

NUTRITION Talk

Week 5: Heart Health Awareness Month

OBJECTIVE:

The purpose of this week's tabling is to inform students that February is American Heart Month, and to educate students about the heart, cardiovascular disease, and heart health in order to increase awareness and encourage heart healthy habits due to the prevalence and impact of cardiovascular disease and its risk factors around the world.

MATERIALS:

- 10 construction paper "broken" hearts:
 - 10 LEFT-sided halves with FILL-IN-THE-BLANK questions (numbered 1-10)
 - 10 RIGHT-sided halves with answers
- A Timer (on phone or watch)

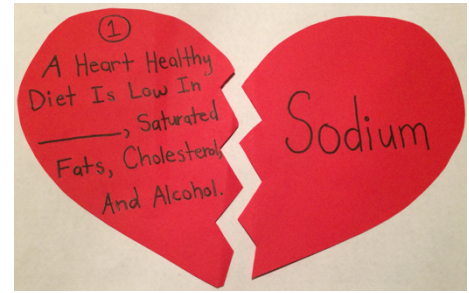
SET-UP:

1. Place the 10 LEFT-sided heart halves on your right side of the table, facing the questions towards the students and spreading them out. (They don't have to be in numerical order).
2. Place the 10 RIGHT-sided heart halves on the opposite side of the table and spread them out as well.
3. Leave a good amount of empty table space between the LEFT and RIGHT halves in order for the students to do the activity to MATCH UP the hearts.
4. Make sure to keep the LEFT and RIGHT sided halves separated after a student finishes playing, and to shuffle the answers around.

HEART RACE ACTIVITY:

- This activity will be a 1 minute timed matching game using a timer on your phone or watch. There are 10 hearts that are split in half down the middle. The LEFT-sided half of the hearts (which are numbered 1-10) will contain FILL-IN-THE-BLANK type statements/questions. The RIGHT-sided half will contain answers to these statements.
- The goal for the students is to see how many hearts they can PHYSICALLY MATCH UP with the correct answer to the statement in 1 minute. Time them down so they know how much time is left, like "you have 30 seconds!".
- At the end of the 1 minute, go over the students' answers and tell them if they were correct or not, and provide them with the correct answer. If the students want to answer any of the other questions they did not get to, feel free to let them match it without timing them. Our goal is to inform them about as much heart and health facts as possible by the end of the game.

- If you notice 1 minute is too long, feel free to reduce the time to 45-50 seconds.
- Here's an image on the right of what the match up will look like:



QUESTIONS AND THEIR ANSWERS:

(The questions are numbered 1-10 at the top of each LEFT-sided heart. Below are their respective answers in BOLD and UNDERLINED).

1. A heart healthy diet is low in **SODIUM**, saturated fats, cholesterol, and alcohol.
2. Your heart beats about **100,000** times a day!
3. Normal blood pressure is **120/80 mmHg** or less.
4. **CARDIOVASCULAR DISEASE** remains the leading global cause of death.
5. **ALMONDS, FISH, WALNUTS, BERRIES, AND SALMON** are all heart healthy foods.
6. **ATHEROSCLEROSIS** is the buildup of fats, cholesterol, and other substances in and on the artery walls.
7. There are **FOUR** chambers in the heart.
8. **ARTERIES** carry blood away from the heart.
9. **VEINS** carry blood back to the heart.
10. Physical activity at least **30** minutes a day is important for improving heart health.

PRIZE SYSTEM:

A Prize for anyone who comes to the table and participates!

MORE RESOURCES:

<http://newsroom.heart.org/events/february-is-american-heart-month-5712350>

<https://www.goredforwomen.org/know-your-numbers/>

<https://www.cdc.gov/heartdisease/index.htm>