



Caring For Your *Heart* Journal

Go Red for Women™ Heart Health Patch Program



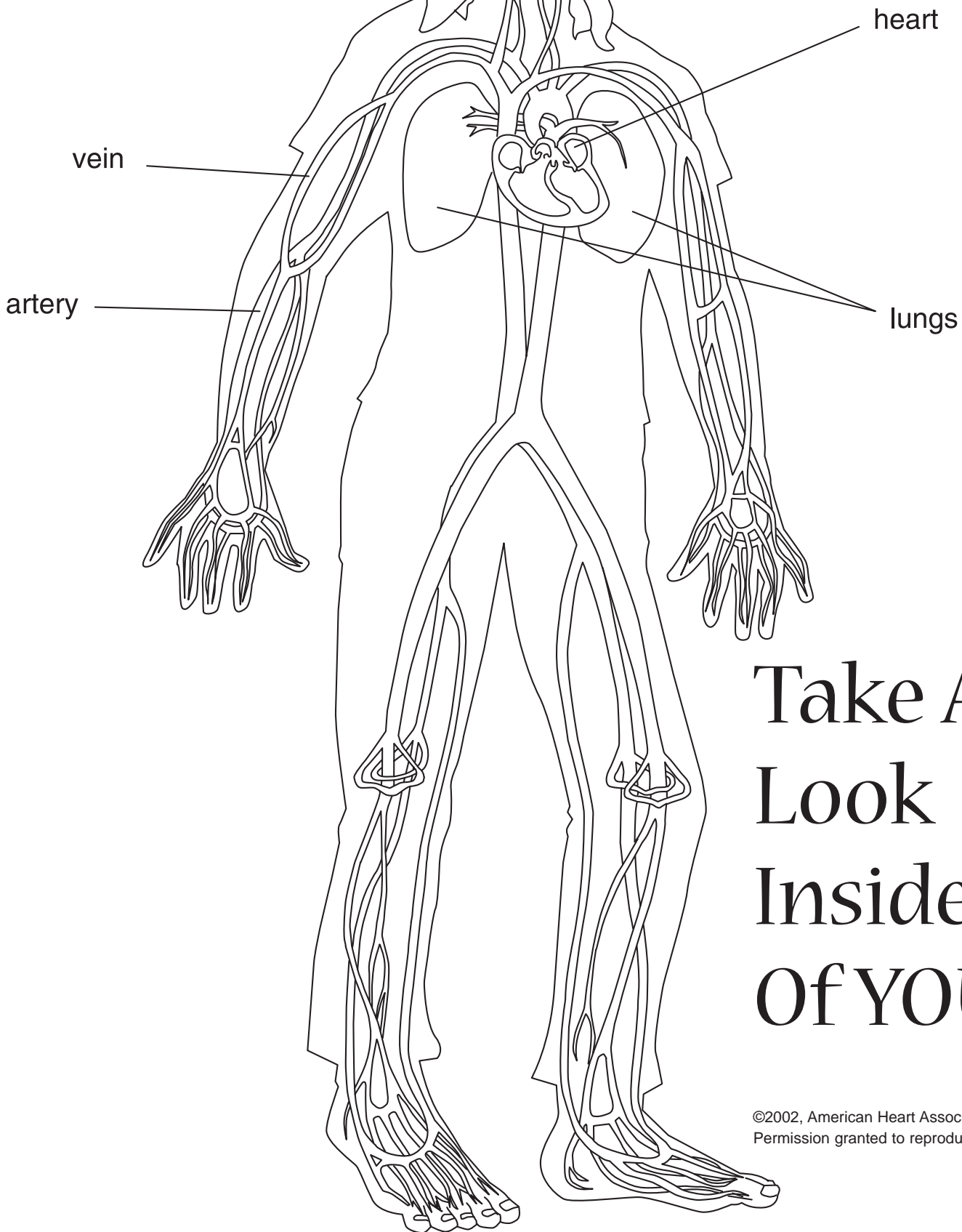
Juniors

(Grades 4-5)

Girl Scouts of Nassau County

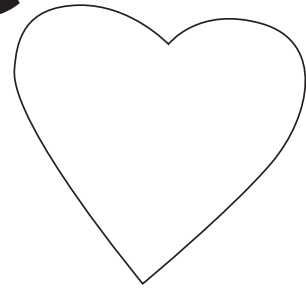


**North
Shore LIJ**



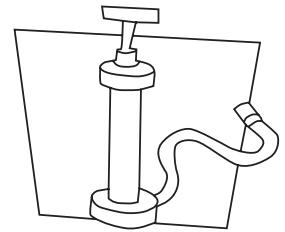
Take A Look Inside Of YOU!

