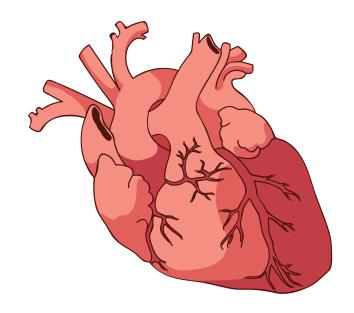


# The Heart

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



# 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

on	ad the statements below. If the so the reading, write T beside the so te F and correct the information	entence	e. If it is false,	ł								
	1. A man typically has a	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											
V	ocabulary Reviev	V										
A.	Remembering the Facts											
Rer	read the 10 Surprising Facts about	the Hed	art. Put the	W	ords:							
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.				<ul><li>□ intake</li><li>□ heart rate</li><li>□ plenty</li><li>□ high blood pressure</li><li>□ relaxation</li></ul>			<ul><li>□ breast cancer</li><li>□ gum disease</li><li>□ infection</li><li>□ stress</li><li>□ skip</li></ul>					
B.	Odd One Out											
	nich word does not belong in the n you think of another word that		ît?									
1.	<ul><li>a) high blood pressure</li><li>b) salt</li><li>c) stress</li><li>d) plenty</li></ul>	3.	<ul><li>a) relaxation</li><li>b) breast cand</li><li>c) disease</li><li>d) illness</li></ul>	cer		5.	a) gur b) too c) ton d) hea	th gue				
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		
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?