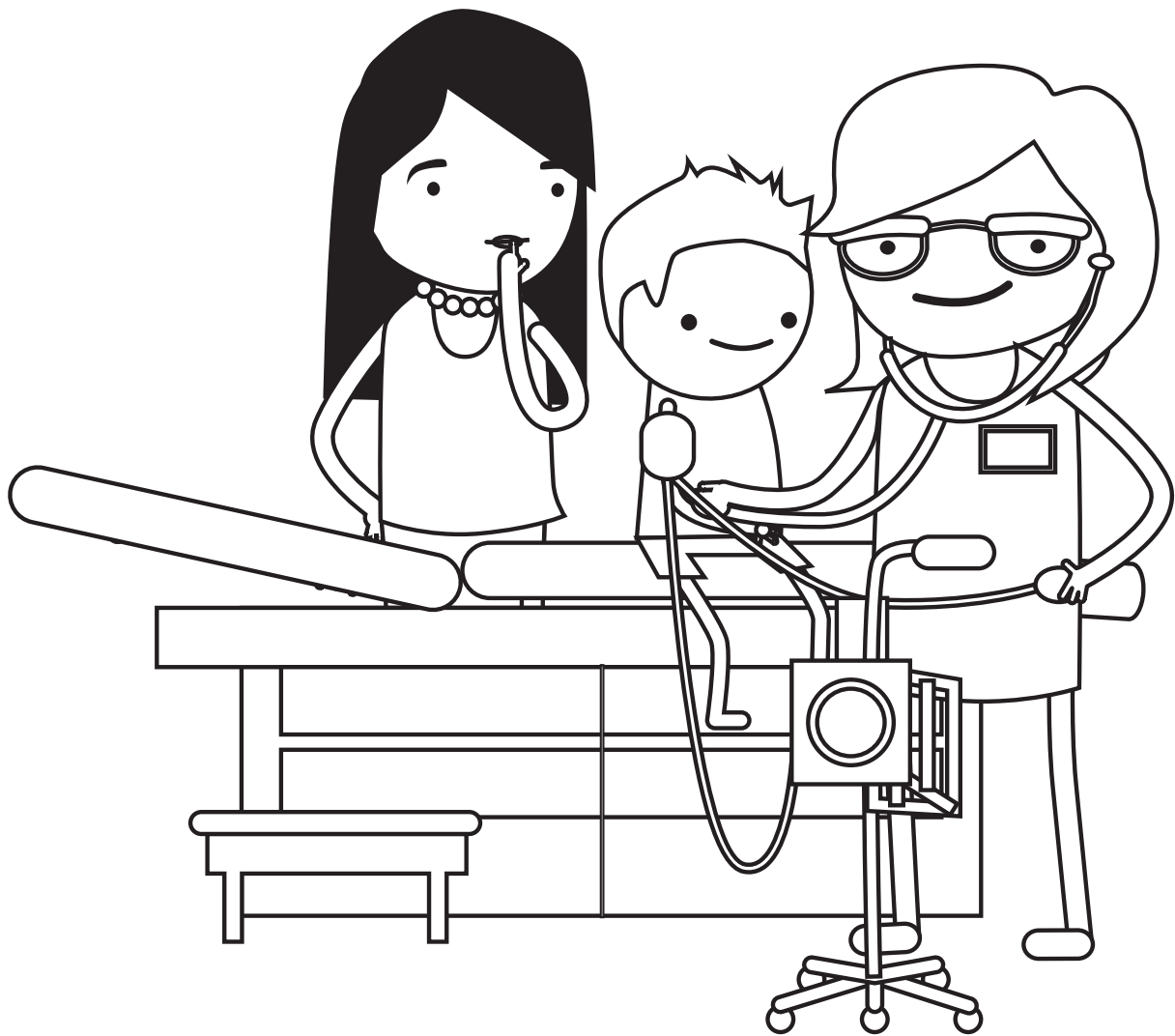




# HEALTHY KIDNEYS

## BLOOD PRESSURE ACTIVITY SHEET



# HEALTHY BLOOD PRESSURE RECIPE

Do you remember the four main ingredients for healthy blood pressure?



- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What do you have to do when the Nurse checks your blood pressure?  
Circle the answers.

