- Cardiac arrest is a leading cause of _____.
ATHDE
- Hands-Only CPR is recommended for use on teens or adults who you see suddenly _____.
SLELOCPA
- When performing CPR, keep your arms _____ and your shoulders directly above your hands. **GISTTARH**
- Push hard and fast in the _____ of the chest with both hands, one on top of the other. **ETRENC**
- Eighty percent of out-of-hospital cardiac arrests happen in _____ or residential settings.
VETARIP
- The _____ step in Hands-Only CPR is to call 9-1-1. **RTFSI**
- Chest compressions during Hands-Only CPR push _____ through the body. **GYONXE**
- Chest compressions also pump blood to the victim's vital _____. **ANRGSO**
- CPR can double, or even triple, a victim's chance of _____. **RLIUVSVA**
- When a person has cardiac arrest, survival depends on _____ CPR from someone nearby. **DAMETIEIM**

What is the rate you should push on the chest during CPR?

1.									
2.									
3.									
4.									
5.									
6.									
7.									
8.									
9.									
10.									

To answer the question, write each circled letter on its matching numbered line.

7 4 10

H 9 4 1 6 10 1

B 10 2 3 S

5 10 6

M I 8 9 3 10

All Mixed Up!

Unscramble the letters to complete each sentence. Then circle the correctly spelled word in the puzzle. Words are horizontal, vertical, and diagonal but not backwards. *Tip - Use the highlighter tool to select your words.*

1. Your heart is the strongest and most important _____ in your body. **CLUMSE**
2. The American Heart Association recommends that most adults eat no more than 1,500 _____ of sodium a day. **SAMRLMILGI**
3. A can of soda can have about eight _____ of sugar. **OSAPETSNO**
4. Smoking harms your blood cells and blood _____. **LSESEVS**
5. You can keep your heart and lungs strong by staying away from _____ cigarettes. **ICLOECNRTE**
6. Another way to keep your heart and lungs healthy is to stay away from _____ smoke. **ODASCDNNEH**
7. Physical activity can reduce the symptoms of _____. **ROENSIDSPE**
8. Eating too much sugar may contribute to such health problems as heart disease and _____. **TISAEEDB**
9. Eating too much _____ can make your heart work harder. **USMOID**
10. If a person has high _____, it can lead to heart disease, which is why it's important to eat lots of fruits and vegetables. **SLHECOROLET**
11. Eating too much sodium can lead to high blood _____, which makes the heart work harder. **USREPSER**
12. For every hour you exercise, you may gain two hours of life _____. **NEYXCAETCP**

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

Breaking the Code

The facts below are about the effects of e-cigarette use and smoking on your health.

The coded words spell out the 15 words that belong in the facts' blanks. Each letter in the coded words has been replaced by a different letter. Think about the words that would make sense in the facts. Then fill in the code and write your answers in the long blanks. Five letters have been decoded for you.

EXAMPLE L E A P
 R H F X

1. H F U R G

2. I H F D C

3. H O O H V D M

4. M H V Y E I C F E I

5. V F X P R R F U P H M

6. X U H B F D L U H R G

7. H A X Y M H I

8. X U Y I L V D M

9. V C H B P V F R M

10. X H M D P V P I H M

11. T F D D H U P H M

12. P E C F R P E S

13. I F B F S H

14. F V D P N H

15. H V P S F U H D D H M

CODE

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

FACTS

- Being around cigarette smoke can lead to _____ 1 _____ 2.
- About 41,000 people 35 and older died from the _____ 3 of _____ 4 smoke each year from 2005 to 2009.
- Smoking harms your blood cells and blood vessels, including tiny _____ 5.
- Each year, more than 480,000 people die _____ 6 from using tobacco and being _____ 7 to secondhand smoke.
- The smoke from tobacco _____ 8 contains some of the same _____ 9 that are found in _____ 10 and _____ 11.
- _____ 12 tobacco smoke can _____ 13 blood vessels and make it harder to stay _____ 14.
- It's important to say no to tobacco products and _____ 15.

Get the Skinny on Sugar

Use the chart below to determine the value of each letter used in the code. To find the value of each letter, add together both the row number and the column number in which that letter appears. For example, A is in row 5 and column 7. Therefore, A has a value of 12. Letter A also appears in row 1 and column 6 and row 3 and column 4. So it also has a value of 7.

