

Supplemental Activity: Healthy Heart Challenge

Supplies Needed:

- 3.5_SW_Heart-Health-Challenge

Length of Time to Complete:

- 5 minutes to introduce activity
- 2 minutes every day to record healthy heart habits
- 5 minutes every Friday to record answers in Heart Health Log

Audience (grades): 3rd

Common Core Standards Taught:

- English Language Arts Standards: Writing - 3.3
 - Writes narratives to develop real or imagined experiences or events using effective technique, descriptive details, and clear event sequences.
- Mathematics: Number & Operations in Base Ten - 3.2
 - Fluently add and subtract within 1000 using strategies and algorithms based on place value, properties of operations, and/or the relationship between addition and subtraction.

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:

Raise your hand if you can tell me something you can do to promote a healthy heart?
(*Eat mostly Go Foods, exercise, do not smoke, and manage stress*)

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 a calendar (**Distribute calendar.**) and write about them each Friday.

Each day record the number of fruits and vegetables and the minutes of exercise/physical play you got the day before.