

A Healthy Heart

Amazing Fact

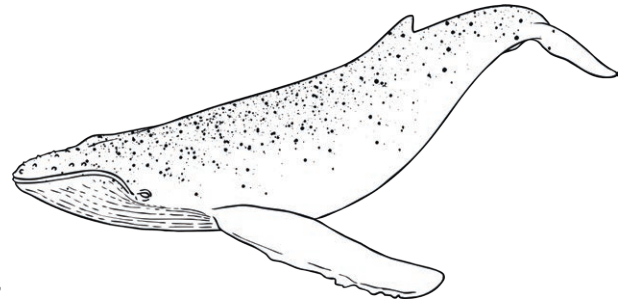
A blue whale's heart is the size and weight of a small car!

Challenge

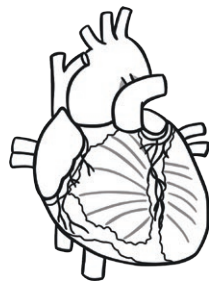
The heart is a very important organ. It has to pump blood around the body all the time. To help keep the human heart healthy, we need to eat the right foods.

Foods which are good for our heart include:

- fruit and vegetables;
- fish;
- wholegrain foods like bread and cereals.



Draw healthy foods around the heart below which will help to keep it working properly.



You could also try to find out:

- how many times the blue whale's heart beats per minute;
- about the largest animals that have ever existed on Earth;
- what a blue whale eats;
- how many blue whales are left on Earth.