Overview

**Duration:** 20 to 30 minutes

**Audience:** Preschoolers through grade two

**Learning Objectives:**
- Identify which food item is a heart sad food or a heart happy food
- Find where their heart is located
- Describe what their heart does

**Supplies:**
- Red construction paper, scissors and tape (cut into paper hearts with a piece of tape on the back)
- One red poster board (cut out a large happy heart)
- One black poster board (cut out a large sad heart)
- Markers/crayons (if children do not have them available)
- Heart Happy Kids Worksheet
- Pictures of foods (healthy for heart [for example, whole grains, fruits, fish, vegetables] or sad for heart [for example, doughnut, french fries, chicken nuggets, margarine, milk shake]

Lesson Plan

**Introduce Yourself**
*Today I/we am going to talk to you about keeping our hearts happy and healthy.*

**Open Activity**
Engage children in one or more of the following activities:
- Variety of movements (for example, jumping jacks, running in one spot, squats, etc.)
- Have students find their heartbeat.
- Describe what that “beat” is: It helps blood flow through our bodies.
- “For our heart to beat like this, it needs to be happy.”

**Find Your Heart Beat Activity**
Have student sit for this activity.
- Hand out the red paper hearts.
- Ask the students to write their name on the heart.
- Tape the heart on where they “felt the heart beat.”
Sad Heart / Happy Hearts Activity
Pass out one junk food and one heart-healthy food cut-out to each student.

1. Describe healthy foods.
   - Healthy foods keep our hearts beating and have vitamins and minerals to keep our heart happy.
2. Show a couple of foods that make our hearts “happy.”
   - Demonstrate (makes our heart happy – goes in “happy” heart)
3. Describe what a “sad heart food” is (Our hearts don’t like this).
   - Sad heart foods, through time, don’t allow our hearts to beat like they do now, and our heart will turn sad.
4. Show a couple of foods that make our hearts “sad.”
   - Demonstrate (makes our heart sad – goes on “sad” heart)
5. Demonstrate with large “healthy” heart cutout and “sad” heart cutout where junk foods and healthy foods belong.
   - Explain why we put our food cutouts on each type of heart.
   - Have each student bring his or her picture of food up to the hearts and put them where he or she thinks the picture belongs (happy or sad heart).

Questions?

Evaluation
Ask students to describe what their heart does.
“Do you remember what your heart does in your body?” (“Beat”: helps blood flow through body)

Pass out the Heart Happy Kids and What Would You Choose worksheets and markers.

1. Explain/read questions to students
2. Walk around and observe childrens’ answers (are they correct, did they meet lesson objectives?).
3. Go over the worksheets with the children to ensure the children have a chance to demonstrate what they’ve learned or correct the incorrect responses.
4. Encourage the children to take the worksheets home to show their parents what they learned!

Wrap Up
Thank the children for attending.
Heart Happy Kids

Draw where your heart is on the body:
What Would You Choose?

Circle all the foods that make your heart happy!