

American Heart Month Vocabulary

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Children and adults can both benefit from learning, understanding and using heart healthy vocabulary words when talking about food.

Antioxidant (noun) A substance that protects body cells against damage from free radicals, which play a role in heart disease, cancer, and other diseases. The body makes some antioxidants while others are found in food including certain vitamins, minerals and plant compounds.

Cholesterol (noun) A waxy, fat-like substance found in all the cells of your body. It is used to make hormones, vitamin D, and other important substances. Your body makes all of the cholesterol it needs. There are two main types: HDL (good) and LDL (bad). LDL is bad because it can build up plaque on the walls of arteries. HDL is good because it helps to remove LDL.

Energy Balance (noun) The relationship between energy “in” - food calories taken into the body through food and drink, and energy “out” - calories being used by the body for daily energy needs.

Fiber (noun) A part of plant-based foods that cannot be digested and passes through the digestive system helping to clear out harmful substances such as cholesterol.

Free Radical (noun) An unstable molecule produced in the body after exposure to harmful agents such as (but not limited to) smoke, radiation, air pollution, deep fried foods, and contaminated water.

Heart Healthy (adjective) Food and activity that contribute to a healthy heart and circulatory system.

Lean Protein (noun) A protein source that is low in total fat, saturated fat, and cholesterol. As defined by the USDA, it contains less than 10 grams of total fat, no more than 4.5 grams of saturated fat, and less than 95 mg of cholesterol in a 3.5 ounce serving.

Mineral (noun) A chemical element that the body needs to perform functions necessary for development, growth, and life. We get minerals from the foods we eat.



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More heart healthy vocabulary words...

Omega-3 Fatty Acids (noun) A family of fatty acids that must be taken in through food, provide multiple health benefits, and play important roles in body functions. Omega-3s are typically found in plant-based unsaturated fats as well as fatty fish.

Processed Food (noun) Any food that has been mechanically or chemically changed to preserve, package, or otherwise prepare. Foods range from minimally processed to ultra processed. In general, foods become less nutritious as they move in the direction of ultra processed.

Saturated Fat (noun) Fats that are usually solid at room temperature and can raise LDL (bad) cholesterol, and may contribute to heart disease. It's recommended that saturated fat be eaten in moderation.

Trans Fat (noun) Fats that are mainly found in ultra processed foods and have been shown to raise LDL (bad) cholesterol and lower HDL (good) cholesterol. Eating trans fats increases the risk of heart disease.

Unsaturated Fat (noun) Fats that are usually liquid at room temperature and come from plant-based foods such as olives and sunflowers. Unsaturated fats are considered healthier than saturated fats as they do not raise LDL (bad) cholesterol and also provide some health benefits.

Vitamin (noun) A natural compound essential in small amounts for normal growth and healthy body functions. We need to get most vitamins from food because the body either does not produce them or produces very little.

Whole Food (noun) A food that has little to no processing and is free from added chemical preservatives or other artificial substances.

Whole Grains (noun) A grain (like wheat, oats, corn and rice) that is eaten with all of its essential parts (bran, germ, endosperm). When compared to highly-processed grains, whole grains are better sources of fiber and other important nutrients.



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ANTIOXIDANT

(noun) A substance that protects body cells against damage from free radicals, which play a role in heart disease, cancer, and other diseases. The body makes some antioxidants while others are found in food including certain vitamins, minerals and plant compounds.



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CHOLESTEROL

(noun) A waxy, fat-like substance found in all the cells of your body. It is used to make hormones, vitamin D, and other important substances. Your body makes all of the cholesterol it needs. There are two main types: HDL (good) and LDL (bad). LDL is bad because it can build up plaque on the walls of arteries. HDL is good because it helps to remove LDL.



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ENERGY BALANCE

(noun) The relationship between energy “in” - food calories taken into the body through food and drink, and energy “out” - calories being used by the body for daily energy needs.



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FIBER

(noun) A part of plant-based foods that cannot be digested and passes through the digestive system helping to clear out harmful substances such as cholesterol.



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FREE RADICAL

(noun) An unstable molecule produced in the body after exposure to harmful agents such as (but not limited to) smoke, radiation, air pollution, deep fried foods, and contaminated water.



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HEART HEALTHY

(adjective) Food and activity that contribute to a healthy heart and circulatory system.



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LEAN PROTEIN

(noun) A protein source that is low in total fat, saturated fat, and cholesterol. As defined by the USDA, it contains less than 10 grams of total fat, no more than 4.5 grams of saturated fat, and less than 95 mg of cholesterol in a 3.5 ounce serving.



