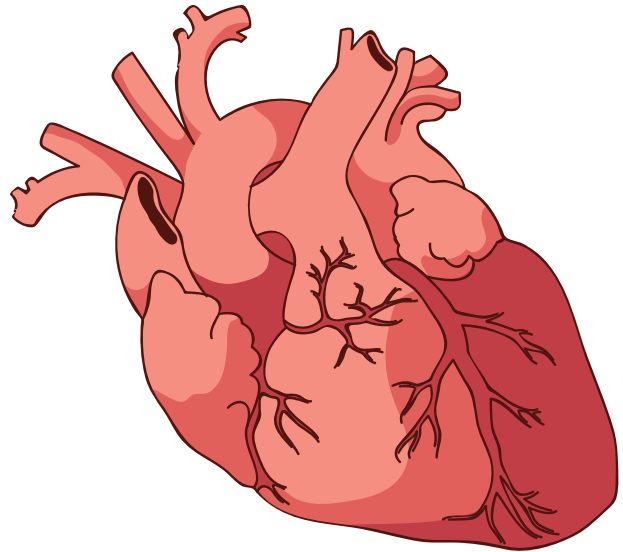


The Heart

Do you exercise for at least 30 minutes a day?
Do you manage your stress and get enough sleep?
Heart disease is the leading cause of death in America and a major health concern around the world. It is up to you to keep your heart healthy. In this lesson, you will read 10 surprising facts about the heart.



Pre-Reading

A. Making Predictions

Who is at risk for heart disease?

- ☐ a person with heart disease in the family
- ☐ _____
- ☐ _____
- ☐ _____

B. Warm-Up Questions

1. What is more important, exercise or rest?
2. What are some heart-healthy foods?
3. How many teaspoons of sugar do you think there are in a can of soda?
4. How is a woman's heart different from a man's?

C. Vocabulary Preview

Match the words on the left with the correct meanings on the right.

- | | |
|------------------------------|---|
| _____ 1. intake | a) tension caused by a strong force of blood through the arteries |
| _____ 2. heart rate | b) to not take or do something that is part of one's routine |
| _____ 3. plenty | c) the amount of a substance taken into the body |
| _____ 4. high blood pressure | d) a growth of abnormal cells that begins in the breast |
| _____ 5. relaxation | e) the number of heartbeats per minute |
| _____ 6. breast cancer | f) a state of calmness in the body and mind |
| _____ 7. gum disease | g) more than enough |
| _____ 8. infection | h) worry and anxiety |
| _____ 9. stress | i) an infection in the soft flesh around one's teeth |
| _____ 10. skip | j) an illness caused by germs that enter the body |

Reading

10 SURPRISING FACTS ABOUT THE HEART

1. *Potatoes are a heart-healthy food.*

One russet potato (with the skin on) has half the recommended daily **intake** of vitamin C.

2. *Females have faster heart rates.*

The average female **heart rate** is 75 beats per minute (bpm). That is 5 bpm faster than the average male heart rate.

3. *Most people consume far too much sugar.*

One can of soda has about eight teaspoons of sugar! One hundred calories (six teaspoons) of sugar is **plenty** for a single day. Diabetes and obesity are bad for the heart.

4. *Lack of sleep increases blood pressure.*

You can reduce your risk for **high blood pressure** by getting at least eight hours of sleep per night.

5. *Relaxation reduces heart disease.*

People always talk about the importance of exercise. **Relaxation** is important, too. An hour of relaxation per day is essential for a healthy heart.

6. *Heart disease is a woman's disease, too.*

Heart disease is not only a man's disease. Women are five times more likely to die of heart disease than **breast cancer**.

7. *Brushing your teeth can save your heart.*

Those who have **gum disease** are twice as likely to suffer from heart trouble.

8. *The flu increases your risk of a heart attack.*

Wash your hands! You are twice as likely to suffer from a heart attack when your body is fighting any type of **infection**.

9. *A broken heart can break your heart.*

Having a poor relationship with your partner increases your chance of heart disease. Holding on to anger or having a negative attitude creates **stress**.

10. *Popcorn is a heart-healthy snack.*

Many people know about the benefits of berries and nuts. Another heart-healthy snack is popcorn! (Be sure to **skip** the butter and salt.)

Comprehension

Read the statements below. If the statement is true based on the reading, write T beside the sentence. If it is false, write F and correct the information in your notebook.

- _____ 1. A man typically has a faster heart rate than a woman.
- _____ 2. A can of pop has about six tablespoons of sugar.
- _____ 3. More women die of heart disease than breast cancer.
- _____ 4. Good dental hygiene can decrease the risk of heart disease.
- _____ 5. Plain popcorn is good for you.

Vocabulary Review

A. Remembering the Facts

Reread the *10 Surprising Facts about the Heart*. Put the reading away and try to use the words to the right to retell the list in your own words. Work with a partner and take turns. Check off each word as you use it. Don't worry about the order.

Words:

- | | |
|--|--|
| <input type="checkbox"/> intake | <input type="checkbox"/> breast cancer |
| <input type="checkbox"/> heart rate | <input type="checkbox"/> gum disease |
| <input type="checkbox"/> plenty | <input type="checkbox"/> infection |
| <input type="checkbox"/> high blood pressure | <input type="checkbox"/> stress |
| <input type="checkbox"/> relaxation | <input type="checkbox"/> skip |

B. Odd One Out

Which word does not belong in the group?
Can you think of another word that would fit?

- | | | |
|---|---|---|
| 1. a) high blood pressure
b) salt
c) stress
d) plenty
_____ | 3. a) relaxation
b) breast cancer
c) disease
d) illness
_____ | 5. a) gum
b) tooth
c) tongue
d) heart
_____ |
| 2. a) gum disease
b) plenty
c) more than enough
d) amount
_____ | 4. a) swallow
b) skip
c) intake
d) have
_____ | |

Writing

A. Brainstorm

What are some things people can do to improve their heart health? Use this space to brainstorm some ideas.

B. Make a List

Write your list here, or type it in a blog post or word document.

10 THINGS I CAN DO TO IMPROVE MY HEART HEALTH

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Listening Practice

Designate each corner of your classroom as one of the following: *Strongly Agree / Agree / Disagree / Strongly Disagree*. Listen to your teacher read out the following statements. Walk to the corner that best describes your feeling about each statement.

1. I am more active than most of my friends and family members.
2. I am careful about what I eat.
3. I know how to measure my own pulse.
4. I manage stress effectively.
5. I know how to draw a human heart.
6. High blood pressure is more dangerous than low blood pressure.
7. I am a couch potato.

Role-Play

DOCTOR'S ORDERS

Get together with a partner. Create a role-play between a doctor and a junk-food-obsessed child. What can the doctor do to convince the child to eat heart-healthy food?

Discussion

What are some typical signs of a heart attack? Take some guesses, and then do a little research for homework. Whose guesses were correct?