

Healthy Heart (2nd Grade)



NUTRITION OBJECTIVES CHECK LIST

Students will be able to:

- perform** an exercise activity and heart rate activity.
- express ways** they can **be active every day for a healthy heart.**
- explain** the **health benefits** of eating well and being active.
- identify** that fruits and vegetables fit in the food groups of MyPlate and are healthy.

MATERIALS AND INGREDIENTS

Bins	Teacher Provides	Will be Delivered
<u>In Kitchen Bin</u> - cutting board - chef knife (teacher only) - bowls - pitcher <u>In Paper Goods Bin</u> - paper plates* (if needed) - forks or spoons* (if needed)	- activity sheet copies* - recipe copies* - napkins*	- book: "Hear Your Heart" by Paul Showers - 2 oranges - seasonal fruits and/or vegetables - 5 oz. drinking cups

*one per student

EXPERIMENT MATERIALS

Bins	Teacher Provides	Will be Delivered
- N/A	- N/A	- 2 - 4 stethoscopes - alcohol wipes*

*one per student

SET-UP

Copies:

- Make copies of the activity sheet(s) (each student) and recipe (each student).
Note: There are 2 activity sheets. Choose the one best suited for your students.

Work area:

- Students will work individually at their desks. Students will also work in pairs using stethoscopes to listen to each other's hearts.
- Arrange some space so that students can move around freely.

Food-prep:

- Wash and slice oranges (one slice per student). Put orange slices in water cups for students. Use pitcher to fill each cup with water. Tip: To save time slice oranges into large pieces and squeeze them directly into the pitcher. Add slices to pitcher rind and all.
- Wash seasonal fruit or vegetables for snack. Cut and divide the food into an appropriate number of pieces for the class.
- Have drinking cups and small paper plates ready to pass out to each student.

Other prep:

- Have the book "Hear My Heart" ready to read to the class.
- Have stethoscopes and alcohol swabs ready for students to use.

INTRODUCTION WITH STUDENTS

Let's Wake Up Our Brains! Brain Boost Exercise! **Move Your Body! Let's get our hearts pumping!**



- ♥ Jog in place. (30 seconds)
- ♥ Jump in place. (30 seconds)
- ♥ Squat up and down. (30 seconds)
- ♥ High knees in place. (30 seconds)

Now that our minds are ready to go, let's get started on our nutrition lesson.

- What do you know about your heart?
- What do you want to know about your heart?
- **Refer to the Key Behavior on the board and tell students that eating well and moving your bodies will help keep your heart healthy. Be active for 60 minutes every day and your heart will thank you!**
- Tell students they are going to pretend that their hand is their heart.
- Have students open and close one of their hands 90 times. Count with students.
- Now ask students how their hands feel (they should feel tired).
- Tell students that their hearts beat about 90 times in just one minute and that their hearts **never stop beating!**
- Ask students if they think their hearts are strong. YES!
- Initiate the discussion by using some of the following questions:
 - ✓ What do you think your heart does in your body?

- ✓ Sit quietly for 10 seconds. Do you think your heart stopped working because you were sitting so still?
 - ✓ Has your heart ever beat so fast that you could hear it? What were you doing at that time?
- Read and discuss the book “Hear Your Heart” to students.
 - Tell students they will do an exercise activity, eat a healthy snack and drink some delicious and healthy water.

PROCESS

- Step 1: Have students find their pulse.
Show them how to do this by having them:
- ✓ place their index and middle fingers on the inside of their wrists, just below the base of their thumbs;
 - ✓ **or** put their pointer finger on their chin and slide it down to the middle of their throat,
 - ✓ then move it about ½ an inch to either side of their throat and gently feel for their pulse
- Step 2: Tell students that finding their pulse takes practice and can be difficult. Tell them they have to be very still and patient.
- Step 3: When students find their pulse have them think about how fast it is beating.
- Step 4: Tell students to remember the spot where they felt the pulse and have them hop up and down on one foot fifty times, have them switch feet and hop again another 50 hops.
- Step 5: Have students find their pulse again and think about how fast it is beating. Discuss why you breathe harder when you exercise:
- ✓ When your muscles are working harder they need more oxygen.
 - ✓ Your heart beats faster to get more blood that is filled with oxygen to your muscles.
 - ✓ Your lungs work harder to get that oxygen to the blood.
- Challenge:** Have students count their pulse. They can do this in one of two ways: count the pulse for one minute, or count the pulse for six seconds and then multiple the number by ten. Compare the student’s pulse with the pulse given in the book (90 beats a minute for an eight-year-old).
- Step 6: Encourage students to think about how exercise makes their hearts stronger and also makes them feel refreshed, awake and energized. We should all exercise every day to keep our hearts healthy.
- Step 7: Ask students what their favorite physical activities are. Remind them that anything that gets their bodies moving is a physical activity, such as playing sports, swimming, biking, catch, tag, swinging on the monkey bars, walking the dog, etc.
- Step 8: Ask students why they like to exercise. If students say, “Because it’s fun” tell them that exercise IS fun and they are on the right track! If you think

something is fun you are more likely to keep doing it!

