

Keeping Your Heart Healthy

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Review Questions on Heart Health

Name: _____

Date: _____

Answer the following questions based on what you learned about keeping your heart healthy.

1. What are the three key ways to keep your heart healthy?

2. What role does exercise play in heart health?

- A. It weakens the heart muscle
- B. It strengthens the heart muscle
- C. It has no effect on the heart

3. Nutrition has no impact on heart health.

- True False

4. Rest allows the body to ____ and recover.

5. How does God view our bodies according to 1 Corinthians 6:19-20?

6. Which of the following foods is considered heart-healthy?

- A. Chips
- B. Fruits and vegetables
- C. Candy

7. We appreciate the body God gave us by neglecting our health.

- True False

8. You are not your own, for you were bought with a ____.

9. What is one way you can track your heart-healthy choices?

10. How much exercise do children need each day?

- A. 1 hour
- B. 30 minutes
- C. 2 hours

Answer Key

1. The three key ways are exercise, nutrition, and rest. 2. It strengthens the heart muscle 3. False 4. repair 5. God views our bodies as temples of the Holy Spirit, meaning they are sacred and worthy of care. 6. Fruits and vegetables 7. False 8. price 9. I can create a personal heart health tracking chart to keep track of my exercise, nutrition, and rest. 10. 1 hour