

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.