

# 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.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 \_\_\_\_\_  
B \_\_\_\_\_  
C \_\_\_\_\_
- 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? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 6) List 2 heart attack warning signs:  
1. \_\_\_\_\_  
2. \_\_\_\_\_



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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."