

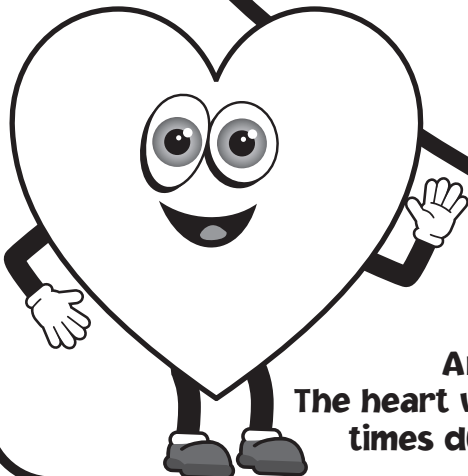
Lift-Off!'s Heart Healthy Word Find

Hidden in the letters below are 8 foods that you should eat in order to keep your heart healthy. See if you can find them all!

Amazing Heart Facts!
The heart beats 60 to 100 times a minute.

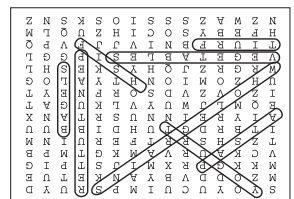
LIFT-OFF!

S Y O Y U C U I M P S R U Y D
M Z O D D V B Y A N K E T U E
M K K G P R X M I J S T P I G
V C K A U R V A M K G T M P B
T Z S H S R R T F E R U I N M
I T B R D G T U H D I B B U U
A I Y R E I N N U S R T A N X
E Q M L J W U Y V L K U G A T
I Z O V Z V D S O R F N E Y T
U H Z O M I O N H T Y A L O G
W R G R Z J Q H Y S K E S H L
V E G E T A B L E S I P G G L
T I U R F B N I V J J F V P Q
H F E B Y S O C I H Z U Q L M
N Z W A Z S S S I O S K S N Z



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|---------------|--------------|
| Peanut Butter | Fruit |
| Vegetables | Fish |
| Yogurt | Whole Grains |
| Pasta | Bagels |

Amazing Heart Facts!
The heart will beat more than 2.5 billion times during an average lifetime!



Answer Key: