



Food Education Standard #6: We can make positive and informed food choices.

Getting to the Heart of the Matter: Heart-Healthy Eating

Grade Levels & Subjects: Grades 6 - 8 English Language Arts



Learning + Food Objectives:

Students will learn how to make positive and informed heart-healthy food choices by conducting interviews and presenting their findings in a visual and written product.

Common Core Standards:

Common Core English Language Arts

Gather information and present in a visual presentation

CCSS.ELA-LITERACY.RI.7.7

Compare and contrast a text to an audio, video, or multimedia version of the text, analyzing each medium's portrayal of the subject (e.g., how the delivery of a speech affects the impact of the words).

CCSS.ELA-LITERACY.W.7.2

Write informative/explanatory texts to examine a topic and convey ideas, concepts, and information through the selection, organization, and analysis of relevant content.

CCSS.ELA-LITERACY.SL.7.5

Include multimedia components and visual displays in presentations to clarify claims and findings and emphasize salient points.



MATERIALS NEEDED

- Student Worksheet (Attached below)

CLASSROOM PROCEDURE

INTRODUCTION (10-12 minutes)

1. Bell ringer - Teachers should choose one of the bell ringers below for today's class and if this lesson carries over into a second day, use the 2nd bell ringer for that class:
 - a. Bell Ringer Prompts: What role does the heart play in our overall health? Why is it important to take care of your heart?
 - b. Students will respond to the following prompts about heart health from the Kids Heart Health Challenge by American Heart Association (https://www.youtube.com/watch?v=2PFWpd_pxm8) video in the table on their student worksheet.
 - c. Then, the teacher should play the video to reveal the correct answers.
 1. True
 2. C - 115,000
 3. C - 200
 4. True
 5. D - 30 feet
 6. False
 7. False
 8. D - 60,000 miles
 9. False
2. Explain that the class will be learning about foods that are heart-healthy by first reviewing articles and then, by conducting research as a team.

INSTRUCTION (80 - 90 minutes)

1. Help students access the article, Why Teens Should Be Heart Healthy Too. 12 Questions You Should Ask Your Kids at Dinner (<https://health.usnews.com/health-care/patient-advice/articles/2018-08-28/why-teens-should-be-heart-healthy-too>)
2. Read aloud as a class or in small groups.
3. Direct their attention to the question table in the student worksheet. Students should answer the prompts in the table before proceeding to the next article activity
4. Ask students to form a group of 4. Then, help them access the reading article, 15 Incredibly Heart-Healthy Foods. (<https://www.healthline.com/nutrition/heart-healthy-foods#section15>)
5. Teacher can opt to have students read in groups, silently or "popcorn" style.
6. Tell students that as a group they will complete the questions in the corresponding table together.
7. Bring the class together and ask a few student volunteers to share similarities and differences between the two articles.
8. Direct students' attention to the Heart-Healthy Eating Projects section of the student worksheet.
9. Explain that student teams (4 - 5 students) will conduct heart-healthy eating interviews and then use what they've read in the articles and interviews to write a reflection. Remind students that as a team, they need discuss how they will divide up the tasks for the project and incorporate ideas from the readings.
10. Review the Heart-Healthy Interview section of the worksheet.

- a. Conduct interviews (at least 2 adults + 2 students under the age of 17 - Each student in the group could interview someone)
 - b. Create visual representation (charts, tables, infographic, graphs, etc) of data from interviews. The visuals will be displayed as part of a gallery walk.
 - c. Based on your Heart-Healthy Habits Research, each team should answer the following questions:
 1. What big ideas stood out to you from the articles you read?
 2. Based on your interviews, what did you learn about how heart-healthy people are? Is there a difference based on where people lived?
 3. Why is it challenging for people to always choose heart healthy foods?
 4. What are 2 realistic steps you could take to have a healthier diet for your heart?
11. Share specifics about grading, how to submit finished work and format for the gallery walk

CLOSING (teacher discretion)

1. Write down 1 heart-healthy food or idea that you're willing to try yourself.
2. Write down 1 heart-healthy idea you're willing to share with others.