Step 9: Pass out the activity sheet(s) and have students fill in what they learned about the heart.

Step 10: Discuss student's answers and write them on the board.

- ✓ The heart is a strong muscle.
- ✓ The heart pumps blood to every part of the body.
- ✓ The heart never stops working.
- ✓ The heart beats slowly when we are resting.
- ✓ The heart beats fast when we are exercising.
- ✓ Exercise keeps the heart healthy and strong.
- ✓ Drinking water and eating healthy foods is good for our hearts.

Step 11: **Let's Eat, Let's Talk:** Ask students to explain what they learned about the connection between healthy eating, exercise and a healthy heart. Continue the discussion with **Make Health Happen.**

Step 12: Have students wash their hands with soap and warm water. Pour water into cups. Pass out orange water, napkins, fruits and/or vegetables to students.

Step 13: Explain that when we exercise we need to drink water because we get warm and sweaty, and lose water from our bodies. **Drinking water with fresh fruit in it gives it a sweet taste and is a great choice. Sports drinks, juice and soda are full of sugar. Remember soda, juice and sports drinks are not every day drinks, but water is!**

Step 14: We also use energy and the energy comes from foods we eat. This fruit/vegetable snack and fruit water is great after exercising.

Step 15: Have students take turns listening to each other's hearts with stethoscopes. Make sure to use alcohol wipes after each use.

Step 16: Pass out recipes for "Real Fruit Water" and encourage students to try the recipe at home with their family.

Make Health Happen

- What can you do to make sure your heart stays strong and healthy?
- What should you drink after exercising? Why?
- Set a goal to be active every day; tell me how you plan to exercise every day this week.

REINFORCING STANDARDS

Physical Activity

- **GR.2-S.1-GLE.1** Demonstrate the elements of movement in combination with a variety of locomotor skills.
- **GR.2-S.1-GLE.3** Use feedback to improve performance.
- **GR.2-S.2-GLE.1** Recognize the importance of making the choice to participate in a wide variety of activities that involve locomotion, non-locomotion, and manipulation of objects outside of physical education class.

Comprehensive Health

- **GR.2-S.2-GLE.1** Identify eating and drinking behaviors that contribute to maintaining good health.

Reading, Writing and Communicating

- **GR.2-S.1-GLE.1** Discussions contribute and expand on the ideas of self and others.
- **GR.2-S.1-GLE.2** New information can be learned and better dialogue created by listening actively.
- **GR.2-S.2-GLE.2** Fluent reading depends on specific skills and approaches to understanding strategies when reading informational text.
- **GR.2-S.2-GLE.3** Decoding words with accuracy depends on knowledge of complex spelling patterns and morphology.
- **GR.2-S.3-GLE.2** Exploring the writing process helps to plan and draft a variety of simple informational texts.
- **GR.2-S.3-GLE.3** Appropriate spelling, capitalization, grammar, and punctuation are used and applied when writing.

BACKGROUND INFORMATION

- Studies have been shown that adults as well as children in the United States are increasingly leading sedentary lifestyles. There are health risks associated with a sedentary lifestyle. Lack of exercise can lead to problems such as obesity and cardiovascular diseases.
- Exercise is vital to all human beings. The benefits of being physically active are many. Exercise makes us healthier. It makes our hearts, lungs, bones, and muscles work harder, and thus make us stronger. Exercise releases tensions and makes us feel good about ourselves. Being physically active boosts our immune systems, and keeps us from getting sick.
- It is very important for kids to understand that they need to do physical activities that are strenuous enough to make their hearts beat faster. Encourage your students to play hard on the playground at recess and at P.E.
- Being aware of what beverages children drink is also important. Soda, energy and sports drinks, some juices and other sugar-sweetened drinks provide a lot of extra and unnecessary calories without the essential nutrients. Energy drinks contain caffeine and should be off limits for children.
- The American Academy of Pediatrics recommends that children drink water and low-fat milk. 100% fruit juice can be part of a healthy eating pattern. However, it is lower in fiber than whole fruit and when consumed in excess can add extra calories. When consuming juice, make sure it is 100% fruit juice without added sugar and limit to $\frac{1}{2}$ - $\frac{3}{4}$ cup (4-6 oz) per day.
- Encourage kids to drink water by adding a piece of orange, lemon or cucumber to their glass. Unsweetened fruit iced tea is another flavorful drink choice.

