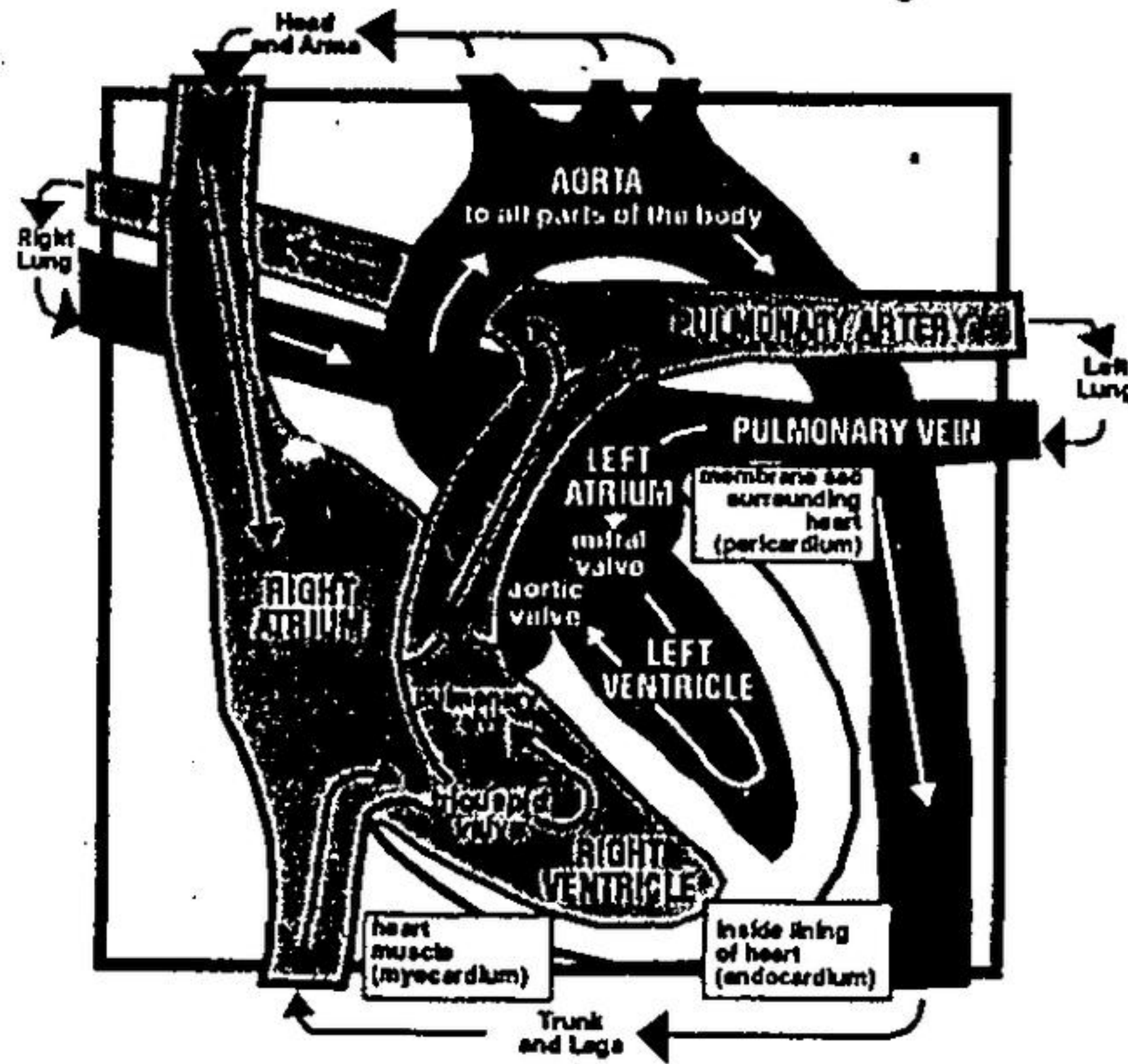
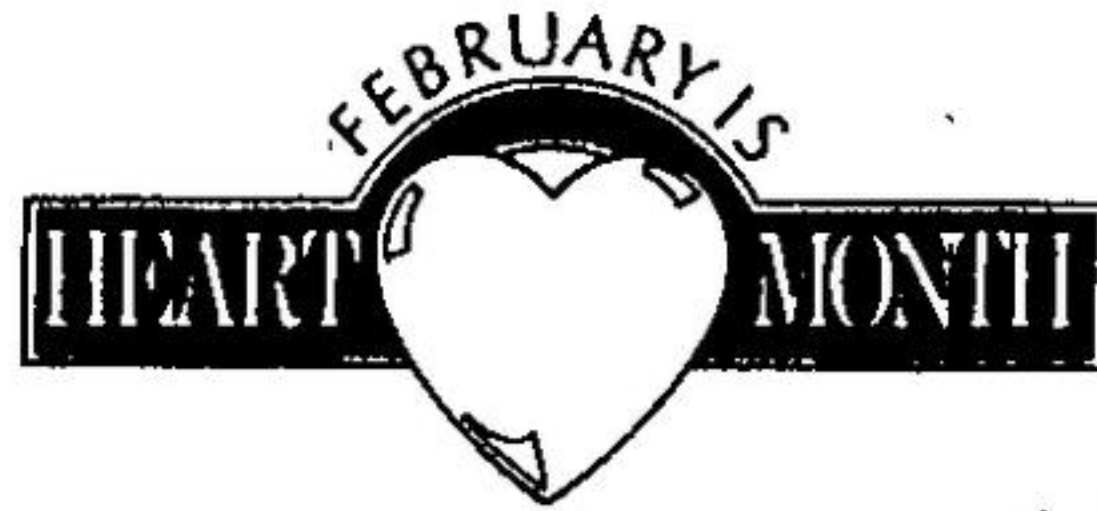
