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| Lesson: Heart Healthy! |
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| Project Skills: |
| * To be know what saturated fat does to our hearts and how that can be detrimental to our health.
* To work together as a team to achieve a goal.
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| Life Skills: |
| * Identification of healthy food and unhealthy food.
* Identifying healthy fats versus unhealthy fats.
* Working together as a team towards a goal.
* Learning how to maintain good heart health.
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| Grade Levels: 3-5 |
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| Time: 30-35 Minutes |
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| Supplies Needed: |
| * Pictures of blood vessels
* Jerseys or pinnies
* Optional: examples of foods high in saturated or trans fats.
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| Do Ahead: |
| * Bring foods high in saturated fats and Trans fats.
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| BackGround |
| Students in this lesson will learn about how foods with high saturated and trans fat content can affect our heart and arteries.  |
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| WHAT TO DO |
| Activity 1: Explain to students why it is important to eat foods that are low in saturated and trans fat. Ask students to take a look at their veins. There are tubes all over their bodies that carry blood to their brains, and their arms and legs and every part of the body. If we eat a lot of trans and saturated fats, these tubes can be clogged. If that happens, blood can’t get through. We can potentially have a heart attack because of it!  |
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| **Activity 2:**The game we will be playing demonstrates what happens when you eat lots of fatty foods. Tell the students that just for today, the gym will be transformed into an artery. The walls of the gym are now the walls of our blood vessel, carrying all of you around in it! Watch out though, there is one fatty food looking to gobble up blood vessels and turn them into nasty plaque!  |
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| **Activity 3:** The student that is the greasy food will wear a pinny, and will tag the red blood cells. When a red blood cell is tagged, they join up with the fatty food. Eventually the fatty food is so big that it can walk acrossed the entire gym and trap all the red blood cells. Then the students yell, heart attack! And the game is over.  |
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| Talk IT OVER |
|  **Reflect:** How did it feel to be trapped as a red blood cell? When blood cells get trapped they can’t fit through, making it hard to move, breathe, and think. We can even die if all our blood is cut off from our body. What kinds of foods might do this to us? |
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| **Apply: Look at food labels. See if you can identify which foods have the highest saturated and trans fat content.**  |
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| ENHANCE/Simplify |
| **Enhance for Older Children:**Ask the children to find out if their town has banned trans fats. If they haven’t, find out if there has been any effort to do so. |
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| **Simplify for Younger Children:** Bring in some examples of foods high in saturated and trans fats for the students to look at so they have foods in mind while they are playing the game.  |
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| HELPFUL Hints: Visual aids help with the idea of blood vessels and plaque being blocked.  |
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