	1	2	3	4	5	6	7
1	G=	L=	C=	P=	S=	A=	G=
2	B=	O=	E=	W=	T=	U=	D=
3	L=	H=	S=	A=	Y=	R=	N=
4	R=	U=	W=	G=	P=	Y=	O=
5	W=	C=	Y=	I=	T=	B=	A=

Hint: Some letters have the same values. Other letters have more than one value. Jot down all the matching letters for each number value in a word. Then try to decode the word.

1. Eating too much added sugar can cause _____ problems.

5 5 12 3 7 5

2. Sugary drinks often have lots of _____.

7 7 4 11 9 9 5 6

3. A 16-ounce bottle of soda can have as much sugar as _____ sugar cubes.

10 6 5 10 7 8

4. Soda adds calories to your diet without adding _____.

10 6 7 5 9 5 10 10 6

5. Eating too much added sugar may contribute to heart disease and _____.

9 9 7 3 5 10 5 6

6. If you drink two sodas a day for a year, those sodas would contain _____ five-pound bags of sugar!

5 9 8 5 7 5 5 10

7. A can of soda can have about eight _____ of sugar.

10 5 7 6 9 11 4 10 6

8. In one year, most people drink enough soda and sugary drinks to fill a _____ with sugar.

3 12 7 5 10 8 11

Good Eats

Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk of heart disease, including heart attack and stroke. Eat them raw, cooked, frozen, blended into smoothies—however you like! Take a look at the list of fruits and veggies below. Then use the code to find each food in the word search puzzle. *Tip - Use the highlighter tool to select your words.*

CODE

- Circle each food you eat at least once or twice a month.
- Draw a box around foods you've tried but still don't eat very often.
- Lightly shade in the foods you've never tried.

Note: Words are horizontal, vertical, and diagonal but not backward.

On the back of this page, list the names of five foods you boxed or shaded in. Then challenge yourself to add these fruits and veggies to your plate in the next 30 days.

FRUITS

apples
apricots
bananas
blackberries
cantaloupe
dates
grapes
kiwi fruit
mangoes
nectarines
oranges
papaya
pears
pineapples
plums
pomegranate
raspberries
starfruit
watermelon

VEGETABLES

artichokes
arugula
beets
broccoli
cabbage
chickpeas
corn
eggplant
endive
jicama
kale
kidney beans
leeks
lentils
okra
radishes
snow peas
Swiss chard
zucchini

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

Heart Healthy Logic

Six students want to put what they've learned about heart health into action this weekend. Find out who will do what by using the clues below. Put a check mark (✓) on the grid to match each student to the correct task. Make an X to indicate tasks that are not done by a student.

	Add fruit slices to water for extra flavor and no added sugar.	Draw a poster about watching out for the Salty Six.	Write a speech about staying away from cigarettes, e-cigarettes, and secondhand smoke.	Spend 60-plus minutes each day engaged in active play.	Plan a dinner menu that is loaded with fruits and vegetables.	Talk to a parent about the importance of learning Hands-Only CPR.
Lenny						
Lois						
Leo						
Leeza						
Luis						
Lorelai						

Lois gets nervous at the thought of speaking to a crowd.

Because his uncle has a respiratory disease, Luis has been reading about the effects of smoking on the body.

Lenny's parents run a large produce market in town.

Lorelai practices soccer at home at least an hour a day.

Leo loves to cook. He is always up for trying new fruits and veggies so he can keep his heart and body healthy.

Leo and Leeza both love to create new graphics and designs.

Leo decides to let Leeza have her first choice of tasks.

Did You Know?

The Salty Six are six foods that have lots of sodium: pizza, bread and rolls, cold cuts and cured meats, snacks like chips and pretzels, sandwiches, and cheese. Too much sodium can make your heart work harder.

Love the You've Got

Match up a set of letters from each box to spell the missing word in each sentence. Write the word in the blank. Hint: Don't pay any attention to the fonts.