Dear Family,

Today I learned about my heart and that being active every day for 60 minutes keeps my heart healthy. Running outside, playing on the playground and chasing the dog are all fun ways to be active. Let's think of a fun way to be active together. How about having a dance party while we clean up after dinner?

Parent Tip: Being active and drinking water go together. Limit drinks with added sugar, such as soda pop, sports drinks, juice and other sugary drinks. Make the refreshing fruit water recipe below and keep it in the fridge to drink throughout the day.

Real Fruit Water

Makes: 1 pitcher
Total Cost: \$1.29
Serving Cost: \$0.16



Ingredients

- 1 pitcher of water or sparkling water
- 3 slices of orange or lemon
- 2 sprigs of mint (optional)

Directions

1. Squeeze slices of orange into pitcher.
2. Drop orange or lemon slices into water, rind and all.
3. Add mint sprigs.
4. Keep in fridge and drink often.
5. Serve and enjoy!

Did you know that kids drink a lot of sugar?

100% orange juice (8 oz.) – 23 grams sugar
100% apple juice (8 oz.) – 26 grams sugar
soda pop (8 oz.) – 26 grams sugar
sports drinks (8 oz.) – 14 grams sugar

Kids should limit added sugar to 25-30 grams per day, for example soda and sports drinks have added sugar!

100% fruit juice can be part of a healthy diet, but limit juice to ½ to ¾ cup (4-6 oz.) per day.

Water Facts

- ❖ 85% of a child's body weight is water.
- ❖ The water we drink today could have the same molecules that the dinosaurs drank!
- ❖ There has always been the same amount of water on Earth.

Be active every day in your own way!
Drink water instead of sugary drinks!

Querida familia,

Hoy aprendí sobre mi corazón y que el estar activo durante 60 minutos todos los días mantiene mi corazón sano. Correr afuera, jugando en el parque y persiguiendo al perro son maneras divertidas para estar activo. Pensemos en una forma divertida de estar activos juntos. ¿Qué tal tener una fiesta y bailar mientras limpiamos después de la cena?

Consejo para padres: La actividad física y beber agua van de la mano. Limite las bebidas con azúcar agregada tales como refrescos, bebidas deportivas, jugos y otras bebidas azucaradas. Haz esta receta de agua de fruta refrescante y guárdela en la nevera para beber durante el día.

Agua de Fruta Verdadera

Rinde: 1 jarra

Costo Total: \$1.29

Costo por Porción: \$0.16



Ingredientes

- 1 jarra de agua o agua con gas
- 3 rodajas de naranjas
- 2 ramitas de menta (opcional)

Instrucciones

1. Exprimir las rodajas de naranja en una jarra.
2. Colocar las rodajas de naranja o limón en el agua, con cáscara y todo.
3. Añadir ramitas de menta.
4. Guardar en la nevera y beber a menudo.
5. ¡Servir y disfrutar!

¿Sabías que los niños beben una gran cantidad de azúcar?

- 100% jugo de naranja (1 taza) – 23 gramos de azúcar
- 100% jugo de manzana (1 taza)- 26 gramos de azúcar
- Refresco (1 taza) 26 gramos de azúcar

¡Los niños deben limitar el azúcar añadido de 25 a 30 gramos por día, por ejemplo refrescos y bebidas deportivas han añadido azúcar!

100% jugo de fruta puede ser parte de una dieta saludable, pero limite el jugo de ½ a ¾ de taza (4 a 6 oz.) por día.