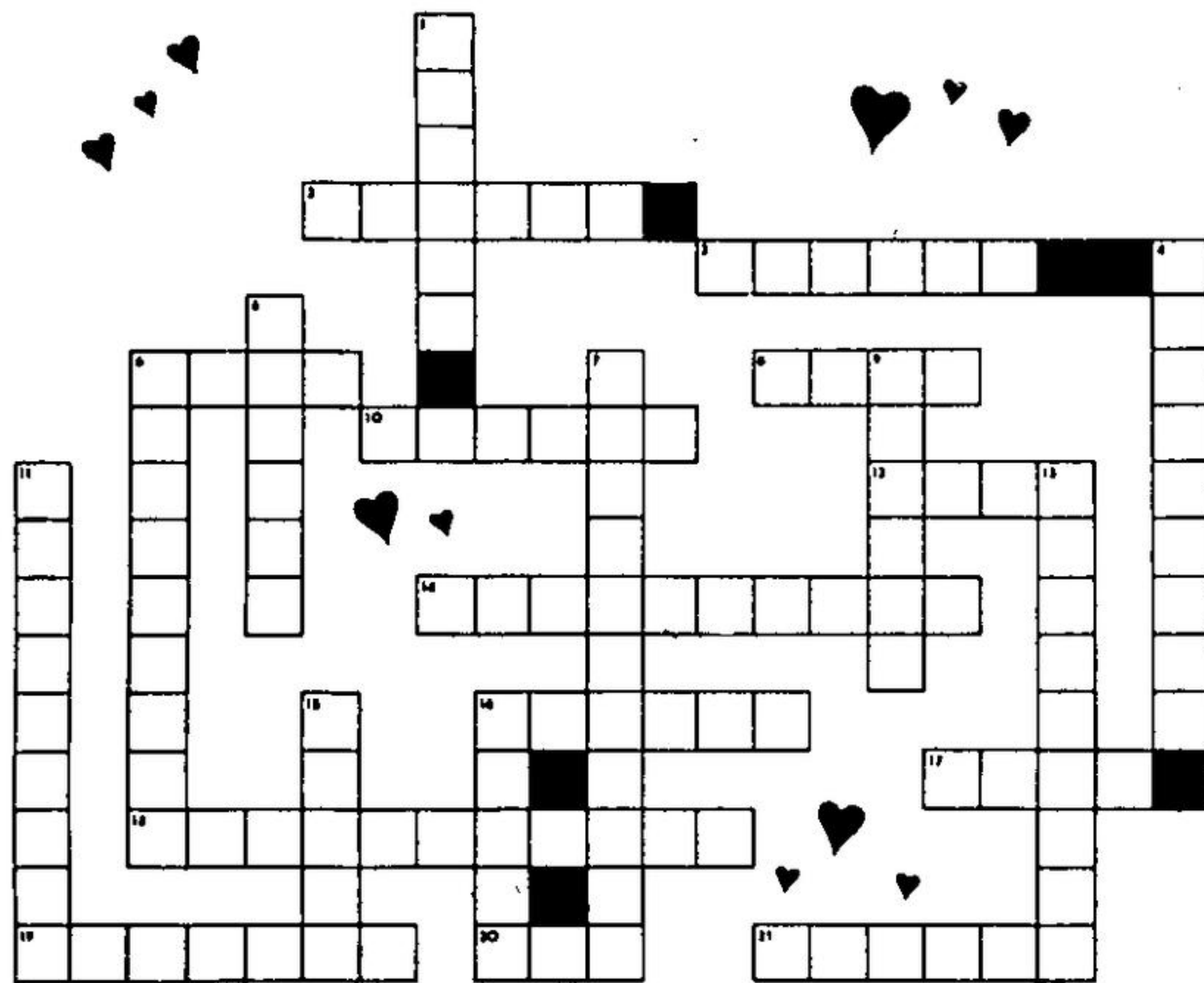