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MINERAL

(noun) A chemical element that the body needs to perform functions necessary for development, growth, and life. We get minerals from the foods we eat.



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OMEGA-3 FATTY ACIDS

(noun) A family of fatty acids that must be taken in through food, provide multiple health benefits, and play important roles in body functions. Omega-3s are typically found in plant-based unsaturated fats as well as fatty fish.



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PROCESSED FOOD

(noun) Any food that has been mechanically or chemically changed to preserve, package, or otherwise prepare. Foods range from minimally processed to ultra processed. In general, foods become less nutritious as they move in the direction of ultra processed.



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SATURATED FAT

(noun) Fats that are usually solid at room temperature and can raise LDL (bad) cholesterol, and may contribute to heart disease. It's recommended that saturated fat be eaten in moderation.



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TRANS FAT

(noun) Fats that are mainly found in ultra processed foods and have been shown to raise LDL (bad) cholesterol and lower HDL (good) cholesterol. Eating trans fats increases the risk of heart disease.



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UNSATURATED FAT

(noun) Fats that are usually liquid at room temperature and come from plant-based foods such as olives and sunflowers. Unsaturated fats are considered healthier than saturated fats as they do not raise LDL (bad) cholesterol and also provide some health benefits.



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VITAMIN

(noun) A natural compound essential in small amounts for normal growth and healthy body functions. We need to get most vitamins from food because the body either does not produce them or produces very little.



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WHOLE FOOD

(noun) A food that has little to no processing and is free from added chemical preservatives or other artificial substances.



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WHOLE GRAINS

(noun) A grain (like wheat, oats, corn and rice) that is eaten with all of its essential parts (bran, germ, endosperm). When compared to highly-processed grains, whole grains are better sources of fiber and other important nutrients.



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Almonds



Healthy Heart Benefits: Almonds contain unsaturated fats which lower LDL Cholesterol and increase HDL Cholesterol. They are high in fiber and vitamin E (an antioxidant).



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Avocado



Healthy Heart Benefits: Avocado contains unsaturated fats including omega-3 fatty acids. It's high in fiber and is a great source of many vitamins and minerals.



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Beans



Healthy Heart Benefits: Beans are a very lean source of protein, which means they give the body a lot of protein but very little fat. They are also high in fiber, B vitamins and potassium (a mineral).



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Berries



Healthy Heart Benefits: Berries are loaded with antioxidants, vitamins, minerals, and fiber. They've been shown to fight inflammation, lower LDL (bad) cholesterol, and contribute to healthy arteries.



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Edamame



Healthy Heart Benefits: Edamame is packed with essential vitamins and minerals. It is a very lean source of complete protein, which means it gives the body a lot of protein but very little fat. Plus, the small amount of fat in Edamame is a healthy unsaturated omega-3. Edamame is also high in fiber.



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Leafy Green Vegetables



Healthy Heart Benefits: Leafy green vegetables are packed with important antioxidants and other essential vitamins and minerals. They are high in fiber. They give you all of this nutritional value with very few calories, so you can eat a lot of leafy green vegetables while keeping your overall energy balanced.

