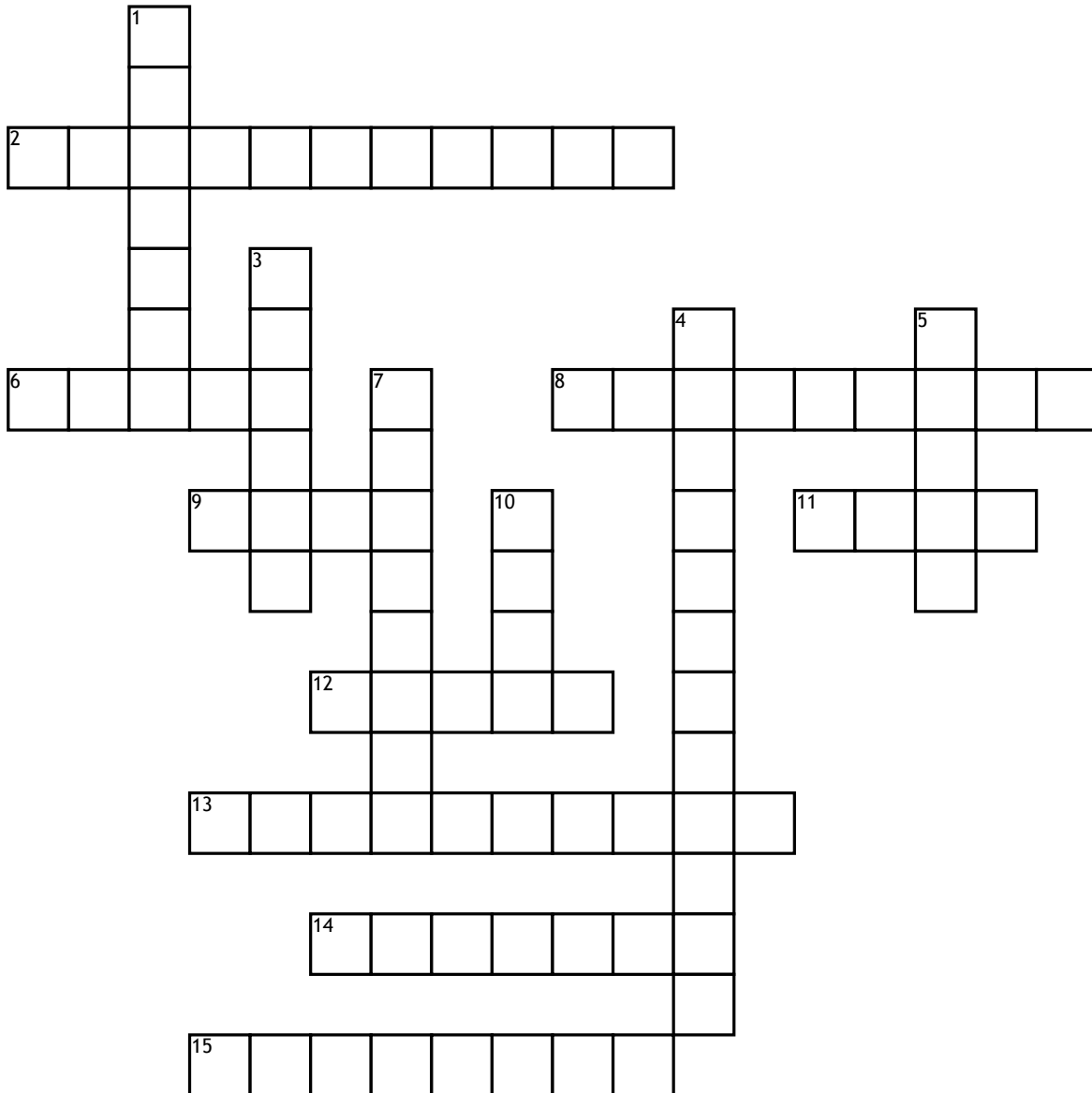


Name: _____

Heart health



Across

2. Foods high in _____ are bad for our heart
6. Controlling blood _____ will help prevent heart damage.
8. Most common symptom of a heart attack
9. We should eat this many serving of fruits and vegetables a day

11. The average heart is approximately the size of what?

12. We have approx 60,000 _____ of blood vessels.

13. Healthy foods

14. The heart pumps about 2,000 _____ of blood a day

15. Blood _____ needs to be below 120/80

Down

1. A bad habit that contributes to heart disease, not to mention lung diseases

3. The higher your blood pressure, the more _____ is put on your heart.

4. The leading cause of death in both men and women in the USA

5. True or False: The average heart weighs between 7-15 pounds.

7. 30min of _____ a day can greatly improve heart function

10. True or False: heart disease is preventable