

Unit 3: Circulatory System



LESSON 4 NUTRITION AND EXERCISE FOR YOUR CIRCULATORY SYSTEM

INSTRUCTIONAL OBJECTIVES

Students will understand the importance of eating whole colorful foods and fiber.

MATERIALS

- Students' own HBD case file folders
- Large poster board
- Downloadable What I Learned about the Circulatory System, Heart Healthy Foods and Merrin and Pearl Wonder worksheets
- Students' Circulatory System Self-Portrait

OVERVIEW OF CONTENT

- Review whole colorful foods and introduce fiber and types of fiber
- Discuss how moving (exercise) can be good for your heart
- Downloadable activities
- Work on Circulatory System Self-Portrait
- Review, Q&A, conclusion

INSTRUCTIONS

1) Review the importance of eating whole colorful foods and introduce the importance of fiber.

- Fiber grabs onto the not so healthy stuff in your body and moves it out as waste
- This helps prevent disease
- Fiber also helps you feel full so you will not overeat

2) Types of fiber

- **Soluble fiber** dissolves in water. Examples of foods containing lots of soluble fiber are oats, beans, peas, bananas, berries and apples.
- **Insoluble fiber** increases the movement and flow of food and nutrients through the digestive system and helps you have bowel movements. Examples are of foods containing insoluble fiber are bran, seeds and whole wheat.

3) Discuss with your students ways to obtain more fiber from their everyday diet:

- Add sunflower seeds and blueberries to morning cereal
- Make an after-school smoothie with raspberries, bananas and peaches
- Add a bean dip with tortilla chips or hummus with vegetables to lunch
- Can you think of other ways?