



American Heart
Association®

**KIDS
HEART
CHALLENGE™**

FILL IN THE BLANKS

Use the words in the list to complete each sentence.

1. Your heart is the size of _____.
2. Your heart pumps _____ of blood per hour.
3. The animal with the largest heart is the _____.
4. A 16-ounce soda contains _____ of sugar.
5. Ace wants everyone to learn Hands-Only _____.
6. _____ Finn's Mission!
7. There are 60,000 _____ of blood vessels in your body.
8. Make a _____ change and move more!
9. _____ encourages us to sleep 9-12 hours every night.
10. _____ says NO to vaping and tobacco.
11. A doctor who specializes in hearts is a _____.
12. Laughter is good for your _____.
13. _____ is an addictive chemical found in cigarettes and vaping devices.
14. Move more! We should be active for at least _____ minutes a day!
15. Our hearts have _____ chambers.
16. The heart works twice as hard as the leg muscles of a _____.
17. We should eat _____ servings of fruits and vegetables a day.
18. The fairy fly, which is a type of wasp, has the _____ heart of any living creature.
19. Wylie and Bingo want us to be _____.
20. Join _____ in eating healthy and choosing water!

60
SMALLEST
39 GRAMS
BLUE WHALE
KIND
CPR
SPRINTER
HEART
NICOTINE
ASPEN
BEE
CARDIOLOGIST
MILES
BOLD
YOUR FIST
COMPLETE
4
ZEE
83 GALLONS
4



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RELLENE LOS ESPACIOS EN **BLANCO CON EL CORRECTO**

Usa las palabras de la lista para completar la oración.

1. Tu corazón es del tamaño de _____.
2. Su corazón bombea _____ de sangre por hora.
3. El animal con el corazón más grande es _____.
4. Un refresco de 16 onzas contiene _____ de azúcar.
5. Ace quiere que todos aprendan _____ solo con las manos.
6. _____ ¡La misión de Finn!
7. Hay 60.000 _____ de vasos sanguíneos en su cuerpo.
8. ¡Haz un cambio de _____ y muévete más!
9. _____ nos anima a dormir de 9 a 12 horas cada noche.
10. _____ dice NO al vapeo y al tabaco.
11. Un médico que se especializa en corazones es _____.
12. La risa es buena para tu _____.
13. _____ es una sustancia química adictiva que se encuentra en los cigarrillos y los dispositivos de vapeo.
14. ¡Muévete más! ¡Debemos estar activos _____ minutos al día!
15. Nuestros corazones tienen _____ cámaras.
16. El corazón trabaja el doble de duro que los músculos de las piernas de un _____.
17. Debemos comer _____ porciones de frutas y verduras al día.
18. La mosca hada, que es un tipo de avispa, tiene el corazón _____ de cualquier ser vivo.
19. Wylie y Bingo quiere que seamos _____.
20. ¡Únase a _____ para comer sano y elegir agua!

60
PEQUEÑÍSIMO
39 GRAMOS
BALLENA AZUL
AMABLE
RCP
VELOCISTA
CORAZÓN
NICOTINA
ASPEN
BEET
CARDIÓLOGO
MILLAS
ATREVIDO
TU PUÑO
COMPLETO
4
ZEE
83 GALONES
4



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Answer Key

1. Your heart is the size of **YOUR FIST/TU PUÑO**.
2. Your heart pumps **83 GALLONS/83 GALONES** of blood per hour.
3. The animal with the largest heart is the **BLUE WHALE/BALLENA AZUL**.
4. A 16-ounce soda contains **39 GRAMS/39 GRAMOS** of sugar.
5. Ace wants everyone to learn Hands-Only **CPR/RCP**.
6. **COMPLETE/COMPLETO** Finn's Mission!
7. There are 60,000 **MILES/MILLAS** of blood vessels in your body.
8. Make a **BOLD/ATREVIDO** change and move more!
9. **ZEE** encourages us to sleep 9-12 hours every night.
10. **ASPEN** says NO to vaping and tobacco.
11. A doctor who specializes in hearts is a **CARDIOLOGIST/CARDIÓLOGO**.
12. Laughter is good for your **HEART/CORAZÓN**.
13. **NICOTINE/NICOTINA** is an addictive chemical found in cigarettes and vaping devices.
14. Move more! We should be active for at least **60** minutes a day!
15. Our hearts have **4** chambers.
16. The heart works twice as hard as the leg muscles of a **SPRINTER/VELOCISTA**.
17. We should eat **4-5** servings of fruits and vegetables a day.
18. The fairy fly, which is a type of wasp, has the **SMALLEST/PEQUEÑÍSIMO** heart of any living creature.
19. Wylie and Bingo want us to be **KIND/AMABLE**.
20. Join **BEET** in eating healthy and choosing water!