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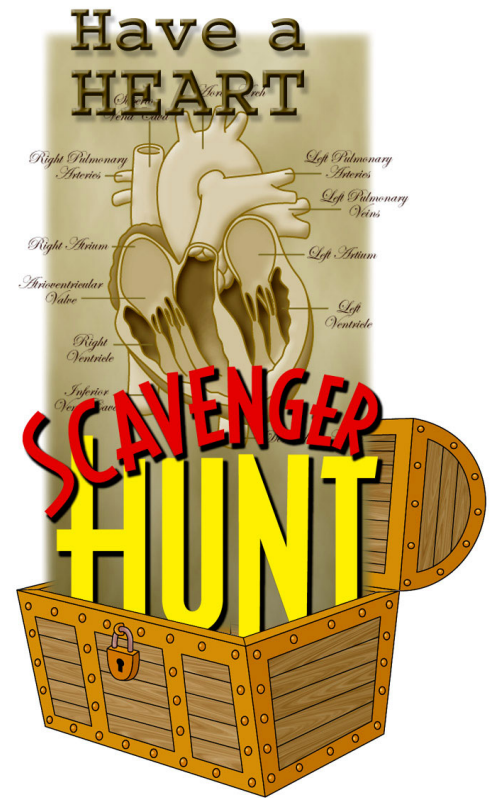
# HAVE A HEART!

**Directions:** February is Heart Month; it is a month filled with heart shapes, heart candies, heart activities, and sweethearts. February is also a good month to learn about your own heart. Explore the Web site provided to learn about the human heart. Then read the sentences below. Each sentence contains words or numbers in **bold type**. Which of those words or numbers correctly completes the sentence? Circle the correct word or number.

## Web Resources:

Let's Learn About Your Heart

<http://www.mplsheart.org/kids/letsLearn.html>



1. Each day, your heart beats about **100,000/10,000** times.
2. Your **arms/ribs** help protect your heart if you fall or get hit in the chest.
3. To keep your heart healthy, you should exercise for **1/2 hour / 1 hour** every day.
4. The heart is the strongest **gland/muscle** in the body.
5. Your heart is about the same size as your **fist/head**.

**Something to Think About:** What are some things you can do to keep your heart healthy?

**Learn More:** Go to The Virtual Body at <http://www.medtropolis.com/VBody.asp> and choose a language -- English or Español. Click Human Heart and learn about the parts of the heart and how the heart works. Then print and label the heart anatomy diagram at <http://www.enchantedlearning.com/subjects/anatomy/heart/labelinterior/label.shtml>.