- Physical activity plays a major role in preventing heart _____, the number one killer of all Americans.
- Staying tobacco free enables you to have a stronger _____ system and keeps your heart and lungs healthier.
- Hands-Only CPR is recommended for use on teens or adults who you see _____ collapse.
- More than 75 percent of the sodium in American diets comes from _____ and restaurant foods.
- It could take a 150-pound adult about 25 minutes of walking at a _____ pace to burn off the calories from one 12-ounce can of soda.
- Be sure to pick foods that are high in _____—like fruits and vegetables—that will help keep your heart healthy.
- When a person has _____ arrest, survival depends on immediate CPR from someone nearby.
- Each year, more than 480,000 people die prematurely from using tobacco and being _____ to secondhand smoke.
- Physical activity builds strong muscles, strengthens your bones, and can reduce the symptoms of _____.
- Exercise can _____ the risk of heart disease and high blood pressure, so try to get at least one hour of physical activity every day.

dera ac
ce es
dis mu de
os nut ssion

ne du
sed rdi mo
de nts
sud ea ed

exp im
te pre
rie nly
se ca proc
re

Make the Connection

Connect one sentence starter from the left column to a conjunction and then to a sentence ending. Add the values of the segments and the heart. Each complete sentence should total 100. *Tip - Use the highlighter tool to connect your sentences.*

Your heart is the strongest muscle in the body, 29	but 23	35 they usually don't provide the important nutrients your body needs.	
A can of soda can have about eight teaspoons of sugar, 34	and 11	40 that can lead to high blood pressure.	
You can gain two hours of life expectancy from every hour you exercise, 35	and 8	27 it also helps you feel better.	
Inhaling tobacco smoke can damage blood vessels, 13	so 18	63 it is also the most important one.	100
Eating too much sodium can cause your body to hang onto extra fluid, 49	but 30	50 a glass of water is sugar-free.	
Two 20-ounce sodas may sound like a good way to quench your thirst, 41	and 10	78 it can also make it harder to be active.	
The heart pumps out about 83 gallons of blood each hour, 56	so 25	26 it must stay healthy to keep pumping.	
The extra calories in sugary drinks can not only pack on the pounds, 35	but 16	47 get moving!	
Physical activity builds muscles and strengthens bones, 63	and 9	36 the sugar really adds up.	

Refreshment Reality

Write the word to complete each sentence. Use the word bank.

1. In one _____, most people drink enough soda and sugary beverages to fill a bathtub with water.
1
2. The American Heart Association recommends that adults consume no more than five to nine _____ of added sugar per day.
2
3. One can of _____ can have about 8 teaspoons of sugar.
3
4. People also get _____ calories through iced teas, energy drinks, and coffee drinks.
4
5. Some research suggests that when you _____ calories, you aren't as satisfied compared to eating the same amount of calories in solid food.
5
6. Beverages like _____ drinks may advertise that they are healthy, but they are usually loaded with calories and sugar.
6
7. One way to make sure your drink is not filled with sugar is to read the _____ label.
7
8. Look for forms of added sugar, such as sucrose, glucose, fructose, maltose, and _____.
8
9. Just one sugary drink a day increases a person's chances of obesity, _____, cancer, and diabetes.
9
10. _____ and skim milk make better choices.
10

Word Bank

dextrose
drink
energy
heart disease
nutrition
soda
teaspoons
unneeded
water
year

What is the number-one source of added sugar in our diets?

To find out, write each letter from above on its matching numbered line or lines.

3 4 6 2 10 1 8 10 9 7 5 3



American Heart
Association.
**AMERICAN
HEART
CHALLENGE™**

Take a Minute, Save a Life!

How much do you know about the lifesaving skill of Hands-Only CPR? To find out, lightly shade the letter of the best choice for completing each sentence. Then write the shaded letter in the puzzle to the right.

- When a person has a _____ arrest, survival depends on getting immediate CPR from someone nearby.
☐ A heart ☐ B sudden ☐ C cardiac ☐ D emergency
- Most cardiac arrests in teens and adults are caused by an abrupt onset of an abnormal heart _____.
☐ A pump ☐ B rhythm ☐ C muscle ☐ D movement
- The first step in Hands-Only CPR is to _____.
☐ A drive to the hospital ☐ B call 9-1-1
☐ C start chest compressions ☐ D look for help
- The second step in Hands-Only CPR is to push _____ in the center of the chest.
☐ A hard and fast ☐ B gently and fast
☐ C hard and slowly ☐ D gently and slowly
- Chest compressions during CPR push _____ through the body.
☐ A blood ☐ B cells ☐ C oxygen ☐ D carbon dioxide
- When giving chest compressions in Hands-Only CPR, you should use a rate of ____ beats per minute.
☐ A 75 ☐ B 50 ☐ C 10 ☐ D 100
- When performing Hands-Only CPR, push hard and fast in the center of chest with _____.
☐ A one hand ☐ B both hands, one on top of the other
☐ C one hand, then the other hand ☐ D both hands beside each other
- Hands-Only CPR is recommended for use on _____ who you see suddenly collapse.
☐ A teens and adults ☐ B adults ☐ C anyone ☐ D children and teens
- Hands-Only CPR pumps blood to the _____.
☐ A heart and brain ☐ B heart and lungs ☐ C brain ☐ D heart
- CPR can _____ a victim's chance of survival.
☐ A double ☐ B improve ☐ C sometimes increase ☐ D double or even triple

