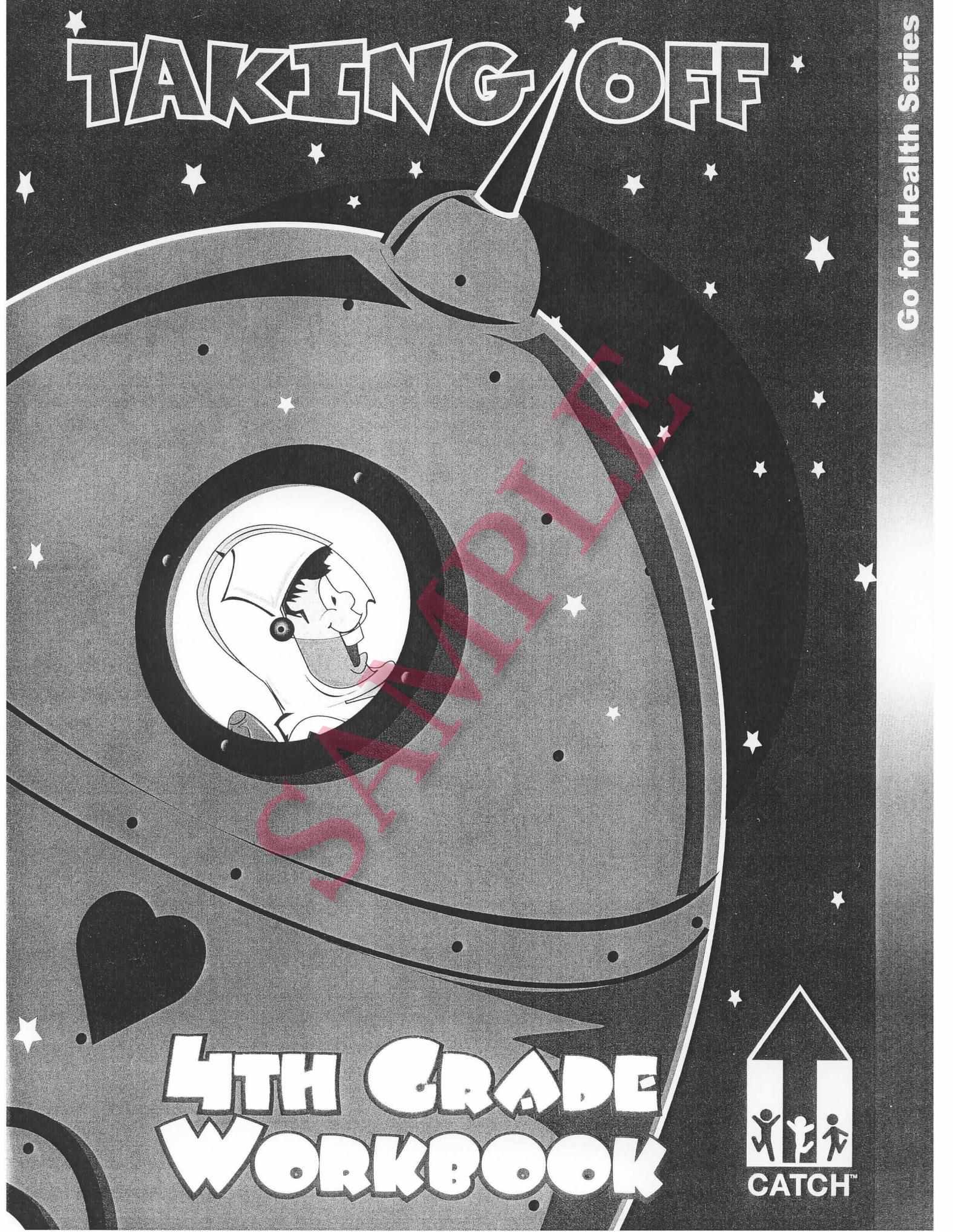


# TAKING OFF



Go for Health Series

# 4TH GRADE WORKBOOK

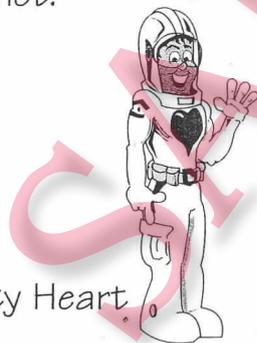


## Synopsis of Hearty Heart and Friends

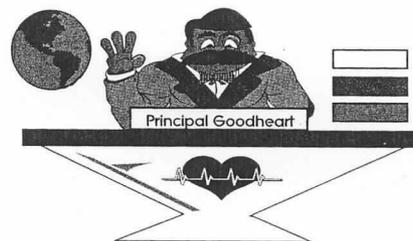
Principal Goodheart of the Intergalactic School of Heart Health on Planet Strongheart received letters from some children on Earth who had questions about heart healthy living. Principal Goodheart sent Hearty Heart to Earth to find the children who wrote the letters to him and then teach them about heart health.

Hearty took some friends along to help him with his mission: Dynamite Diet (expert on the importance of eating “Everyday Foods” – Foods lower in fat, like fruits and vegetables; breads and cereals; fish, poultry, and lean meats; low-fat dairy products); Salt Sleuth (clever detective who was always looking for salt and sodium in food); and Flash Fitness (expert on the importance of physical activity). While on Earth they met Sittin’ Sam (lazy character who hated to exercise and just wanted to sit around and watch TV) and were able to convince him that physical activity was good for him and fun, too. They also discovered that Food Fat (sneaky character who was always trying to get people to eat foods high in fat) was everywhere, and they had to teach Earth children how to watch out for him.