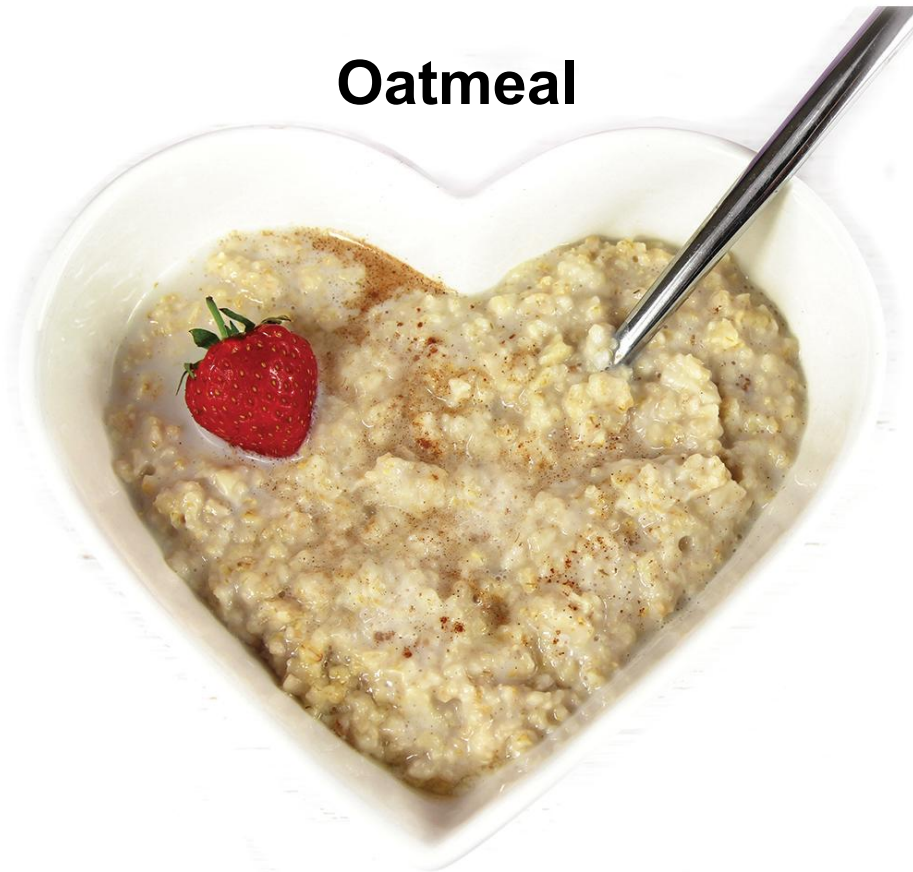


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Oatmeal



Healthy Heart Benefits: The high levels of antioxidants and fiber in oatmeal make it one of the best foods for heart health. It has been shown to decrease LDL (bad) cholesterol levels while not affecting HDL (good) cholesterol levels. Oatmeal is full of fiber. Oatmeal is low in calories but makes people feel full. That can help people reduce portion size while getting a lot of great nutrition.



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Olive Oil



Healthy Heart Benefits: Olive oil is a source of unsaturated fat which can help lower LDL (bad) cholesterol. It is minimally processed compared to other oils so it keeps all of the beneficial antioxidants contained in the olive fruit. Olive oil may help prevent heart disease and stroke.

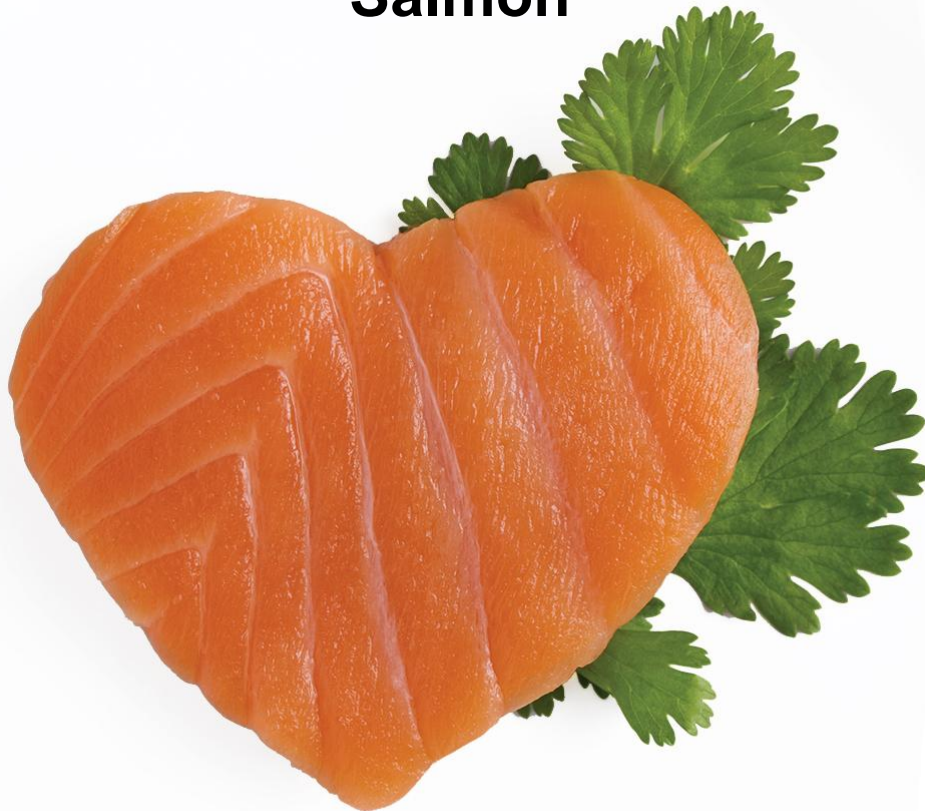


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Salmon



Healthy Heart Benefits: Salmon is one of the best sources of omega-3 fatty acids and an excellent source of protein. This combination provides big health benefits while helping to keep calories in balance when combined with a physically active lifestyle. It has been shown to decrease inflammation, lower blood pressure, and protect arteries.



