



Keeping Your Heart Healthy

A. Choose the Correct Answer:

1. Which of the following helps keep the heart healthy?

- A) Eating junk food regularly
- B) Exercising daily
- C) Sleeping all day
- D) Avoiding physical activity

2. What type of food is good for heart health?

- A) Oily and fried food
- B) Fruits and vegetables
- C) Sugary snacks
- D) Processed meat

3. What should you do to reduce the risk of heart disease?

- A) Stay physically active
- B) Smoke regularly
- C) Eat lots of salty food
- D) Avoid drinking water

B. Fill in the Blanks:

1. Regular _____ helps strengthen the heart muscle.
2. Eating too much _____ can increase the risk of heart disease.
3. Drinking plenty of _____ helps maintain good blood circulation.

C. Case Study:

Anaya's grandmother recently visited the doctor for a heart checkup.

- The doctor advised her to eat more fruits, vegetables, and whole grains to keep her heart healthy.
- He also suggested that she walk for 30 minutes daily to stay physically active.
- The doctor warned her against eating too much oily or salty food, as it could lead to high blood pressure.
- He explained that reducing stress and getting enough sleep also helps maintain heart health.

Case Study Questions:

1. What type of food did the doctor recommend for heart health?



2. How much physical activity did the doctor suggest for Anaya's grandmother?
3. Why did the doctor advise her to avoid oily and salty food?
4. Besides diet and exercise, what other factors help keep the heart healthy?

D. Short Answer Questions:

1. Why is regular exercise important for heart health?
2. How does eating fruits and vegetables benefit the heart?
3. Why should we reduce the intake of salt and fatty foods?

E. Long Answer Questions:

1. Explain five healthy habits that help keep the heart strong.
2. How does physical activity improve heart health? Explain with examples.
3. Why is it important to avoid stress for a healthy heart?