**EXERCISE**

**PLAY**

**SIT DOWN**

**BE QUIET**

**STAND UP**

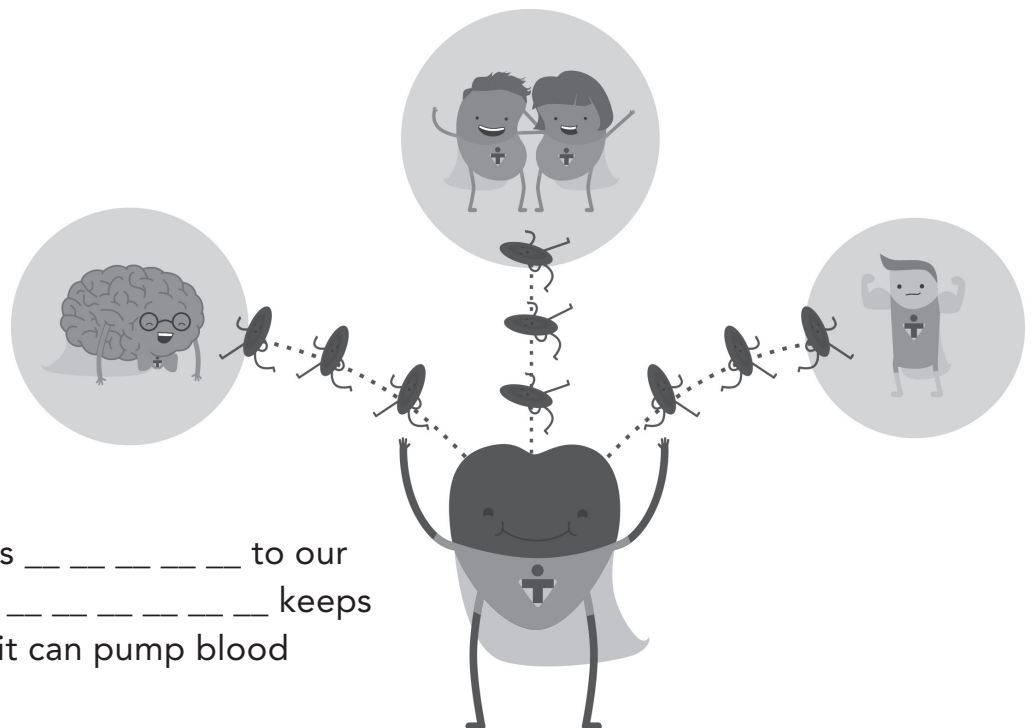
**TALK LOUDLY**

## BLOOD PRESSURE WORD SEARCH

Can you find these words? They can be forwards, backwards or diagonal.

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

BALANCE  
 BLOOD PRESSURE  
 CUFF  
 DOCTOR  
 GREEN FOODS  
 NURSE  
 SALT  
 WATER  
 WEIGHT  
 WHOLE FOODS



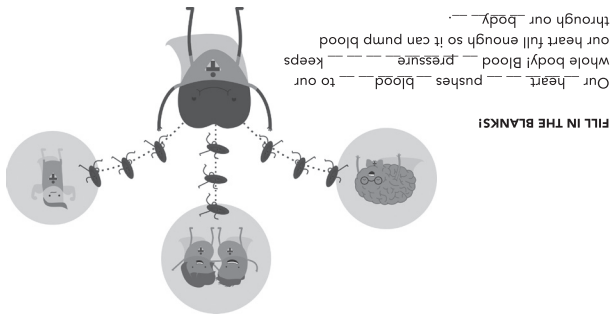
### FILL IN THE BLANKS!

Our \_\_\_\_\_ pushes \_\_\_\_\_ to our whole body! Blood \_\_\_\_\_ keeps our heart full enough so it can pump blood through our \_\_\_\_\_.

## IMPORTANT THINGS I LEARNED:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## ACTIVITY ANSWER KEY:



Our heart pushes blood to our whole body! Blood pressure keeps our heart full enough so it can pump blood through our body.

FILL IN THE BLANKS!

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

BALANCE  
BLOOD PRESSURE  
CUFF  
DOCTOR  
GREEN FOODS  
NURSE  
SALT  
WATER  
WEIGHT  
WHOLE FOODS

**BLOOD PRESSURE WORD SEARCH**  
Can you find these words? They can be forwards, backwards, or diagonal.

BE QUIET  
EXERCISE  
PLAY  
STAND UP  
SIT DOWN  
TALK LOUDLY

What do you have to do when the Nurse checks your blood pressure?  
Circle the answers.

Eat whole foods  
Be active  
Avoid salt  
Sometimes we need medicines



**HEALTHY BLOOD PRESSURE RECIPE**  
Do you remember the four main ingredients for healthy blood pressure?