ADDITIONAL RESOURCES

- "Kids Heart Health Challenge" by the American Heart Association - https://www.youtube.com/watch?v=2PFWpd_pxm8
- List of articles for student research included after student worksheet section for teacher to share or post

The student worksheet below can be printed or copied onto
any online learning platform.



Heart Healthy Eating

Directions: Respond to the following questions about the heart.

WHAT ROLE DOES THE HEART PLAY IN OUR OVERALL HEALTH?	WHY IS IT IMPORTANT TO TAKE CARE OF OUR HEART HEALTH?

Video: Kids Heart Challenge Heart Facts

Directions: Respond to the prompts below on your own. Then, the teacher will show the video to reveal the correct answers.

	Video Question	Your Response
1	True or False? Laughing is good for your heart.	
2	How many beats per day on average does your heart beat? A- 24 B -10,000 C -115,000 D - 1 million	
3	How many gallons of blood cycle through your heart in a single day? a - 2,000 B -2 C - 200 D -20	
4	True or False? Your body has 4-6 gallons of blood. Your body moves all of it through your body and back every single minute	
5	If your heart were outside your body, how far could it launch your blood? A- 3 inches B- 30 inches C- 3 feet D- 30 feet	



6	True or False? Your heart beats to it's own drummer & everyone's heartbeat is unique.	
7	True or False? Your heart stops momentarily when you sneeze.	
8	If you could line up all the blood vessels in your body end to end, how far would they reach? A-60 miles B- 600 miles C-6,000 miles D- 60,000 miles	
9	True or False? Your heart pumps blood to every single part of your body.	

Whole Class Read-Aloud

Directions: After reading the article together with the class, students should respond to the following questions.

Article Title + Link		Why Teens Should Be Heart Healthy Too. 12 Questions You Should Ask Your Kids at Dinner
#	Question	Answer
1	What recommendations does the article make about our food choices?	
2	Which idea or reason for being heart-healthy is most appealing to you? Why?	
3	List 1-2 other key ideas from this article.	

Heart-Healthy Article Notes

Directions: With your group, select an article from the list provided by your teacher to read. Get your article choice approved by your teacher. Then, read your article and respond to the questions below.

Write the Article Title + Link to the right		
#	Question	Answer
1	What recommendations does the article make about our food choices?	



2	Which idea or reason for being heart-healthy is most appealing to you? Why?	
3	List 1-2 other key ideas from this article.	
4	How does the information in this article compare to what's shared in the article the class read together? What's different?	

Heart-Healthy Eating Habits Interview

Directions: Review the Heart-Healthy Eating Habits Interview guidelines below and then, review the interview questions.

Guidelines

- Student groups can opt to create a digital version of the interview table using Google Forms.
- Student groups must interview at least 2 adults
- Student groups must interview at least 2 students under the age of 17
- Review the data/responses as a group and decide how you want to present your data (decide on the format)
- Compile your results and be ready to share with the class.

	Interview Prompt	Responses
1	Age Group Adult Student (under 17 y/o)	
2	Where You Reside: City Suburbs Rural	
3	Do you consider yourself healthy? YES NO	
4	How would you rate your overall heart health?	



	POOR FAIR GOOD GREAT	
5	How often do you eat at least 1 healthy meal each week? Hint: meal = breakfast, lunch or dinner. <i>(Share the heart-healthy list of foods below if needed)</i> 5-7 DAYS/WK 3-4 DAYS/WK 1-2 DAYS/WK Never	
6	How close is your nearest grocery store with produce?	
7	Read the chart of <i>Heart-Healthy Foods & Beverages</i> . What are 4 items from this list that you eat most often?	
8	Read the chart of <i>Unhealthy Foods & Beverages that Damage the Heart</i> . What are 4 items from this list that you eat the most?	
9	What are 5 things you buy each time you go to the grocery store?	
10	Do you think most people in your community have access to healthy food options? <i>If they explain their answer, write it down.</i> YES NO	



