

Healthy Heart Activities

HEART BEATS

Explain to your students the function of the human heart including how the blood circulates through the body by way of veins. Emphasize that when the heart pumps, the veins stretch slightly causing a pulse. Instruct students to find their own pulses by pressing their middle fingers against the inside of their wrists or under the jaw on the neck.

You might also like to bring a stethoscope to class for your students to use to listen to each others' heartbeat. You can also make your own stethoscope by taping both ends of an 18 inch long, plastic tube to two small funnels. Instruct a student to hold one funnel to his or her own ear and place the other funnel against the left side of another student's chest. Ask the first student to count out loud each time he hears the heart beat. Now, ask the second student to jump up and down twenty times. Again, ask the first student to listen for and count the heart beats. Is the heart beat faster or slower? Tell students what when energy is expended by the body the heart works harder, causing the blood to pump faster. This creates the faster heart beat.

HEART HEALTHY FOODS

With your students, list foods that are good for a healthy heart and those that are unhealthy. Stress the importance of eating a low fat diet full of fruits, vegetables, grains and proteins. Encourage students to look at the fat grams on favorite snacks such as potato chips and chocolate bars and discuss how unhealthy these foods are in our diets.

Heart Smart!

Name

knows that good nutrition, lots of exercise and plenty of sleep help to make a healthy heart and body.

Date

Teacher

