



## Be Good to Your Heart

Matthew sat in the hospital waiting room with his family. His grandfather had just been rushed to the emergency room in an ambulance. Matthew's parents paced the floor looking worried, and it made Matthew feel worried too. He loved his grandfather very much and wanted him to be alright.

Finally, after what seemed like forever, the doctor came to the waiting room to talk to Matthew's dad. "Your father has suffered a serious heart attack," he explained. "I believe he's going to be okay, but he'll need to make some important lifestyle changes, like eating healthier and exercising more. Most importantly, he should stop smoking."

Matthew's dad nodded and looked relieved as he thanked the doctor for all his help. Matthew had heard what the doctor said and walked over to his father. He climbed up in his lap, looked him in the eye, and said, "Daddy, please promise me you will be good to your heart. I don't want you to get sick like Grandpa."

Matthew's dad hugged him tight and said, "I promise."

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**Directions:** *Based on the story, decide whether the statements below are true or false. Then fill in the circle for the correct answer.*

1. Matthew's parents rushed Grandpa Joe to the hospital in their car.  
 True                       False
2. Matthew's worried parents paced the floor in the hospital waiting room.  
 True                       False
3. Finally, the doctor told them Grandpa Joe had suffered a stroke.  
 True                       False
4. The doctor said Grandpa Joe should eat healthier and exercise more.  
 True                       False
5. Matthew made his dad promise to take good care of his heart too.  
 True                       False