Heart-Healthy Foods & Beverages	
Fresh Fruits & Vegetables	Beans
Foods Made from Whole Grains	Unsweetened Non-Dairy
Low-Fat Dairy/Nonfat Dairy	Fish
Spices (not salt)	Tofu or Soy Protein
Chicken	Turkey
Lean Beef	Seitan
Tempeh	Frozen fruits & Vegetables
Lean Pork	Brown/Wild/Basmati Rices
Foods Made from Bran or Oats	Flaxseed
Low-Sodium/No Sodium Soups & Broths	Tomatoes/Tomato Paste
Foods Made from Soy Flour	Low Sodium/No Sodium Condiments & Dressings
Low Sodium/No Sodium Cooking Oils	Baked Tortilla Chips
Limited amounts of Sugar Free/Light Maple Syrups	Limited amounts of Brown Rice Syrup
Limited amounts of Honey	Pretzels
Plain/Light Popcorn	Nuts and Seeds
Dried Fruit	Avocado



Unhealthy Foods & Beverages that Damage the Heart	
Sugar	Salt
Fat	Red Meat
Bacon	Soda/Pop
Baked Goods (cookies, cakes, muffins)	Processed Meats (salami, lunchmeats, sausages, hot dogs)
White Rice	Breads made with white flour
Pastas made with white flour	White Flour
Pizza	Alcohol
Butter	Margarine
Flavored, Full Fat Yogurt	French Fries
Canned Soup	Fried Chicken
Other Fried Foods	Ranch Dressing
Ice Cream	Potato Chips
Candies & other Sweets	Gravy
Pies	Certain cuts of meat
Non-Dairy Creamers	Too much cheese or dairy



List of Articles (for Teacher to share)

Article Title	Article Link
Schroeder, Michael, O. Why Teens Should Be Heart Healthy Too. 12 Questions You Should Ask Your Kids at Dinner. U.S. News and World report. 2017	https://health.usnews.com/health-care/patient-advice/articles/2018-08-28/why-teens-should-be-heart-healthy-too
Link, Rachael, MS, RD. Healthline. 15 Incredibly Heart-Healthy Foods. March 5, 2018	https://www.healthline.com/nutrition/heart-healthy-foods#section15
Heart-healthy diet: 8 steps to prevent heart disease by the Mayo Clinic	https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-healthy-diet/art-20047702
Heart Healthy Diet by the Cleveland Clinic	https://my.clevelandclinic.org/health/articles/17079-heart-healthy-diet
Your Heart-Healthy Grocery Shopping List by WebMD	https://www.webmd.com/cholesterol-management/heart-healthy-kitchen
25 Best Foods For Your Heart by Deborah Hastings	https://www.prevention.com/health/a20502183/best-foods-for-heart-health/
Healthy Hearts at H0me and School by Alliance for a Healthier Generation	https://www.healthiergeneration.org/articles/healthy-hearts-at-home-at-school
THE "COUCH POTATO" HEART & OTHER RISKS by The Franklin Institute	https://www.fi.edu/heart/the-couch-potato-heart-and-other-risks
Human Heart Trivia by the Franklin Institute (use towards the beginning of the lesson or as 1 of the required articles for the project since this is short)	https://www.fi.edu/heart/human-heart-trivia
Heart Disease and African Americans by Office of Minority Health, US Dept of Health & Human Services	https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=19
Heart Health for Women by the Food & Drug Admin	https://www.fda.gov/consumers/womens-health-topics/heart-health-women

Heart Healthy Eating



6 Things Every Woman Should Know about Heart Health by AHA	https://www.heart.org/en/news/2019/10/04/6-things-every-woman-should-know-about-heart-health
16 Foods Bad for the Heart by WebMd	https://www.webmd.com/heart-disease/ss/slideshow-foods-bad-heart