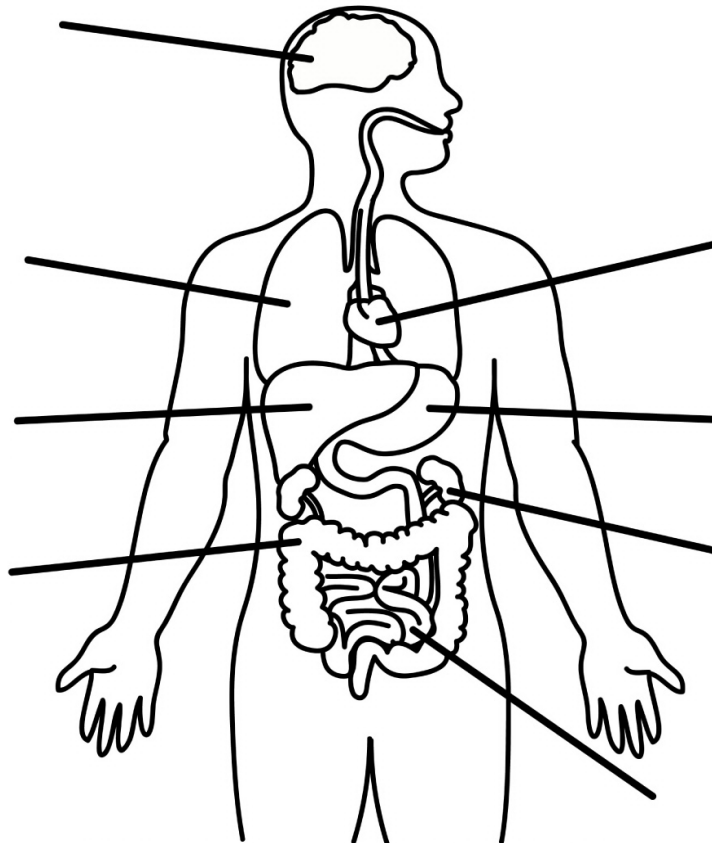


**Project:** Healthy Heart Scavenger Hunt

**Purpose:** To learn the health benefits of physical activity

**Comments:** Some activities require some sit-down time, but it is a good idea to design some workshops that require more active participation. A scavenger hunt is a fun way to make learning fun. The example below is a worksheet with questions that are found in a scavenger hunt inside (or outside) the community centre.



We breathe \_\_\_\_\_ into our lungs.

Oxygen then travels into the \_\_\_\_\_.

The \_\_\_\_\_ pumps blood to all parts of the body.

Blood travels in blood \_\_\_\_\_.

Our organs use oxygen and remove carbon \_\_\_\_\_.