Datos sobre el agua

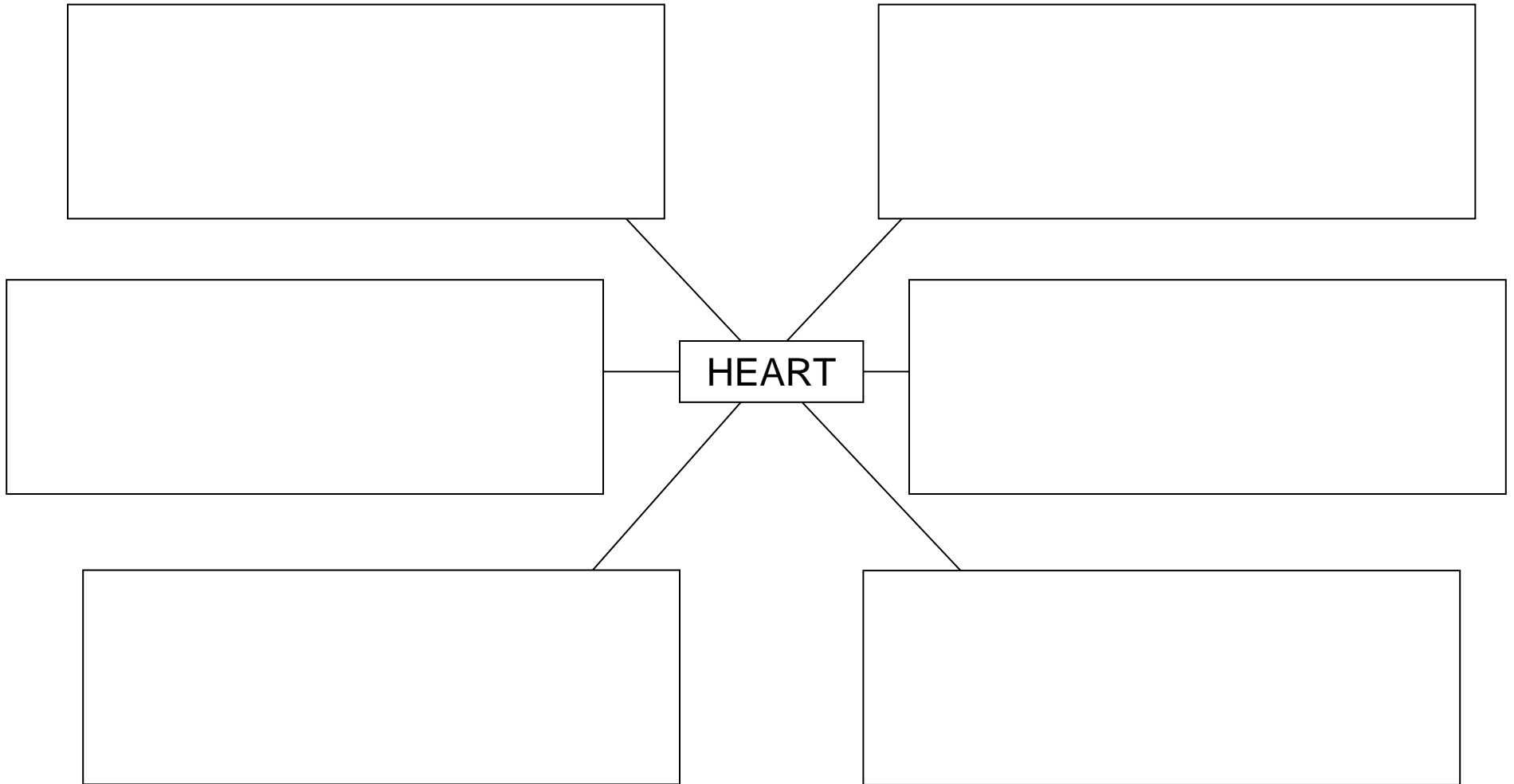
- ❖ 85% del peso corporal de un niño es agua.
- ❖ ¡El agua que tomamos hoy podría tener las mismas moléculas que los dinosaurios bebieron!
- ❖ Siempre habido la misma cantidad de agua en la tierra.

