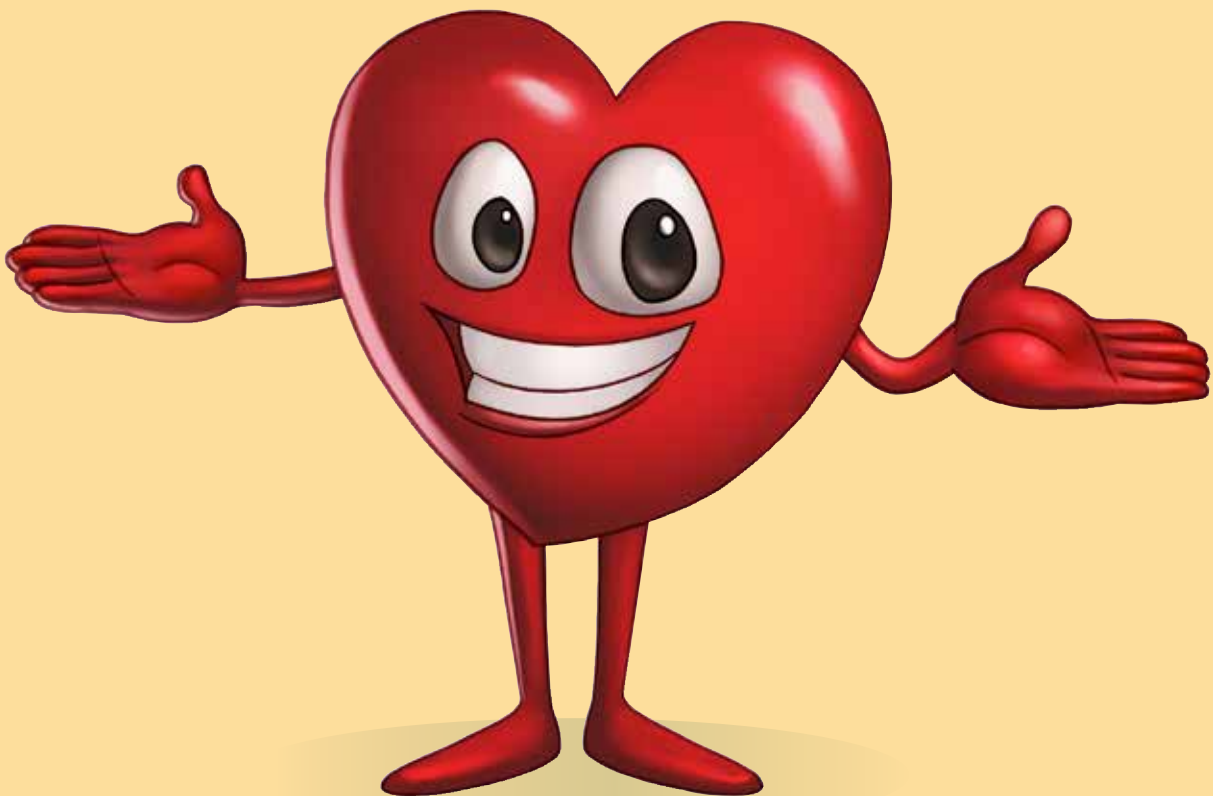




Heart smart mobstyle

Student activity booklet



This is my book.

Name:

Grade:

Teacher's name:

School:

Acknowledgements

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Unit 1:

Getting to the heart of it

What is the heart?

- Your heart is a powerful muscle that pumps blood to the lungs and the body through tubes called arteries.
- Your heart is behind your ribs and is about the same size and shape as your fist.
- A doctor can hear your heart beating with an instrument called a stethoscope.
- You can easily feel your heart beating if you put your hand on your chest after running up and down the stairs a few times.



A photo of me!



My body helps me to . . .

