

2 *February Supplemental Activity: Healthy Heart Challenge*

Nutrition Lesson(s) Supported:

- Fitness is Fun

Supplies Needed:

- Healthy Heart Challenge Worksheet

Length of Time to Complete:

- 10 minutes to Introduce chart
- 5 minutes per day to fill in the chart
- Differentiation: 5 - 15 minutes – Complete the worksheet on pages 3 and 4

Audience (grades): 2nd

Common Core Standards Taught:

- Math: Number & Operations in Base Ten: 2.2
 - Count within 1000: skip-counting by 5s, 10s, and 100s.
- Math: Operations and Algebraic Thinking 2.2
 - Fluently add and subtract within 20 using mental strategies.

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: (Introduce lesson on a Monday)

Raise your hand if you can tell me something you can do to promote a healthy heart? (Eat mostly 'go' foods, exercise, not smoke).

February is American Heart Awareness month. This month, we are going to pay special attention to habits that are healthy for our hearts. We will keep track of these habits on the Healthy Heart Worksheet. (Distribute worksheet.)

(Best time to record is first thing in the morning.)

We are going to track how many fruit and vegetables we eat over the next week and how much exercise we get.

Let's look at the Healthy Heart Worksheet. For each day of the week there's a place to write which fruits and veggies you ate each day. Let's fill in the fruits and vegetables you ate yesterday. (Show Fruit and Veggie Word Bank on Page 2). Use the Fruit and Veggie Word Bank to help you spell the names of the fruit and vegetables you ate.

Now that we've recorded the fruits and vegetables that we've eaten, count how many you ate. In the second column write how many fruits and vegetables you ate yesterday.

In the third column write any heart pumping activities you did yesterday. (Show the Activities Word Bank on Page 3.) Use the Activities Word Bank to help you spell the names of the activities.

Now count how many activities you did yesterday and fill in that number in the last column.

(On Friday after recording Thursday's information, guide the students through recording the total number of fruits and veggies eaten using tally marks. Also write the total as a number. Repeat process for activities.)

Who can remember the minimum number of fruits and veggies we should eat each day? (five). Let's count by 5s to see the goal number of fruits and veggies we should have eaten over the last five days. (5, 10, 15, 20, 25) Now look at how many you actually ate. Raise your hand if you ate 25 or more fruits and veggies. Excellent work at keeping your heart healthy! Raise your hand if you ate 17 or more fruits and veggies. Good work! You're well on your way toward great eating habits. Raise your hand if you have some ideas on how to eat more fruits and veggies?

Now let's see how we did with exercise. Raise your hand if you did 10 or more activities. Excellent! Raise your hand if you did 5 or more activities! Great work! What were some of your favorite activities?

Keep up the great work! Remember eating fruits and vegetables and getting exercise are important for keeping our hearts healthy!

(If desired, use the following worksheet as well.)

How many total fruits and vegetables did you eat?

1. Fill in the number of fruits and vegetables you ate on Sunday and Monday. Add to find Total 1.

$$\frac{\quad}{\text{Sunday}} + \frac{\quad}{\text{Monday}} = \frac{\quad}{\text{Total 1}}$$

2. Fill in the number of fruits and vegetables you ate on Tuesday and Wednesday. Add to find Total 2.

$$\frac{\quad}{\text{Tuesday}} + \frac{\quad}{\text{Wednesday}} = \frac{\quad}{\text{Total 2}}$$

3. Fill in Total 1 and Total 2 from your answer above. Add to find Total 3.

$$\frac{\quad}{\text{Total 1}} + \frac{\quad}{\text{Total 2}} = \frac{\quad}{\text{Total 3}}$$

4. Fill in Total 3 and the number of fruits and vegetables you ate on Friday. Add to find the Grand Total of all the fruits and veggies you ate.

$$\frac{\quad}{\text{Total 3}} + \frac{\quad}{\text{Thursday}} = \frac{\quad}{\text{Grand Total}}$$

5. Answer the following.

$$\underline{\quad} - 5 = 8$$

$$7 + 5 = \underline{\quad}$$

$$20 - 6 = \underline{\quad}$$

$$4 + \underline{\quad} = 15$$

¿Cuántas frutas y verduras comiste en total?

1. Anota el número de frutas y verduras que comiste el domingo y lunes. Sumar para encontrar el Total 1.

$$\frac{\quad}{\text{Domingo}} + \frac{\quad}{\text{Lunes}} = \frac{\quad}{\text{Total 1}}$$

2. Anotar el número de frutas y verduras que comiste el martes y miércoles. Sumar para encontrar el Total 2.

$$\frac{\quad}{\text{Martes}} + \frac{\quad}{\text{Miércoles}} = \frac{\quad}{\text{Total 2}}$$

3. Anotar el Total 1 y Total 2 de su respuesta anterior. Agregar para encontrar Total 3.

$$\frac{\quad}{\text{Total 1}} + \frac{\quad}{\text{Total 2}} = \frac{\quad}{\text{Total 3}}$$

4. Anotar en el Total 3 el número de frutas y verduras que se comió el jueves. Agregar para encontrar el Total Final de todas las frutas y verduras que usted comió.

$$\frac{\quad}{\text{Total 3}} + \frac{\quad}{\text{jueves}} = \frac{\quad}{\text{Total Final}}$$

5. Responder a la siguiente.

$$\underline{\quad} - 5 = 8$$

$$7 + 5 = \underline{\quad}$$

$$20 - 6 = \underline{\quad}$$

$$4 + \underline{\quad} = 15$$