

Do you know the

LUB-DUB song?



Florida Department of Health

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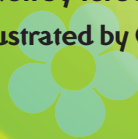
Do you know the

LUB-DUB song?



written by Tera Anderson, CHES

illustrated by Georgia Murphy



Do you know where your heart is?



If you had to guess, where would it be?



Would it be your knee?

How about
your elbow?



Nooooo.
Your heart is in
your chest!
Can you put
your hand over
your heart?



Can you feel
your heart
beating?

Another way you can feel your heart beating is by taking your fingers and pressing gently on your wrist below your thumb. This is called your pulse!



Can you say pulse?



Your doctor listens to your heart with a stethoscope. She hears “LUB DUB” when she listens to your heart. The LUB DUB is a song your heart sings.

Can you say
LUB DUB?

If you can hear your heart singing
and feel your heart beating,
then how **big** is your heart?



**Make your hand
into a fist. This is
about how big
your heart is!**

**Your heart may not
be very big, but your
heart is a strong
muscle. Your heart
sings the LUB-DUB
song all of the time.
It never gets
tired!**



When you are
sitting on the floor
or sleeping in your
bed, your heart
sings a slow song.



Can you feel your heart right now?
Is the beat fast or slow?

When you run and play outside your heart sings. It's rocking and rapping! Jumping, running, swinging, swimming, and climbing makes your heart sing, "LUB DUB, LUB DUB, LUB DUB!"



What else can you do to keep
your heart singing?

LUB-DUB LUB-DUB LUB-DUB

LUB-DUB LUB-DUB

LUB-DUB LUB-DUB LUB-DUB

LUB-DUB

LUB-DUB LUB-DUB

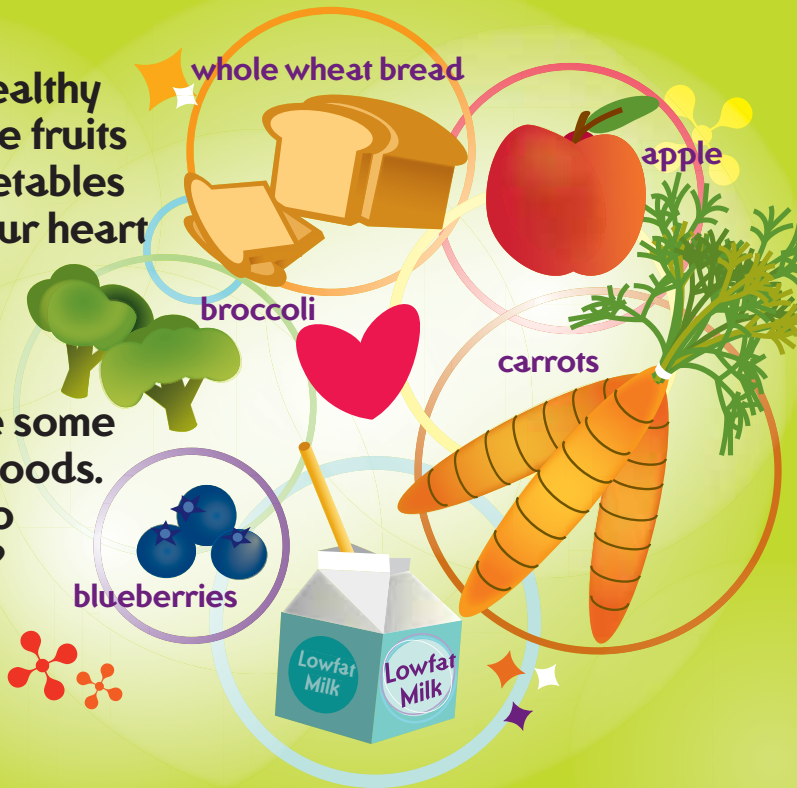
LUB-DUB

LUB-DUB



Eating healthy
foods like fruits
and vegetables
helps your heart
sing.

Here are some
healthy foods.
Which do
you like?



Maybe you
like whole
grain cereal
or bananas?
Maybe you
even like
both?



Are there some healthy foods you
haven't tried and you want to try?

Next time you get groceries with a grown up, **COUNT** how many healthy foods go in the cart.



When you like to eat
healthy foods, just
know your heart will
like them too.



Healthy foods
help your heart
sing LUB DUB.



**So keep your heart singing, rocking,
and rapping the LUB-DUB song!**



Every day **play** inside.



Play hard outside.



And **eat** yummy,
healthy food.





read for health

Florida Department of Health

Bureau of Childcare Food Programs, www.doh.state.fl.us/ccfp

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