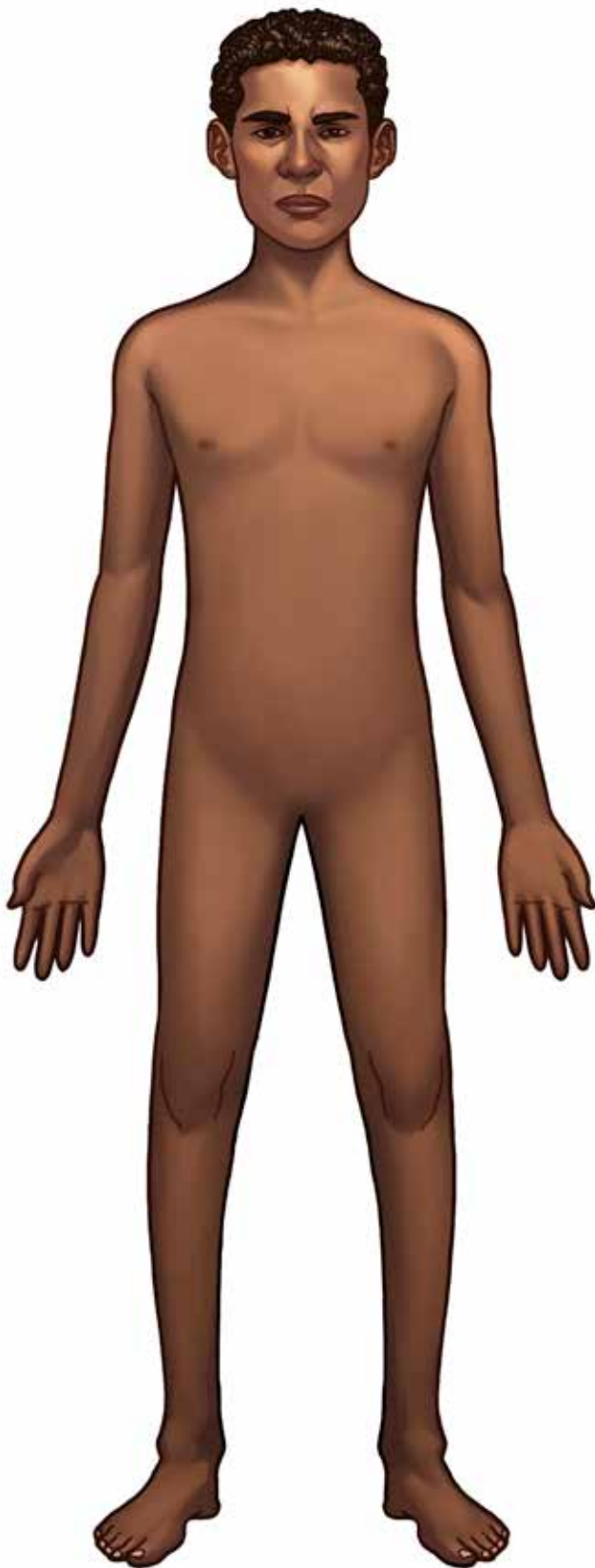
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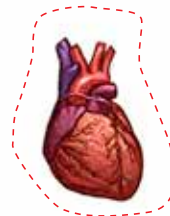
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Inside your body

- Blood travels around your body through a maze of tubes that get smaller and smaller.
- The biggest tubes are called arteries and veins.
- The very small tubes are called capillaries.



- Arteries carry blood away from the heart and veins carry blood back to the heart.
- The pressure of blood in the arteries as it is pumped around the body by the heart is called 'blood pressure'.

Draw an arrow from the heart to show where it is found in the body. Finish the sentences below.

My heart . . .

.....

.....

Blood vessels . . .

.....

.....

Heart word puzzle

Fill in the missing letters to find the names of the parts of the circulatory system.

BL _ _ D
VE _ S _ L
VE _ _ S
HE _ _ T
ART _ _ _ _ _

Complete the sentences by inserting the correct word from the list below.

Word list

Blood	Heart	Arteries	Air
Veins	Lungs	Oxygen	Food
Carbon dioxide	Water	Liver	Gases

1. _____ is transported throughout the body.
2. Vessels that take the blood from the heart are called _____.
3. _____ are the vessels that return the blood to the heart.
4. Which organ acts like a pump? _____
5. _____ and _____ are carried by the blood to all body cells.

Healthy heart

It is important to keep your heart healthy because it's one of the most important parts of your body.

Things essential to maintain a healthy heart are:

- good nutrition



- regular physical activity



- being smoke-free.



Activity

Construct an entry form for our 'Healthy Australian competition' by listing four things you can do to be healthy.



Healthy Australian competition

Judging criteria

1.
.....
.....
2.
.....
.....
3.
.....
.....
4.
.....
.....

Unit 2:

Healthy tucker

- It is important to eat right so that you can concentrate at school and grow healthy and strong.
- Try to eat a wide variety of foods. Some foods contain a lot of fat and are not healthy for your heart if you eat too much of them.
- Some foods are low in fat such as fruit, vegetables, bread, potatoes, pasta and fish. Try and eat more of these.
- It's good for you to eat at least five portions of fruit and vegetables every day.
- Foods like crisps, sausages, chips, burgers, biscuits, cakes, chocolate and sweets should not be eaten every day.
- Drink lots of water!
- The Australian Guide to Healthy Eating¹ is shown on page 9.



