

February is American Heart Month

Grades 6 - 9

Heart disease is a leading cause of death and disability in the United States. Heart disease is a term that includes several specific heart conditions. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. Learn more about how to keep your heart healthy by visiting the links below and then test your knowledge with this quiz.



- http://www.cdc.gov/dhdsp/announcements/american_heart_month.htm
- <http://www.americanheart.org/>

- 1) _____ people die of heart disease in the US each year.
a) 900,000 b) 500,000 **c) 700,000** d) 250,000
- 2) Most heart attacks _____.
a) are sudden and intense b) start slowly with mild pain
c) could have been prevented with healthy lifestyle habits **d) b and c**
- 3) What are the ABCs of preventing heart disease, stroke, and heart attacks?
A **Avoid Tobacco** _____
B **Be Active** _____
C **Choose Good Nutrition** _____
- 4) Regular, moderate exercise can lower your risk of heart disease, heart attack and stroke. How much exercise is recommended to maintain good health?
a) 30 – 60 minutes, 3 times a week **b) 30 – 60 minutes daily**
c) 15 – 30 minutes, daily
- 5) A heart healthy diet is low in fat includes whole grains, fruits and vegetables. What is the difference between good fat and bad fat? _____
Good fat, monounsaturated and polyunsaturated fats reduce bad cholesterol and may lower risk of heart disease. Bad fat, saturated and trans fat raise bad cholesterol and increase risk of heart disease.
- 6) List 2 heart attack warning signs:
1. **Chest discomfort and/or upper body discomfort (arms, neck, jaw)**
2. **Shortness of breath**



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Answers to this puzzle and additional puzzles can be found at <http://www.SOITA.org> and click on "Resources" then "Teacher Resources."