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Tomatoes



Healthy Heart Benefits: Tomatoes are high in fiber and contain a number of antioxidants, including lycopene, which boost heart health. The nutrients in tomatoes have been shown to lower levels of LDL (bad) cholesterol and blood pressure.



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Walnuts



Healthy Heart Benefits: Walnuts are rich in heart-healthy omega-3 fatty acids and powerful antioxidants. They are also a good source of fiber. This combination may help fight inflammation and heart disease and decrease blood pressure and LDL (bad) cholesterol.



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Water



Healthy Heart Benefits: Drinking water instead of sugary drinks is a great way to maintain a healthy energy balance. Additionally, drinking water helps your heart do its job. A hydrated heart is able to pump blood more easily and allows all of your muscles to work more efficiently.



Heart Health Vocabulary Word Search

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Student Name: _____

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



Draw a line through the following words in the puzzle above.

~~AVOCADO~~
OATMEAL
EDAMAME

SALMON
LEAFY GREENS
OLIVE OIL

WALNUTS
BEANS
TOMATOES

BERRIES
ALMONDS
WATER

Heart Health Vocabulary Word Search

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Student Name: _____

U G O C P C M U Y I B E G Q L
 B O V N Y S T C L N N H Q O W S Q Q U
 Y F M B G R L R G H D U S Z I T H Y C M X
 N X R E O A Z N O T L Y P Q A U T R O P Y F Z
 W U M E G K N D V R I G C O Q T N E A L R N I P
 Q I S O E A R T A T B X W C T U G G N E O G B W
 D P E A E R 3 F I D S G Q V Y R H D S F C F E O
 B A E N T Z A F J O P D B A K A E J F O E V R W
 A N M F E U W D A B X T P V B T A L A O S T N E
 K Y L I J R R Y I T F I B A B E R E T D S J Z K
 G P V A V C G A M C T Y D E L D T A U E E F U J
 C K W T J D P Y T I A Y O A I F H N C H D Y T T
 N H A H G G K L B E N L A R N A E P K H F E S N
 A O F O T G L C A D E J C F T A R S I O F I
 T L W L J V W V L F R K I J L O R E O X
 C E P E Z I C B A A A F D T T B G D
 C S R G I T U M N T L V H E K Z
 A T W R U A D M C L X Y I F
 C E Q A R M P V E Y O N
 H R E I T I Q C Z F
 S O U N P N Q O
 O L U S S H
 F U P F
 T L



Draw a line through the following words in the puzzle above.