1. National Health and Medical Research Council (2013) *Australian Guide to Healthy Eating*. Canberra: National Health and Medical Research Council. Reproduced with permission.



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts





Food words puzzle

Find as many food words as you can in the puzzle below.

P O T A T O C E C U T T E L N S N A E B Q
J B E C I R O U O T A M O T J U O I G U Q
L A E R E C R E W O L F I L U A C L A T T
R E T T U B N R R M C H E E S E A O S T A
S I L R M A N A N A B P D A E R B C U E K
T L S K I M M I L K E T U R K E Y C A R W
A O S N A E B D E K A B F P C P M O S B H
O O I D M W C A R R O T S E J F A R S A S
M L A E V C H I C K E N M A E R C B V G I
G N O L E M Z O R A N G E S S A R T X E F

Bread and cereals

Cereal
Rice
Bread
Oats

Meat and meat alternatives

Fish
Veal
Sausage
Turkey
Chicken
Baked beans
Bacon

Vegetables and fruit

Carrots
Beans
Peas
Cauliflower
Lettuce
Orange
Melon
Broccoli
Potato
Tomato
Corn
Banana

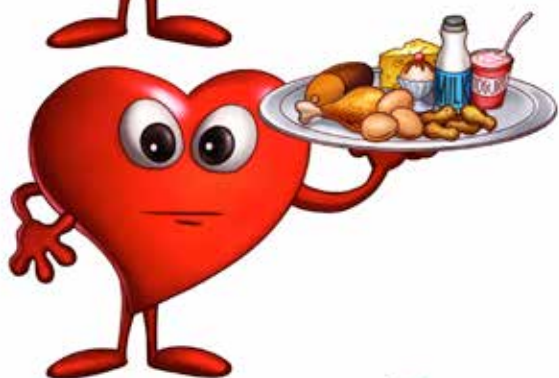
Milk products

Cheese
Skim milk
Butter
Cream

My eating habits



I eat most



I eat sometimes



I eat least

Write a sentence about the types of food you eat:

Foods that help me to grow

Write the name of each food and the food group it belongs to (hint: see page 9).



.....

.....

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.....

What did I eat in one day?

Breakfast	Recess	Lunch	Dinner
			
Snacks			
Drinks			

Unit 3:

Get up, get moving!

Regular activity not only makes you feel good, it also:

- makes you stronger and gives you stronger bones
- improves your stamina
- keeps you flexible
- helps you to feel happier.

How much activity do I need?



Kids: at least one hour of moderate to vigorous physical activity every day.



Adults: at least 30 minutes of moderate to vigorous physical activity every day.

Ideas to get active

Here are a few things you can do to be physically active:

- walking – start out slow and work your way up
- switch off and have a couple of TV-free days each week
- ride a bike or skateboard
- play sport
- shake a leg and have a sing with the mob.



Physical activity quiz

Place a tick next to the pictures that show people being physically active.

☐☐☐☐☐☐

Physical activity diary

Record your physical activity for one week in the table below.

Day	Time (approx.)	Activity	How I felt
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