Hearty Heart and His Friends finally found the children who wrote to Principal Goodheart. They were the children who were participating in the **Hearty Heart and Friends** program. With their mission completed, Hearty Heart and His Friends were ready to return to Planet Strongheart. Before leaving Earth, they urged the Earthling children to prepare to visit Planet Strongheart by turning Earth into a Planet of Heart Health like their own planet.



Hearty Heart



Principal Goodheart



Dynamite Diet



Salt Sleuth



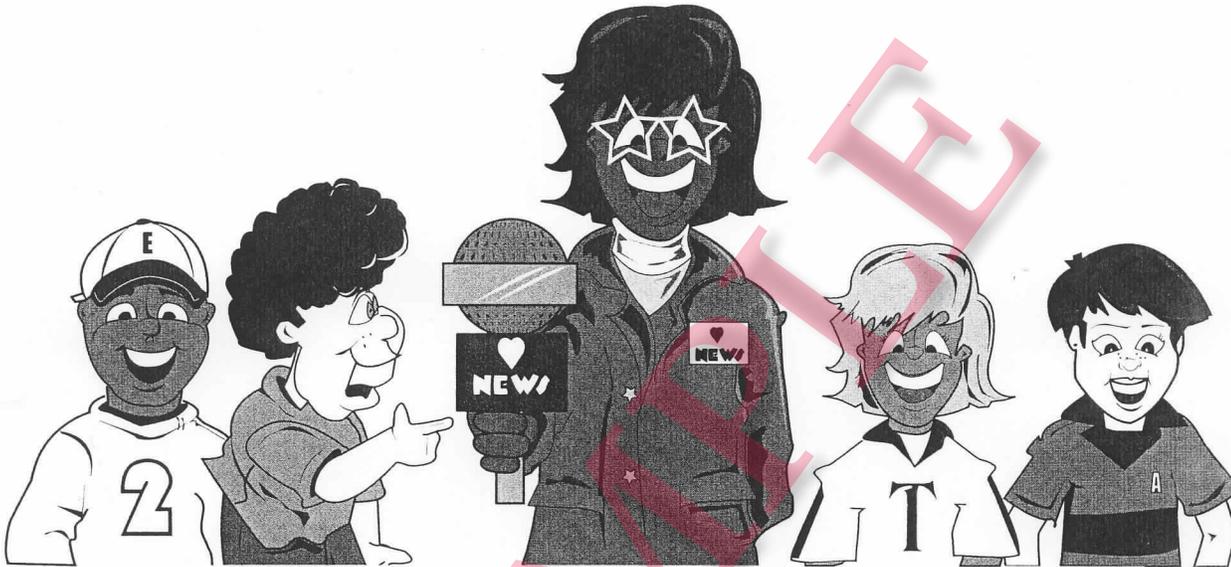
Flash Fitness

# Session 1 ♥ Handout 1



♥ Name \_\_\_\_\_

## Special Report from ..... Planet Earth .....



We interrupt our regularly scheduled program to bring you this special report from our Intergalactic Reporter, Tillie Tellstar.

**Tillie:** Hello, everybody! Today I'm reporting from a planet in the Milky Way Galaxy. The planet is called "Earth." I'm here because our Planet Strongheart citizens Hearty Heart, Dynamite Diet, Salt Sleuth, and Flash Fitness visited this distant planet last year. They came here to help teach Earthling children about how to live healthier lives. Well, I decided to travel to Earth to find out what the children here learned, and I've just had the opportunity to meet four Earthling fourth graders who met Hearty and His Friends last year. They agreed to talk to me today. This is Nicole, John, Will, and Angela. Hello, Earthlings!

**Students:** Hi!

**Tillie:** Well, tell me, Nicole, what did you and your friends learn about how to stay healthy here on Earth?

Nicole: *We learned that it is important to eat foods that are good for us.*

Tillie: *Really? And what are some of those foods, Will?*

Will: *Oh, fruits and vegetables; low-fat dairy products; fish, poultry, and lean meats; and cereals, breads, and pasta.*

John: *Will just named some great everyday GO foods!*

Angela: *Tillie, we learned that riding our bikes, jogging, and swimming are good for us, too.*

Tillie: *Tell me. . .why is it so important to be healthy?*

John: *So we can feel good!*

Nicole: *So we can be happy!*

Will: *So we can look healthy!*



Angela: *And so we can have GO power for lots of fun!*

Tillie: *It sure sounds like you Earthlings know all about going for health!*

John: *Not really, Tillie. Sometimes we're not too sure what to do, and we really wonder just how on earth we'll learn it all!*

Tillie: *Well, good news, John! Hearty Heart sent along something for all of you Earthling fourth graders. He told me it was something all of you would really like.*

Nicole: *Look! It's a workbook full of great activities that we—and lots of other children here on Earth—can do to prepare to **TAKE OFF and GO FOR HEALTH!** Ready to start the activities, gang?*

John,  
Will, &  
Angela: *YES! We're ready! Let's get GO-GO-GO-ING!*

Tillie: *Thanks for talking to me! Now, be sure to send me a memo and let me know when you're finished with your **GO For Health** activities. So, folks, that's the special report here on Earth. Looks like these Earthlings are trying to learn as much as they can about good health. Well, I am out of time. This is Tillie Tellstar reporting live from Planet Earth, and until next time - Good Bye and Good Health to all of you back on Planet Strongheart.*