Find Your Way to Heart Health

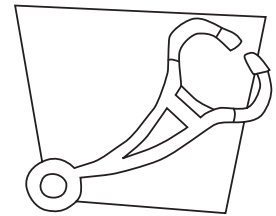


Draw a line to the picture that finishes each sentence. Then write the word.

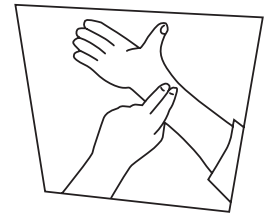
1. A doctor checks your heart with a _____.



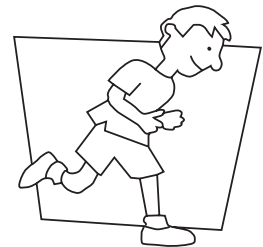
2. Your heart is a _____.



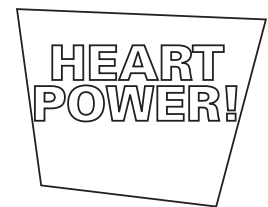
3. Your heart pumps blood faster when you are _____.



4. Your heart beats more slowly when you are _____.



5. You can feel your heart pump blood.
You can feel your _____.



6. If you take good care of your heart, you will have _____.



NAME _____

How Muscles Work

Write **C** below the muscle that is contracting.

Write **R** below the muscle that is relaxing.

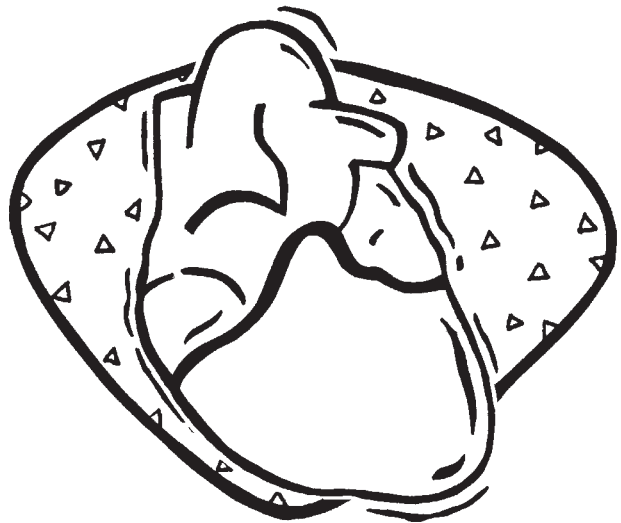




Write **V** below the voluntary muscle.

Write **I** below the involuntary muscle.





NAME _____

Making Healthful Choices

Choose three foods that would make the **most** healthful breakfast.
Circle them.



Choose three foods that would make the **most** healthful lunch.
Circle them.



Choose three foods that would make the **most** healthful snack.
Circle them.



Choose three foods that would make the **most** healthful dinner.
Circle them.



Break The Heart Code

This message tells you how to have a healthy heart. Change each letter to the one that comes just before it in the alphabet.

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 Z

Z P V D B O I B W F B

I F B M U I Z I F B S U, J U' T

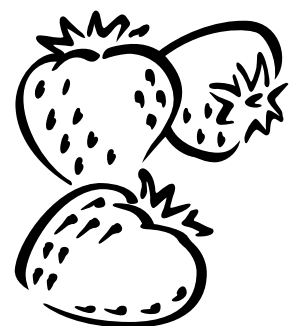
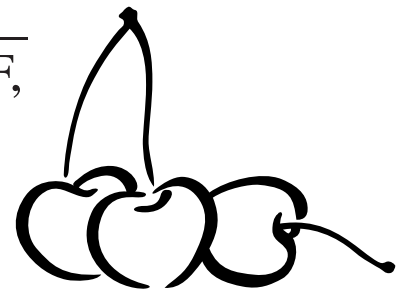
B T F B T Z B T, P O F,

U X P, U I S F F! F B U

I F B M U I Z T U V G G, N P W F

B S P V O E F O P V H I, M J W F

U P C B D D P - G S F F!



NAME _____

Why Do People Exercise?

Fill in the chart as you interview people about their physical activities. Check each response given.



Name/Activity	To Look Good	To Be Healthy			To Feel Good	Firm Muscles/ Less Fat
		General	Heart/ Circulation	Lungs		

NAME _____

Healthy-Heart Menus

Write the names of foods that you think would make healthful menus for breakfast, lunch, dinner, and snacks.

***** Breakfast *****

******* Lunch *******

******* Dinner *******

******* Snacks *******

Emergency I.Q.

Can you keep a cool head in an emergency? Test your Emergency I.Q. by filling in the dialogue in each story strip below. Remember to use the information you have learned about medical emergencies.

