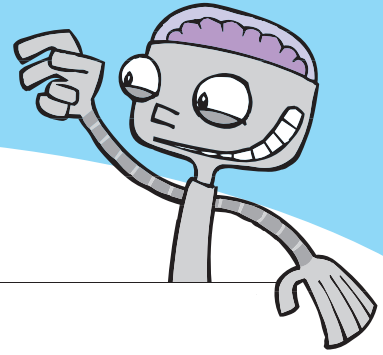


BLINK



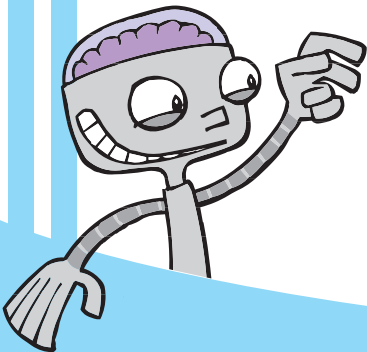
Hummingbirds beat their wings as many as 4,800 times each minute. How many times do you do something every minute?

WHAT TO DO

- 1** How many times per minute do you blink, breathe, or chew? Get a friend or family member to help you measure what you do. Fill in your data on the table below. Compare your data to others.

How many times a minute...	Me	My friend	My family member
do you blink?			
do you take a breath?			
does your heart beat?			
do you chew?			

- 2** Did your answers surprise you?



DID YOU KNOW?

- A child's heart beats faster than an adult's. Most children's hearts beat 120 times per minute, compared to just 70-75 times per minute for adults.
- Babies don't blink much at all—only 1 or 2 times each minute.