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

To check your work:

Each letter must appear only once in each row and only once in each column (including the boldfaced letters).

Too Much of a Salty Thing

Figure out which letters are missing from the partial word or words in each sentence. Then search around the letter border to find and circle the missing letters. All the letters from one word will be next to each other in clockwise order. The first one has been done for you.

1. The average American con_____ more than 3,400 milligrams of sod _____ a day—more than twice the amount recommended by the American Heart Association/American Stroke Association.
2. Sodium consumption may lead to ele _____d blood pressure, which increases the r _____k of heart attacks and strokes.
3. More than 75 percent of the sodium in American d _____s comes from processed and _____urant foods.
4. Even if you're never using a salt shaker, you're pro _____y getting too much sodium.
5. Choosing fresh foods instead of _____aged or processed foods will help _____d _____e the amount of sodium you eat.
6. The American Heart Association re _____ends that most adults eat no more than 1,500 mi _____ams of sodium a day.
7. About 90 p _____nt of Americans ages 2 and up eat too much sodium—about the same as the number of American _____lts who own a cell phone.
8. Cooking at home gives you more c _____ol over the amount of sodium in your food.
9. You can also cut back on _____ces _____ foods and request that your dish be made with less salt when d _____ng out.
10. Eating too much sodium can cause your body to hang onto extra fl _____d, and that can lead to high blood pressure.



Up in Smoke

Lightly color the letters next to the best answer. Then write the colored letters in order in the puzzle to finish the “Did You Know...?” fact.

1. Each year, more than ____ people die prematurely from using tobacco and being exposed to secondhand smoke.

PAI 480,000 **LOG** 4,800 **PLA** 48,000

2. In addition to tobacco and secondhand smoke, it's important to avoid ____.

LIN exercise **NTT** e-cigarettes **REN** capillaries

3. One ____ of staying tobacco free is that it keeps your skin healthier.

OA cause **HI** benefit **LA** problem

4. E-cigarette use ____ circulation.

NGSI increases **CKER** stops **NNER** decreases

5. Nicotine, the addictive chemical in e-cigarettes, makes your heart rate and blood pressure ____.

PES rise **PEA** slow down **PET** irregular

6. The carbon monoxide in e-cigarettes makes it difficult for your heart to get the ____ it needs.

TOM blood cells **TIC** oxygen **SIM** nutrients

7. Smoking is responsible for 443,000 ____ deaths each year.

IDE premature **ODE** in-hospital **ALE** unexpected

8. About 41,000 people 35 and older died from the effects of ____ each year from 2005 to 2009.

SCOR smoking e-cigarettes **YSLI** smoking cigarettes **SBAT** secondhand smoke

9. If you smoked 20 cigarettes a day, your life would be shortened by about ____.

ING 5 weeks **TIR** 5 months **TER** 5 years

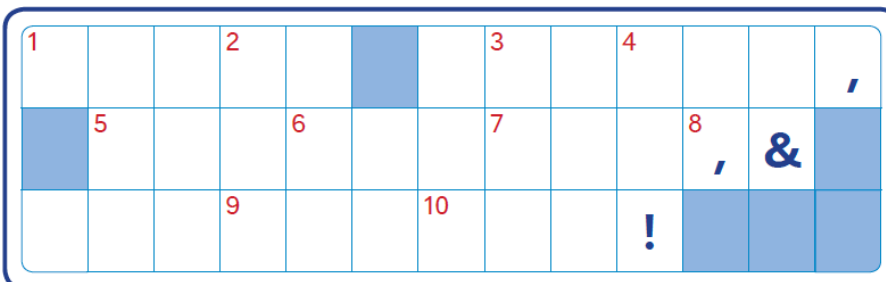
10. ____ dangerous chemicals are found in tobacco smoke.