Physical activity wish list

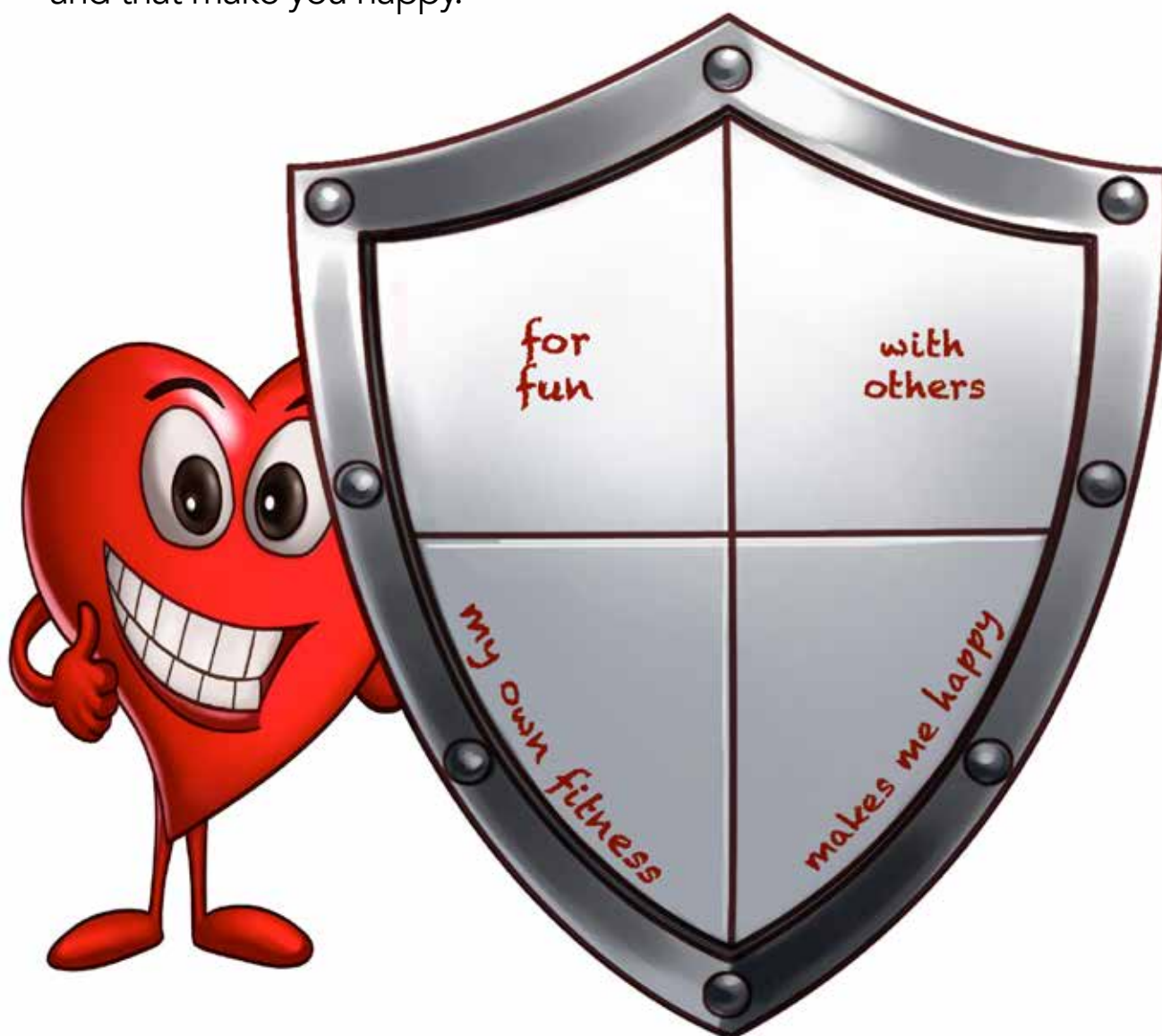
Write your physical activity wish inside the star. Use the spokes of the star to indicate what you actually need for this physical activity.

With a partner, discuss:

Possible limiting factors to each wish	How to overcome limitations

My personal health shield

Write some examples of things you can do for fun, with others, for fitness and that make you happy.



Unit 4:

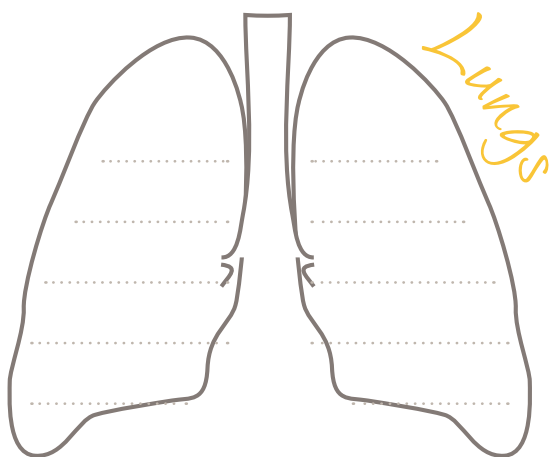
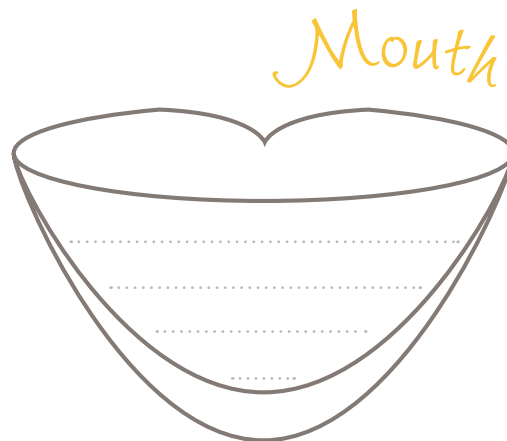
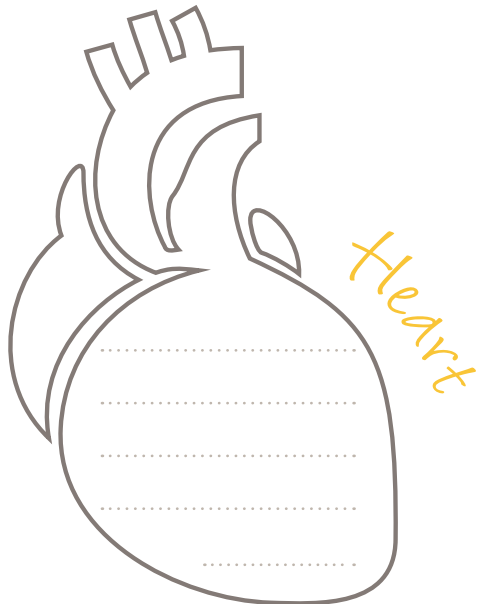
No butts about it!

