

# 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.

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

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.

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

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

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

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

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

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

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(■, ■) (\*, ●) (■, +) (+, +)

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

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

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

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

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

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

+	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
	+	▲	●	■	*