

**Your heart works non-stop, so it needs to be strong!
Eating good food and getting lots of exercise will help.**

My heart is bigger than yours.
It's the biggest in the world.

The left side of my heart
is bigger than the right
because it has to work
hard to pump blood up
my long neck to my brain.

The average
heart is the size
of an adult's fist.

Laughing is good for my
heart. It reduces stress and
boosts my health.

Food acts as fuel for your heart and body so they can keep working properly.

Foods like vegetables and fruit are packed full of good things like vitamins and minerals. Eating these every day will give you energy to play and help to keep you healthy.

Sugary foods, like sweets and soft drinks, should only be eaten sometimes. Your body quickly uses up the energy in them, and you may feel tired or even cranky afterwards. They can even damage your teeth!

Food comes in all colours of the rainbow.

Can you name a food for each colour?

**YOUR HEART:
the most important
part of your body**

**You're amazing, and
so is your heart. Be
your own superhero
– protect your heart!**

I have 5 hearts!

**Playing and being active are great ways to get your
heart pumping and your muscles moving.**

They help to keep your body strong and healthy, and
can put you in a good mood.

Try to be active for at least one hour every day. There
are lots of fun things you can do, like playing outside,
walking the dog or riding your bike.

How many activities can you see in this picture?

The heart can continue
beating even when it's
disconnected from the body.

My heart beats about
115,000 times every day.

Drinking plenty of water
helps my heart do its job
and more easily pump
blood around my body.

Your body has a "plumbing system"

Your heart is part of this amazing system that pumps blood around your body, every second of every day.

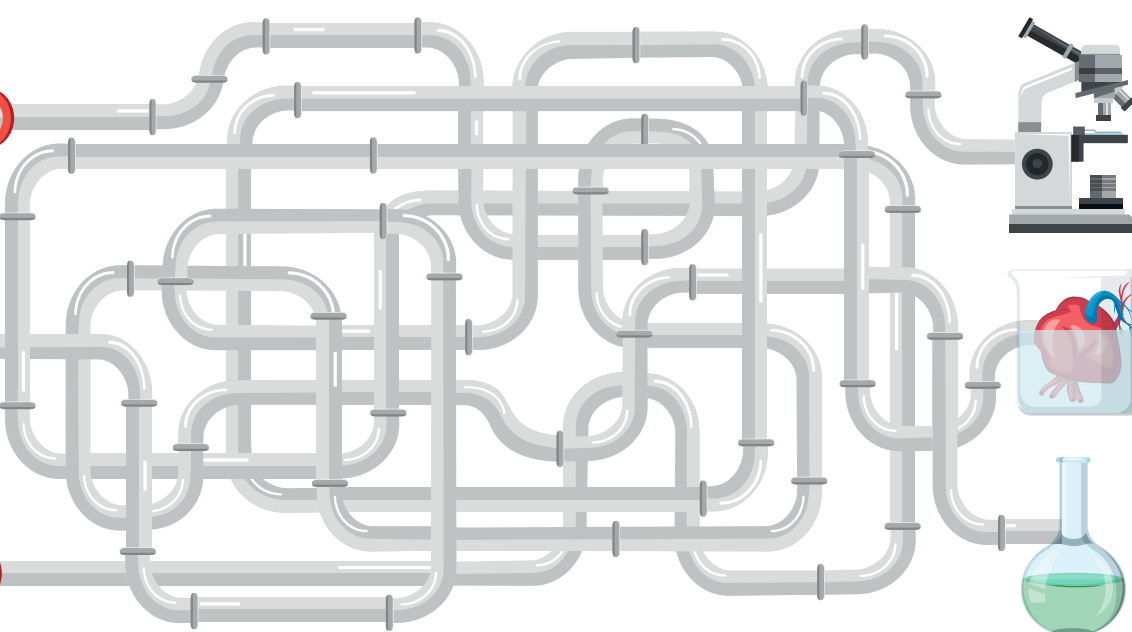
This lets you do all the activities you do every day, like walk up the stairs, ride a bike, read a book, and go to school to learn cool stuff, without even thinking!

Your plumbing system is made up of pumps (your heart), pipes (blood vessels) and water (blood).



Help us finish our science experiments!
Trace the pipes to find our equipment.

The beating sound of your heart is caused by the valves of the heart opening and closing.



Your heart: the "pump"

Your heart is a powerful muscle that pumps blood around your body through your blood vessels. Your heart has two main pumps. One sends blood around the body. The other sends blood from the veins up to the lungs to drop off carbon dioxide and pick up more oxygen, when you breathe.

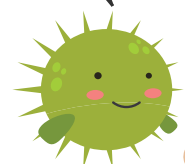
Blood vessels: the "pipes"

Your blood vessels are the pipes that carry blood everywhere in your body, from the tips of your toes to the top of your head.

Blood: the "water" in your pipes

Your blood carries important cargo to all the parts of your body. It carries water, as well as red blood cells (to carry oxygen), platelets (to plug up any leaks), and white blood cells (to fight germs and disease).

If you get a scratch, you may start bleeding. Your platelets, which are tiny blood cells, will rush to the scratch to help you stop bleeding and get better.



Images: Vecteezy

Every single day nearly 7,000 litres of blood travels through your blood vessels. That's enough to fill an Olympic-sized swimming pool!



How fast does your heart beat?

Your heart beats faster when you're active than when you're at rest. Your pulse rate shows how fast your heart is beating.

1. To find your pulse rate, place your index and middle finger on the underside of your other wrist, below the base of the thumb, and press down firmly.
2. Count how many times you feel a thump against your fingers in 1 minute. Remember this number.
3. Now, do 10 star jumps.
4. Find your pulse rate again.
5. What was the difference? Try it on your parents.



If someone is having an emergency with their heart and feeling unwell, tell an adult straight away. If there is no adult close by, **call 000 to ask for help.**



If you stretch out your whole blood vessel system, it could wrap around the Earth 2.5 times.



Today's research to discover tomorrow's cure for heart disease

www.hri.org.au