- Smoking is the heart's worst enemy. Smoking can give you bad breath and makes your hair and clothes smell horrible.
- Even worse, it damages your heart and lungs.
- Other body parts affected by smoking are teeth, throat, skin and blood vessels.
- Cigarettes contain very harmful chemicals, including nicotine, which is an addictive drug that makes it very difficult to stop smoking.
- Most people who smoke wish they hadn't started and want to stop. So be smart and don't start!
- Breathing other people's smoke (second-hand smoke) is also harmful to you. If you see someone in your family smoking, tell them to stop!



Making things safe

Being a smoker harms many parts of your body.
Write how smoking affects these body parts.



Feelings about smoking

What are your feelings about smoking and not smoking?
Write what you feel about each situation.



1. If I were the baby I'd feel ...

.....

.....

.....

.....



2. If I were the person in the chair I'd feel ...

.....

.....

.....

.....



3. When I see these symbols I think of...

.....

.....

.....

.....



4. If a member of my family smoked ...

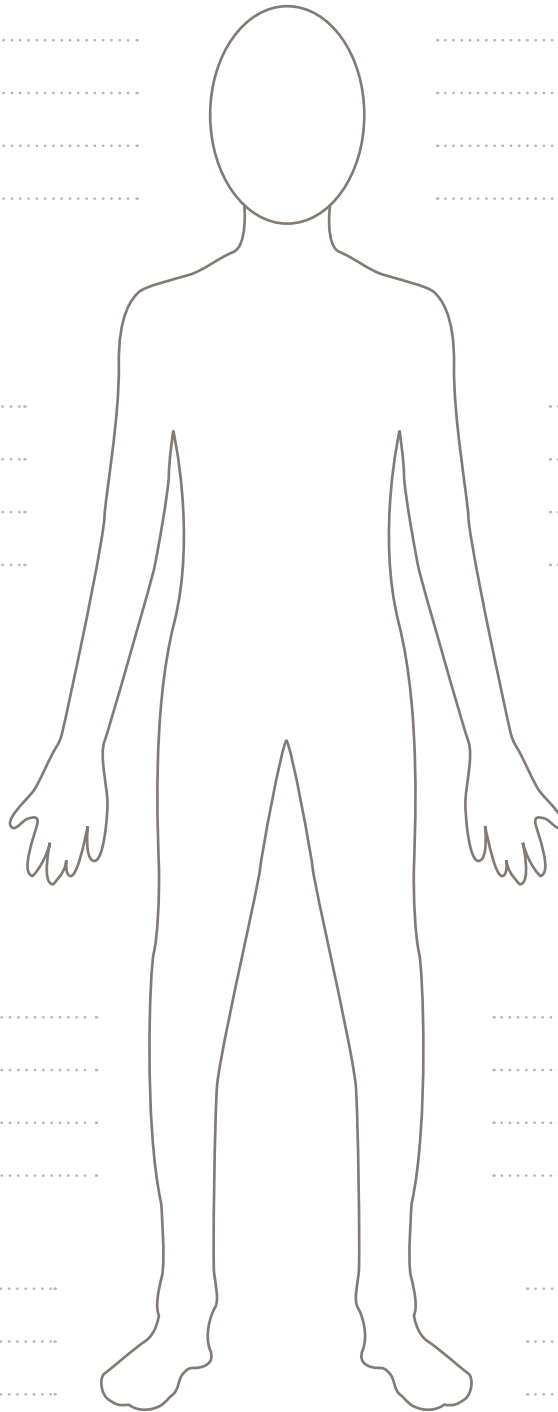
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When I am healthy I can ...



Notes...

A series of horizontal dotted lines for writing notes.

Notes...

A series of horizontal dotted lines for writing notes.



For heart health information
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www.heartfoundation.org.au

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