WHOLE GRAINS
~~WHOLE FOOD~~
 FIBER
 LEAN PROTEIN

PROCESSED FOOD
 ENERGY BALANCE
 CHOLESTEROL
 SATURATED FAT

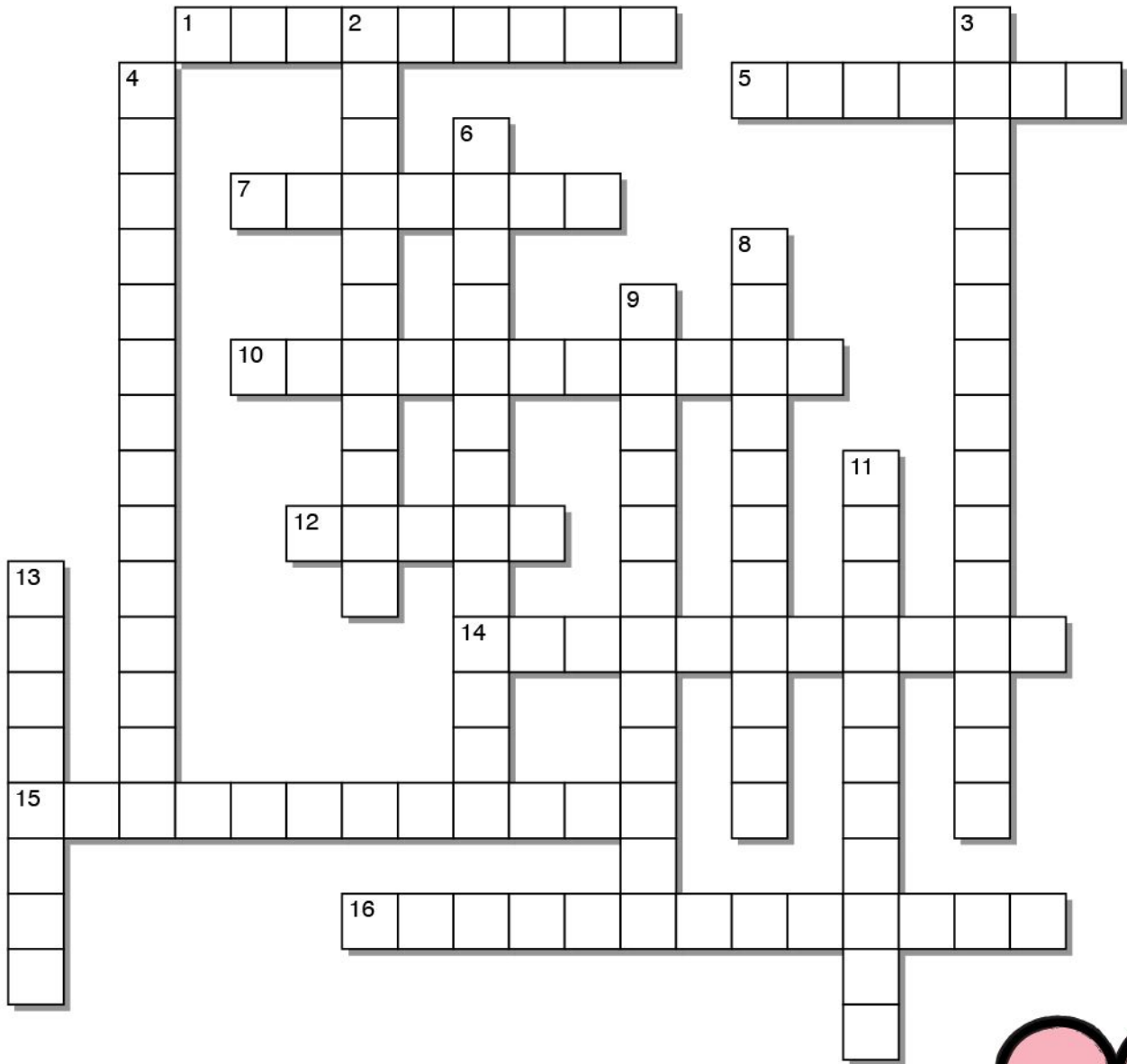
MINERAL
 VITAMIN
 UNSATURATED FAT
 ANTIOXIDANT

TRANS FAT
 OMEGA-3 FATTY ACIDS
 FREE RADICAL
 HEART HEALTHY

Heart Health Vocabulary Crossword

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Student Name: _____



See clues on page 2.

