

3 *February Supplemental Activity: Healthy Heart Challenge*

Nutrition Lesson(s) Supported:

- Fitness is Fun

Supplies Needed:

- Healthy Heart Worksheet

Length of Time to Complete:

- 5 minutes to Introduce activity
- 3 minutes per day to record heart healthy habits
- 10 – 15 minutes to complete the Healthy Heart Fitness Graph and questions

Audience (grades): 3rd

Common Core Standards Taught:

- Math: Measurement and Data: 3.3
 - Draw a scaled picture graph and scaled bar graph to represent a data set with several categories. Solve one- and two-step “how many more” and “how many less” problems using the information presented in scaled bar graphs.

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.)

We are going to track how many minutes of exercise we get every day for one week. Let’s look at the Healthy Heart Worksheet. For each day of the week there’s a place to record how many minutes you exercised that day. In the first column, write down the number of minutes you exercised.

In the second column, write this number in the form of a tally chart.

In the third column, list any heart pumping activities you did that day.

Finally, at the end of the week, fill in your total number of minutes of exercise at the bottom of the sheet.

Lets take a look at our Healthy Heart Fitness Graph. Take the number of minutes you exercised each day and plot that on your bar graph. Draw a line to connect the dots. Did your daily exercise increase?

Now let's see how we did with exercise. Raise your hand if you did 60 minutes per day. Raise your hand if you did 30 minutes per day. How did you feel after you exercised? 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 getting exercise is very important for keeping our hearts healthy!