

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

#HeartHealthyEating

Grade Levels & Subjects: Grades 9 - 12 English Language Arts

Learning + Food Objectives:

Students investigate the impact of our food choices on our heart health through reading informational texts and then, creating #HeartHealthyEating public service announcements to advocate for more heart-healthy diets.

Common Core Standards:

Common Core English Language Arts

Reading informational texts and creating a presentation for a specific audience

CCSS.ELA-LITERACY.W.9-10.1

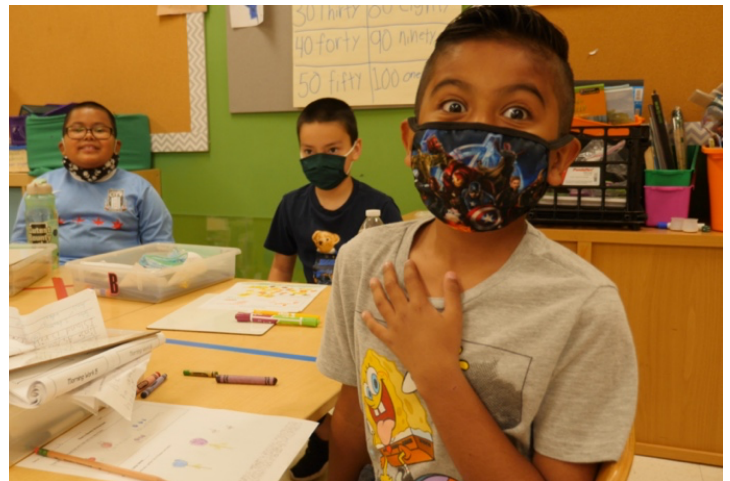
Write arguments to support claims in an analysis of substantive topics or texts, using valid reasoning and relevant and sufficient evidence.

CCSS.ELA-LITERACY.W.9-10.7

Conduct short research projects to answer a question (including a self-generated question) or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation.

CCSS.ELA-LITERACY.RI.9-10.7

Analyze various accounts of a subject told in different mediums (e.g., a person's life story in both print and multimedia), determining which details are emphasized in each account.



MATERIALS NEEDED

- Student Worksheet (Attached below)

CLASSROOM PROCEDURE

INTRODUCTION (10 minutes)

1. Direct students to respond to the following Bell Ringer prompts:
 - a. How do our food choices affect our health?
 - b. What happens when we don't eat healthy foods?
2. Explain that the class will be learning about foods that are heart-healthy by first reviewing articles and then by working as a team to create a #HeartHealthyEating public service announcement (PSA) as a team.

INSTRUCTION (80 - 90 minutes)

1. Divide class into groups of 4 (Group A, B, C, D, etc.).
3. Then, direct students' attention to the list of articles in the student worksheet.
4. Explain that you will randomly assign articles for each group to read. Instruct students to silently read the articles on their own and add key ideas to Article Idea Web before the jigsaw group discussion.
5. Tell the students to move into jigsaw groups. Once there, read the steps for the *Plus 1 Reading Protocol*. Students will use this strategy to discuss key ideas from their articles.
6. Allow time for clarifying questions.
7. After teams have finished their Plus 1 Reading Protocol rounds, bring the class back together and ask a few volunteers to share their reflections before transitioning to the project.
8. Heart-Healthy Eating Project: *Create a #HeartHealthyHabits PSA*
 - a. As they review the project steps on the student worksheet, explain that student teams will review two additional sources of information about heart-healthy eating habits.
 - b. Then, explain that students will work with their teams to create a 1–3-minute public service announcement (PSA) promoting heart-healthy eating habits. Your project will be based on class readings and group discussions.
 - c. Instruct teams that they will need to decide how to divide up the tasks for the project. Review the steps below:
 - i. Read 2 additional articles and capture key ideas in the Articles Notes table on the student worksheet.
 - ii. Brainstorm ideas for the PSA using the Storyboard Template
 - iii. What will be included in the 1 to 3 scenes your team will be filming?
 - iv. How will you incorporate the hashtag #HeartHealthyHabits in your ad?
 - v. What is your filming plan - who will film the PSA, who will act in it, where will you shoot it, etc.
 - vi. Film and review your PSA as a team before submitting it
 - vii. Screening your PSA: Be prepared to share your video during class and/or to the class website
9. Teacher should provide details for screening day and other details about grading.

CLOSING (teacher discretion)

1. Teacher can lead a final discussion to reflect on learnings (or could be used as an exit ticket):
 - a. Based on your research, how do our food choices affect our heart health?
 - b. Which strategy are you willing to integrate into your own diet/life?
 - c. What is one way you could share what you learned with others outside of class?

