

# Heart

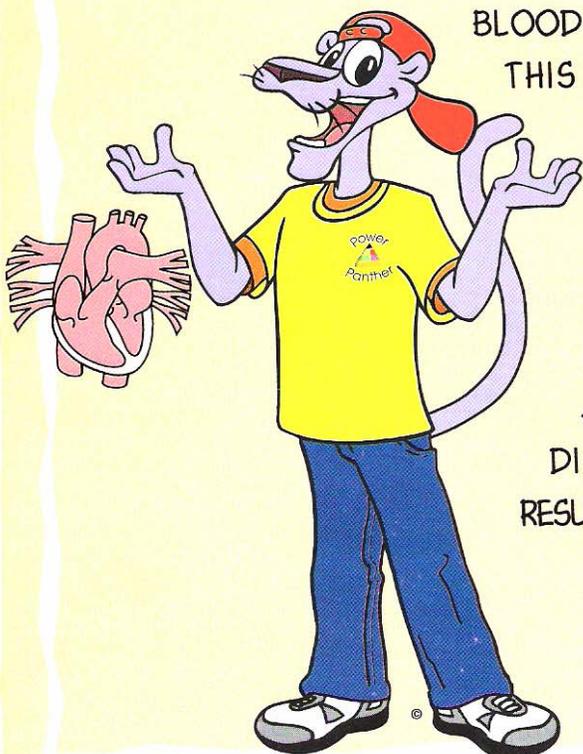
POWER PANTHER SAYS **EAT SMART.**

LOW-FAT FOODS ARE GOOD FOR YOUR HEART.

THE HEART IS A MUSCULAR ORGAN THAT PUMPS BLOOD THROUGH BLOOD VESSELS THROUGHOUT THE BODY. THE HEART MUSCLE SQUEEZES EACH TIME YOUR HEART BEATS AND MAKES THE HEART ACT LIKE A PUMP. WHEN THE WALLS OF THE HEART SQUEEZE TOGETHER THEY PUMP BLOOD, JUST THE WAY YOU CAN SQUEEZE WATER OUT OF A PLASTIC SQUEEZE BOTTLE. THE HEART NEVER RESTS. IT WORKS 24 HOURS A DAY WITHOUT STOPPING THROUGH YOUR WHOLE LIFETIME.

YOUR HEART HAS 4 SECTIONS CALLED **CHAMBERS**. YOUR BLOOD MOVES THROUGH ALL OF THESE CHAMBERS. THE TWO CHAMBERS ON THE RIGHT SIDE OF YOUR BODY TAKE IN USED BLOOD FROM THE BODY AND THE TWO CHAMBERS ON THE LEFT SIDE PUMP FRESH BLOOD BACK TO THE BODY. IN LESS THAN ONE MINUTE YOUR BLOOD MAKES A TRIP ALL AROUND YOUR BODY. THIS IS CALLED CIRCULATION.

IF YOU EAT LOTS OF HIGH-FIBER GRAIN PRODUCTS, FRUITS AND VEGETABLES YOU CAN REDUCE THE RISK OF HEART DISEASES. HEART-HEALTHY FOODS ARE LOW IN FAT AND HIGH IN FIBER. TOO MUCH FAT IN THE DIET IS UNHEALTHY FOR THE HEART AND MAY RESULT IN CLOGGED BLOOD VESSELS.



POWER PANTHER SAYS **PLAY HARD.**

EXERCISE KEEPS YOUR HEART HEALTHY.

WHEN YOU ARE PHYSICALLY ACTIVE, YOU BUILD HEART MUSCLE.

WHEN YOU EXERCISE REGULARLY,

YOUR HEART STAYS HEALTHY AND STRONG.

A STRONG HEART MUSCLE LETS YOU PLAY HARD.

**DID YOU KNOW...**

YOUR HEART IS ABOUT THE SIZE OF YOUR TWO FISTS CLENCHED TOGETHER.

IN ONE DROP OF BLOOD THERE ARE **250 MILLION** RED BLOOD CELLS. **!!**

**POWER POINTS...**

IN LESS THAN A MINUTE, YOUR BLOOD MAKES A TRIP ALL AROUND YOUR BODY.

THIS IS CALLED CIRCULATION.

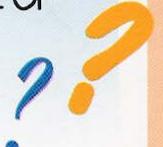


**Who am I?**

I AM USUALLY WHITE, TAN OR BROWN.

I AM OFTEN TOASTED.

I AM A GOOD SOURCE OF ENERGY.



BREAD

**PUZZLING PYRAMID**

BE A FOOD AND EXERCISE PRO! MAKING WISE CHOICES, FIND YOUR WAY TO THE TOP OF THE PYRAMID.

FINISH

START