Young Outlook



The heart's job is to pump blood to the lungs and to all the body tissues. The heart's tough, muscular wall (myocardium) is surrounded by a fiberlike bag (pericardium) and is lined by a thin, strong membrane (endocardium). A wall (septum) divides the heart cavity down the middle into a right and left heart. Each side is divided again into an upper chamber (called an atrium or auricle) and a lower chamber (ventricle). Valves regulate blood flow through the heart and to the pulmonary artery and aorta. The right heart receives blood, transported by veins, which has just come from the body after delivering nutrients and oxygen to body tissues. It pumps this bluish-red blood to the lungs where the blood gets rid of a waste gas (carbon dioxide) and picks up fresh oxygen which turns it a bright red again. The left heart receives the "reconditioned" blood from the lungs and pumps it through the great trunk-artery (aorta) to be distributed by arteries to all parts of the body.

Using the diagram, the information, and the word bank, fill in the heart crossword puzzle. One word in the word bank is used twice.



- WORD BANK**
- aorta
 - aortic
 - arm
 - artery
 - atrium
 - blood
 - dioxide
 - endocardium
 - flist
 - lung
 - mitral
 - muscle
 - myocardium
 - pericardium
 - pulmonary
 - pump
 - septum
 - tissue
 - tricuspid
 - valves
 - vein
 - ventricle

- ACROSS:**
- 2. The valve between the left atrium and the left ventricle.
 - 3. The heart is classified as a _____.
 - 6. Blood vessel which carries blood to the heart.
 - 8. The heart is a little larger than your _____.
 - 10. _____ regulate the flow of blood through the heart.
 - 12. One function of the heart is to _____ blood to the lungs.
 - 14. The tough, muscular wall of the heart.
 - 16. Upper chamber of the heart.
 - 17. From the right side of the heart, blood goes to the _____.
 - 18. Lining of the heart.
 - 19. Waste gas: carbon _____.
 - 20. Warning of a heart attack; pain may radiate down the _____.
 - 21. Blood vessel which carries blood from the heart to the body.
- DOWN:**
- 1. The valve between the left ventricle and the aorta.
 - 4. The valve between the right ventricle and the pulmonary artery.
 - 5. The heart pumps blood to each body _____.
 - 6. Lower chamber of the heart.
 - 7. Fiber-like bag surrounding the heart.
 - 9. Wall which divides heart cavity down the middle.
 - 11. The valve between the right atrium and the right ventricle.
 - 13. The artery/vein connecting lungs and heart.
 - 15. _____ is pumped through the body to nourish all of the tissues.
 - 16. Great trunk artery which receives blood from the left ventricle.