Heart Health Vocabulary Crossword

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PUZZLE CLUES

ACROSS

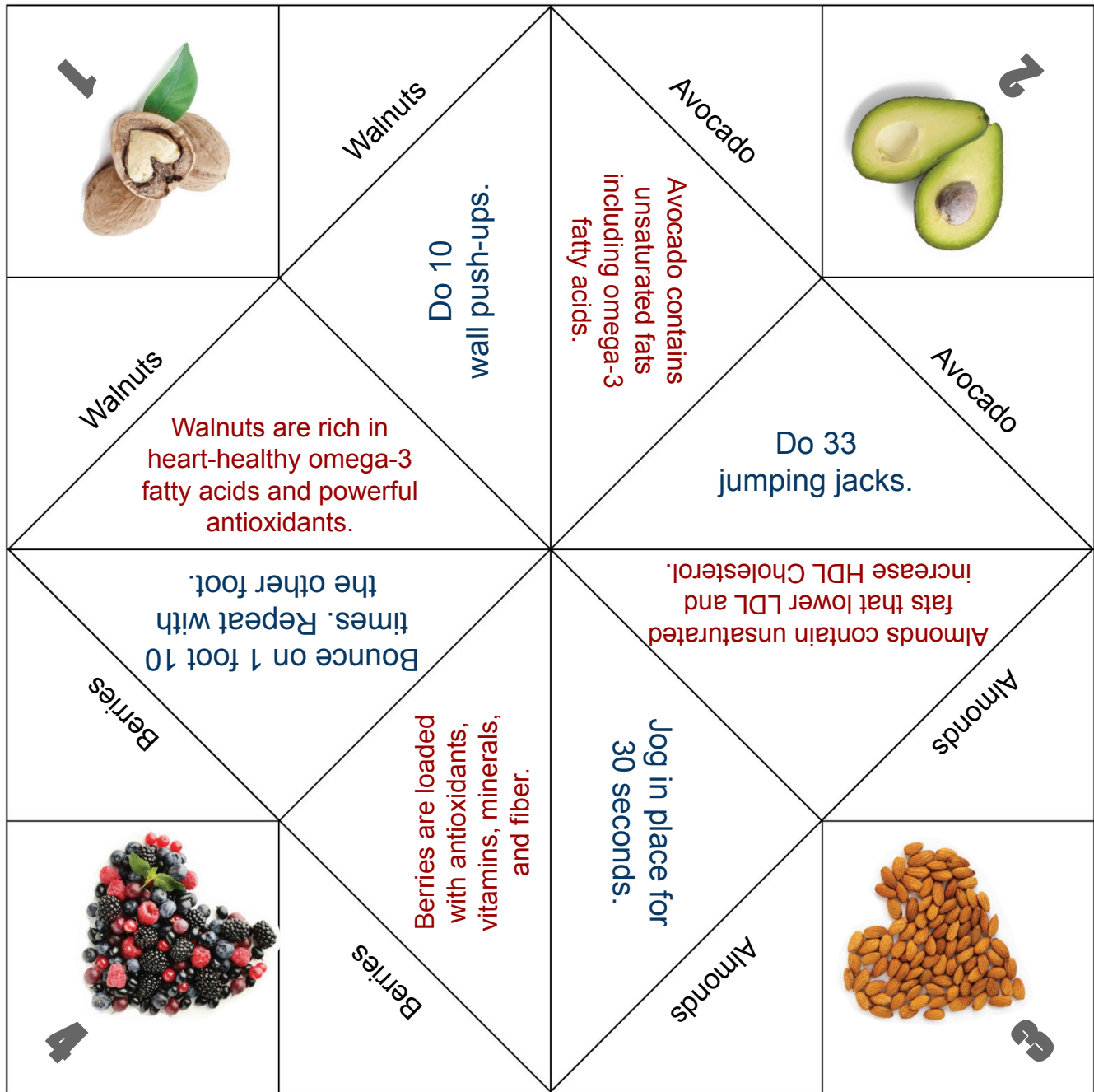
- 1) A food that has little to no processing and is free from added chemical preservatives or other artificial substances.
- 5) A natural compound essential in small amounts for normal growth and healthy body functions.
- 7) A chemical element that the body needs to perform functions necessary for development, growth, and life.
- 10) A waxy, fat-like substance found in all the cells of your body. It is used to make hormones, vitamin D, and other important substances.
- 12) A part of plant-based foods that cannot be digested and passes through the digestive system helping to clear out harmful substances such as cholesterol.
- 14) An unstable molecule produced in the body after exposure to harmful agents such as (but not limited to) smoke, radiation, air pollution, deep fried foods, and contaminated water.
- 15) Fats that are usually solid at room temperature and can raise LDL (bad) cholesterol, and may contribute to heart disease.
- 16) The relationship between energy “in” - food calories taken into the body through food and drink and energy “out” - calories being used by the body for daily energy needs.

DOWN

- 2) A protein source that is low in total fat, saturated fat, and cholesterol.
- 3) A family of fatty acids that must be taken in through food, provide multiple health benefits, and play important roles in body functions.
- 4) Fats that are usually liquid at room temperature and come from plant-based foods such as olives and sunflowers.
- 6) Any food that has been mechanically or chemically changed to preserve, package, or otherwise prepare.
- 8) A grain (like wheat, oats, corn and rice) that is eaten with all of its essential parts (bran, germ, endosperm).
- 9) Food and activity that contribute to a healthy heart and circulatory system.
- 11) A substance that protects body cells against damage from free radicals, which play a role in heart disease, cancer, and other diseases.
- 13) Fats that are mainly found in ultra processed foods and have been shown to raise LDL (bad) cholesterol and lower HDL (good) cholesterol.

Nutrition Education Fortune Tellers

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1. Cut the large outside square of the fortune teller.
2. Fold in half and in half again – in the opposite direction.
3. Open out. Turn over so the top is blank. Fold each corner into the middle.
4. Turn it over and repeat.
5. Turn so you can see the pictures, fold each corner to create a square showing 4 pictures.
6. Fold so words come together and touch.
7. Slide thumb and pointer finger under pictures and all pictures together in fortune teller form.
8. You're ready to use the fortune teller!