YES One hundred **IES** Four thousand **IAS** Eight hundred



Did You Know...?

The smoke from e-cigarette products contains some of the same chemicals that are found in...



What's the Scoop on Sodium?

What's the scoop on sodium and your health? To find out, follow each step below to locate the correct letter in the chart. Then write each letter in the matching blank at the bottom of the page to uncover an important message about sodium.

1. last letter in third row
2. fourth letter in second row
3. seventh letter in fourth row
4. third letter in third row
5. ninth letter in fourth row
6. first letter in first row
7. sixth letter in last row
8. second letter in first row
9. sixth letter in first row
10. fourth letter in fifth row
11. first letter in fourth row
12. seventh letter in third row
13. seventh letter in second row
14. third letter in last row
15. fourth letter in fifth row
16. first letter in second row
17. eighth letter in first row
18. fifth letter in first row

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



19. first letter in fourth row
20. ninth letter in fifth row
21. ninth letter in third row
22. ninth letter in last row
23. seventh letter in last row
24. ninth letter in second row
25. eighth letter in fifth row
26. seventh letter in third row
27. last letter in fourth row
28. second letter in last row
29. sixth letter in fifth row
30. fourth letter in fourth row
31. second letter in fourth row
32. second letter in first row
33. second letter in last row
34. ninth letter in fifth row
35. second letter in last row

You can't see a lot of the sodium you eat. These six foods provide the most sodium in students' diets:

_____ and rolls, _____ and cured meats,
 1 2 3 4 5 , 6 7 8 9 10 11 12 13 14 15 16 17 18 19
 snacks like chips and pretzels, _____, and _____.
 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35

What's the Word?

How much do you know about making healthy choices? Read each clue. Write a letter from the grid below that matches each ordered pair of symbols below the clue.
Hint: To find each letter, read the grid across and then up.

1. During CPR, these push oxygen through the body to keep vital organs alive.

(●, +) (●, ▲) (*, +) (■, ■) (*, ■) (●, +) (*, ●) (●, ●) (+, ■) (●, ■) (*, +) (■, ■) (■, ■) (■, ▲) (*, ●) (■, ●) (■, ■)

2. Eating too much sodium can cause your body to hold onto too much extra fluid, which can lead to this.

(●, ▲) (■, ▲) (▲, ▲) (●, ▲) (▲, +) (▲, ●) (*, ●) (*, ●) (■, +) (+, ■) (●, ■) (*, +) (■, ■) (■, ■) (+, *) (●, ■) (*, +)

3. Cardiac arrest occurs when the heart malfunctions and stops working. When blood flow to the heart is blocked, this happens.

(●, ▲) (*, +) (+, +) (●, ■) (*, ■) (+, +) (*, ■) (*, ■) (+, +) (●, +) (+, ●)

4. For every hour you do this, you may gain two hours of life expectancy.

(*, +) (■, *) (*, +) (●, ■) (●, +) (■, ▲) (■, ■) (*, +)

5. Physical activity can build strong muscles, strengthen your bones, and reduce symptoms of this.

(■, +) (*, +) (+, ■) (●, ■) (*, +) (■, ■) (■, ■) (■, ▲) (*, ●) (■, ●)

6. Fewer than 1.5% of children eat as many of these nonstarchy foods as they should.

(▲, *) (*, +) (▲, ▲) (*, +) (*, ■) (+, +) (▲, +) (▲, ●) (*, +) (■, ■)

7. With 240 calories and 14 teaspoons of sugar, it would take a 154-pound person 52 minutes to burn off one of these.

(■, ■) (*, +) (■, +) (+, +)

8. This is the most preventable cause of premature death in the United States.

(■, ■) (●, ●) (*, ●) (+, ●) (■, ▲) (■, +) (▲, ▲)

9. Along with vegetables, eating these may reduce a person's risk of heart disease.

(+, ▲) (●, ■) (+, *) (■, ▲) (*, ■) (■, ■)

10. Using any of these products damages nearly every organ of your body.

(*, ■) (*, ●) (▲, +) (+, +) (●, +) (●, +) (*, ●)

+	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
	+	▲	●	■	*