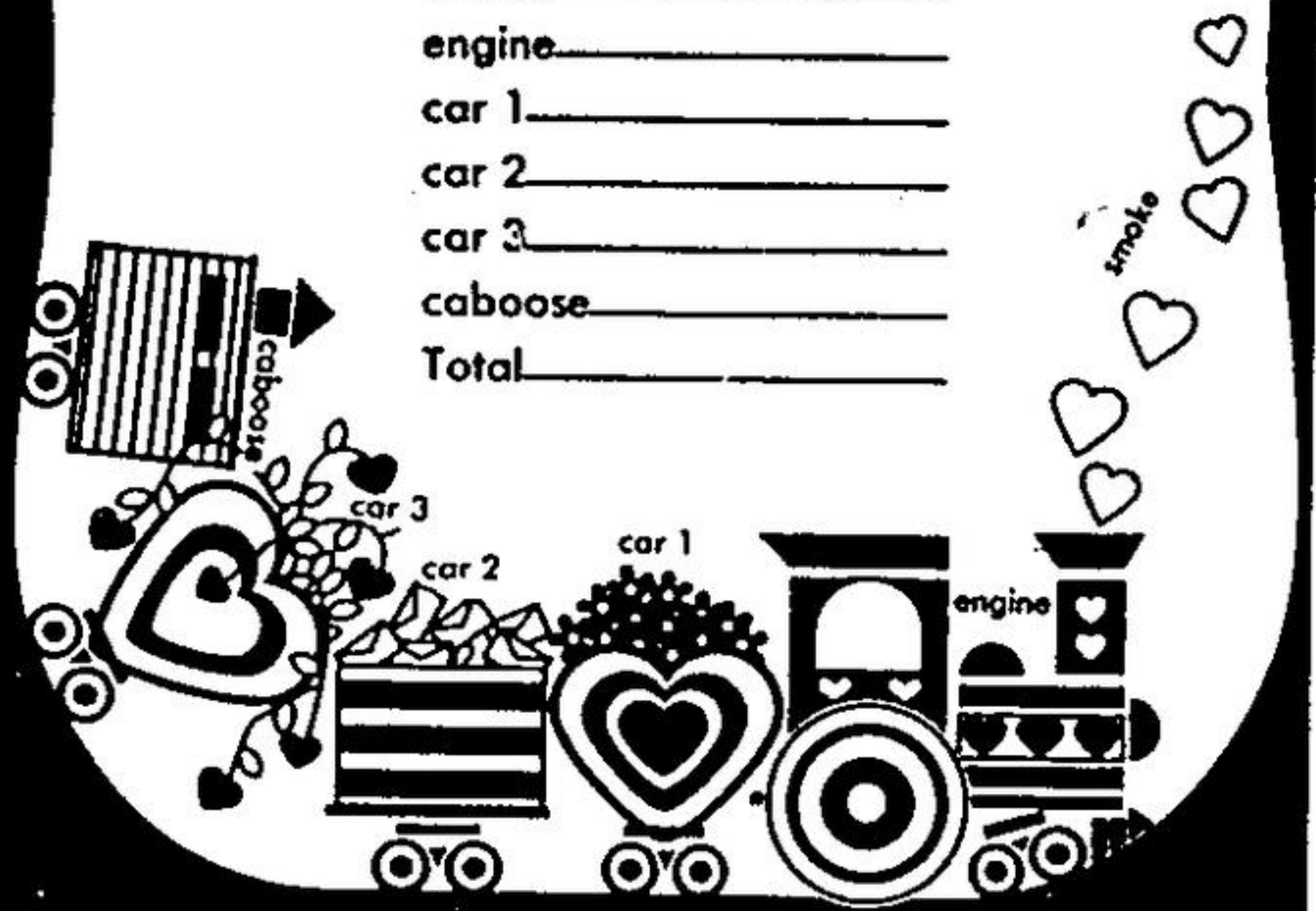
Thanks to the American Heart Association for the heart diagram, information and activity.

Answers: across-2:mitral, 3:muscle, 6:arm, 8:flist, 10:valves, 12:pump, 14:myocardium, 16:atrium, 17:lung, 18:endocardium, 19:dioxide, 20:arm, 21:artery; down-1:aortic, 4:pulmonary, 5:tissue, 6:ventricle, 7:pericardium, 9:septum, 11:tricuspid, 13:pulmonary, 15:blood, 16:aorta.