**¡Manténgase activo todos los días en su propia forma!
¡Beba agua en lugar de bebidas azucaradas!**

Healthy Heart

Name: _____ Date: _____

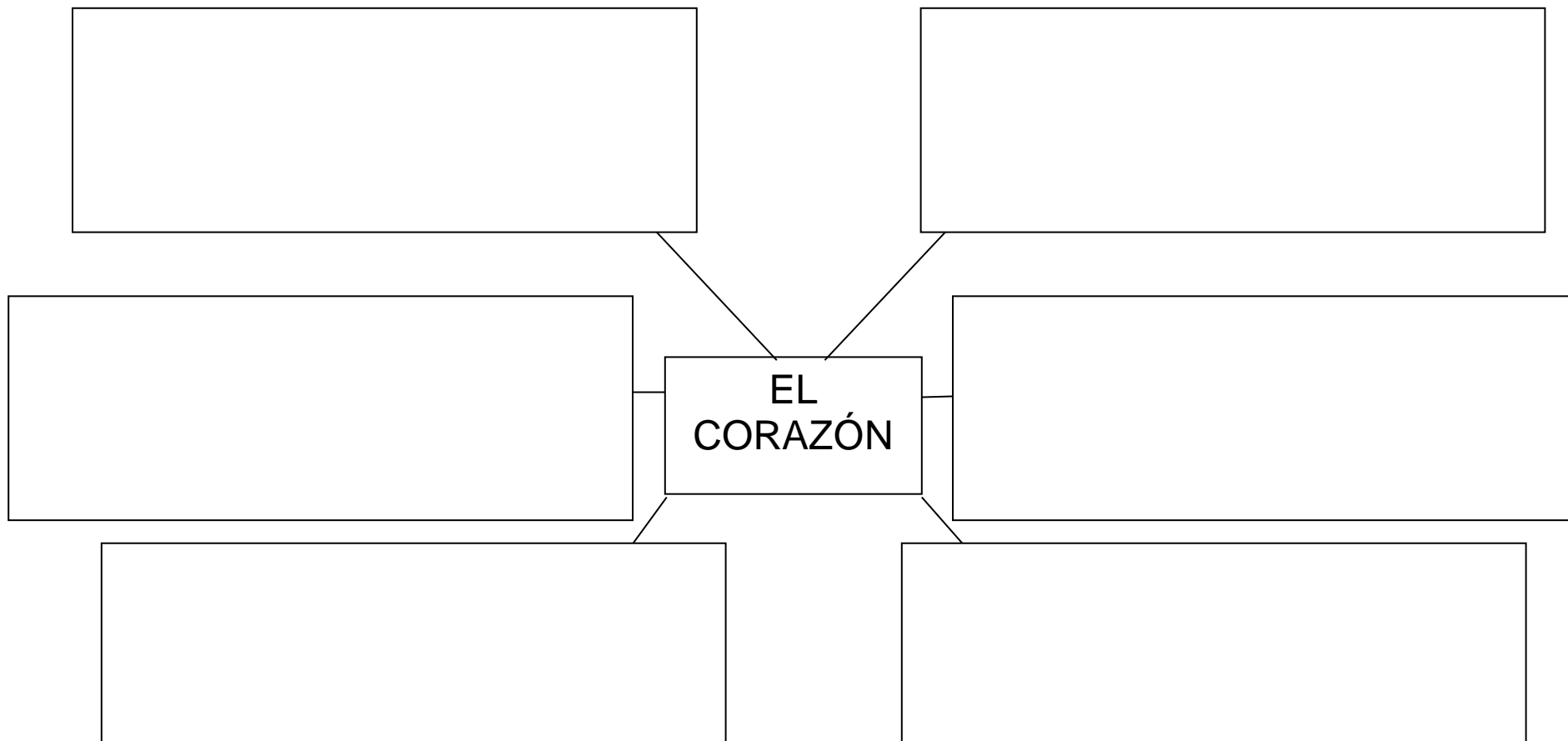
Write what you learned about the heart in each of the boxes.



Un Corazón Saludable

Nombre: _____ Fecha: _____

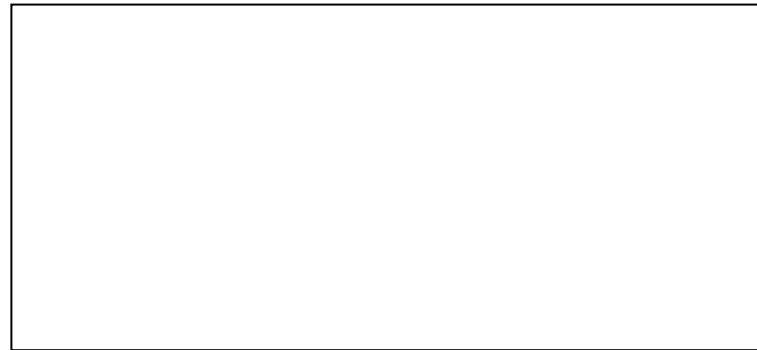
Escribe lo que aprendiste sobre el corazón en cada uno de los rectángulos.



Healthy Heart

Name: _____ Date: _____

Draw four pictures of yourself doing heart healthy activities.



Un corazón saludable

Nombre: _____ Fecha: _____

Haz cuatro dibujos de ti mismo haciendo actividades saludables para el corazón.

