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February Supplemental Activity: My Health Heart

Nutrition Lesson(s) Supported:

- Fitness is Fun

Supplies Needed:

- My Healthy Heart Worksheet
- Writing utensils (pencils, crayons).

Length of Time to Complete:

- 5 minutes to introduce activity
- 15 - 20 minutes to draw picture and write narrative

Audience (grades): 1st**Common Core Standards Taught:**

- English Language Arts: Writing: 1.3
 - Write narratives in which they recount two or more appropriately sequenced events, include some details regarding what happened, use temporal words to signal event order, and provide some sense of closure.

Background:

February is American Heart Awareness month. Did you know that heart disease is the leading cause of death in the United States? It is estimated that heart disease costs our country more than \$450 billion dollars each year. The incidence of heart disease can be reduced by eating a balanced diet, exercising regularly, abstaining from smoking and managing stress. By teaching children the importance of heart healthy habits, we can reduce the prevalence of this devastating disease.

Lesson:

February is American Heart Awareness month. This month, we are going to pay special attention to habits that are healthy for our hearts. Raise your hand if you can tell me something you can do to promote a healthy heart?
(Eat mostly 'go' foods, exercise, not smoke).

Today you're going to draw a picture and write about some things you do to keep your heart healthy. What are some things you've done today that are good for your heart?
(play actively during recess, gym, eat fruits and vegetables, eat whole grains, walk to school)

(Distribute My Healthy Heart Worksheet.) In the box, draw a picture of two or three things you do to keep your heart healthy. Then write at least 3 sentences describing what you do to keep your heart healthy. If you need more space, you can finish writing on the back of the paper.

Encourage students to bring the worksheets home and share with their parent(s).