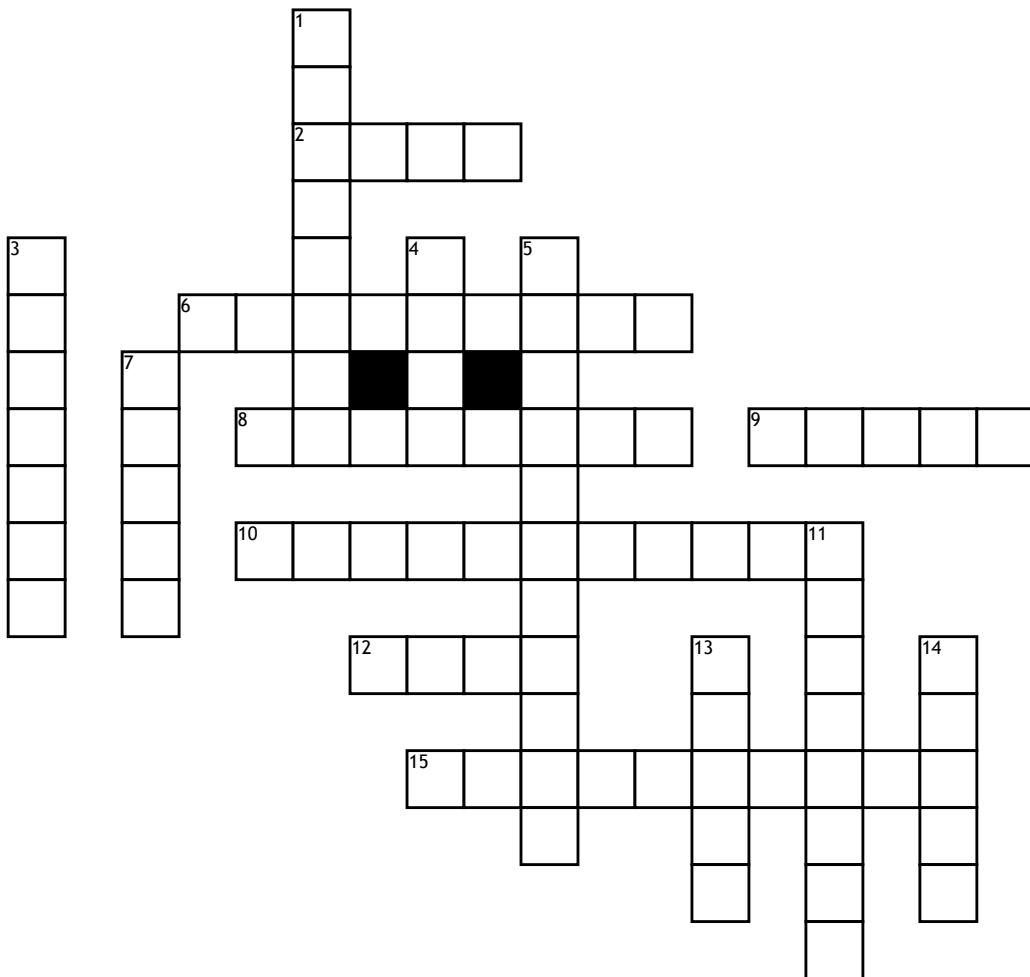


# Hand on your Heart



## Across

2. Reducing this in your diet can improve heart health  
 6. The P in CPR stands for \_\_\_\_\_  
 8. Which type of blood vessels have a pulse  
 9. Found on both sides of the heart.  
 10. The valve between the Left Atrium ad Left Ventricle

12. the heart is made up of \_\_\_\_\_ chambers  
 15. An \_\_\_\_\_ system controls the rhythm of your heart  
**Down**  
 1. The heart is a \_\_\_\_\_ organ  
 3. A food that is good for the heart  
 4. What feeling is the heart associated with?

5. blood vessels that have the thinnest walls  
 7. The heart is made up of \_\_\_\_\_ layers of tissue  
 11. This activity can improve heart health  
 13. The main artery that carries blood away from your heart  
 14. Regulates the direction of flow of blood through the heart

## Word Bank

Four	Aorta	Avocado	Lungs	Muscular
Salt	Arteries	Exercise	Electrical	Mitral Valve
Valve	Three	Love	Pulmonary	Capillaries