ADDITIONAL RESOURCES

- List of Heart-Healthy Articles are linked in the student worksheet

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



#HeartHealthyEating

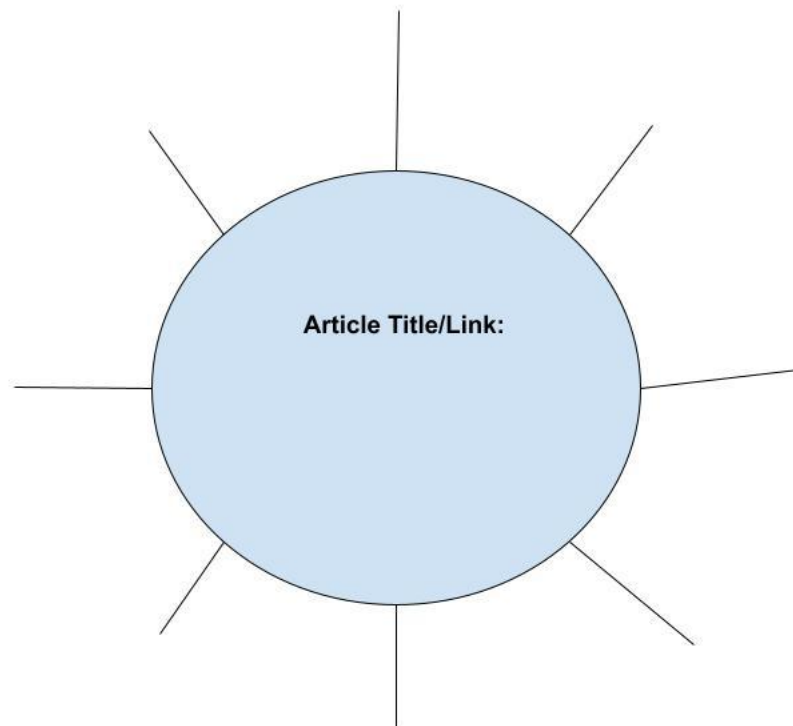
Bell Ringer

Directions: Respond to the following questions.

	Question	Answer
1	How do our food choices affect our overall health? 2-3 sentences.	
2	What happens to our bodies when we don't eat healthy foods? Describe 2-3 things.	

Heart-Healthy Article Idea Web

Directions: Silently read your assigned article. Then, write key ideas from that article in the Idea Web.





Plus 1 Reading Protocol

Directions: In jigsaw groups, each student will share 1 big idea from their heart-healthy article. Then, as papers are passed around, each person in the group has a turn to add 1 idea until the last student row is completed. When students have their own papers back, they should do the final reflection row.

Round 1: After writing the title of your article, the 1st student will share 1 key ideas about heart healthy eating from the article while others take notes. (2 minutes)

Round 2: Then, after the 1st student's time is up, everyone in the group passes their paper to the right. The next student in the group shares 1 key idea from their article while others take notes. (2 minutes)

Round 3: Repeat the previous step - with students adding 1 new idea about their heart-healthy article each time the paper is passed to the right. (2 minutes)

Round 4: This is the final round with the 4th student adding their idea. (2 minutes)

Round 5: Pass the paper back to the original student for review. Read all the ideas, comments and questions added by your classmates and then, each student answers to the final reflection in the last row on their own. (2 minutes)

Plus 1 Reading Protocol: Heart-Healthy Habits

Ideas from Student 1	Article Title:	
Ideas from Student 2	Article Title:	
Ideas from Student 3	Article Title:	
Ideas from Student 4	Article Title:	
Ideas from Student 5	Article Title:	



Final Reflection	<i>Based on feedback from your peers, what were some of the similarities and differences in what your classmates observed? How would you describe the key ideas for your group?</i>	
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Heart-Healthy Eating Habits Commercial/PSA Video

Directions: Review the HHEH Commercial/PSA Video guidelines below and then, review the interview questions.

Guidelines

- Student group PSAs should be 1-3 minutes in length
- Choose and read 2 additional articles as a group. See the list of articles below. Take notes on those articles.
- As a group, review of the healthy and unhealthy food charts. Think about how to include something from these lists in your PSA
- PSAs can be shot using cell phone or any other camera
- PSAs can be selfie-style, iMovie style or any other approved formats
- Decide how to include at least 1 of these hashtags in your PS
 - #HeartHealthyHabitsPSA or
 - #HeartHealthyEatingPSA or
 - #HeartHealthyEatingHabitsPSA
- Each student must complete their own individual reflection

	Steps	Team Notes (date completed, by who, etc)
1	Read 2 additional articles and respond to prompts in the Article Notes table	
2	Review/discuss Healthy and Unhealthy Food charts for video ideas	
3	Brainstorming & Storyboarding	
4	Video Production (shooting your PSA/commercial)	
5	Video Review: watching/editing as a group before screening for the class	
6	Video Screening (during class)	



7	Personal Project Reflection (individual assignment): What did you learn about heart health and how you will apply it in your own life?	
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Storyboard Template

Directions: Use the 3-scene storyboard template below to plan out your commercial. Given the short length of the video, you may only have 1 scene.

Scene 1	Scene 2	Scene 3
Description:	Description	Description
Notes:	Notes	Notes



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, lunch meats, 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

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 Home 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



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