LOVE X-PRESS

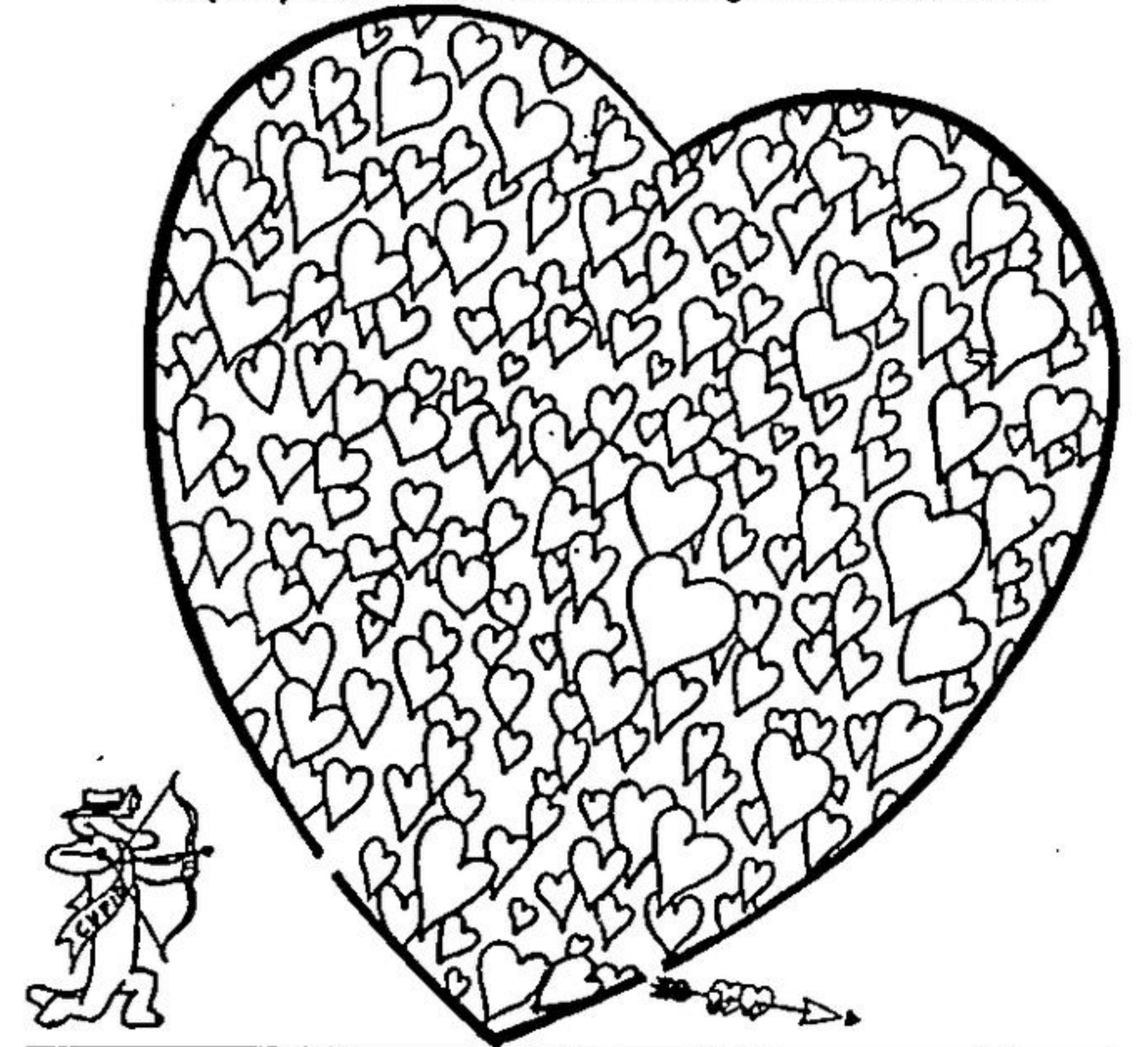
This little train has lots of hearts on it. Can you count how many? Count the number of hearts in the smoke and in each car, then add your numbers. (Some cars have no hearts.)

smoke _____
 engine _____
 car 1 _____
 car 2 _____
 car 3 _____
 caboose _____
 Total _____



Answers: smoke-6; engine-7; car 1-5; car 2-0; car 3-10; caboose-0; total-28.

Help Cupid Alfie shoot the arrow through the maze of hearts.



This healthy heart is made of foods that are good for you — fruits, vegetables, grains, fish. A healthy diet and plenty of exercise will help you have a strong and healthy heart. Make as many new words from the words exercise/diet as you can and list them inside of the heart.



Possible answers: set, six, dear, feed, crew, dead, head, dried, tree, rest, steep, read, red, sir, tie, die.

Fun Facts

1. Each day, the average heart beats 100,000 times and pumps close to 2,000 gallons of blood.
2. There are about 12,400 miles of arteries, veins and capillaries in the

3. The American Heart Association was founded in 1924 by six New York City cardiologists (heart doctors).
4. From 1976 to 1986 the death rate for coronary heart disease fell 27.9 percent.
5. The heart is a hollow, muscular organ about the size of your fist, weighing between 7 and 12 ounces.
6. The normal adult heart rate is 60-90 beats a minute. The normal

- heart rate of a child is 100-120 beats a minute.
7. Approximately 900 million Valentine's Day cards are sold each year. Only Christmas sells more greeting cards - 2.2 billion.
8. There are many theories about how Valentine's Day began. One is an old English belief that birds choose their mates on February 14.
9. In Ancient Rome on February 14, a boy would draw a girl's name from a box and she would be his special girlfriend for one year.

A little Bit Of HUMOR

Knock, knock!
 Who's there?
 Olive.
 Olive who?
 Olive you.

Joe: What do you call a 100-year-old watchdog?
 Moe: An oldtimer.

Caron: What goes up and never

comes down?
 Aaron: Your age.

Becky: What goes around a house and never makes a sound?
 Vicky: A fence.

Bob: Do you think it's right to punish someone for something he hasn't done?
 Teacher: Of course not.
 Bob: That's good. I haven't done my homework.

John: What's the difference between a doctor and a duck?
 Kate: The doctor's bill is larger.