**Week 1= The Heart**

**Introduction:** Cardiovascular Disease (Heart Disease) and ways to prevent it. Pictures of Normal Heart

**Student Research:** (5 minutes)

Show the affects of smoking, drinking, and eating a lot of fat on the heart

Popcorn Discussion: What did you learn? Why did the heart progress like it did with smoking, drinking or eating?

**Interactive:**

3D Heart: <https://sketchfab.com/models/168b474fba564f688048212e99b4159d>

Visible Body: <https://www.youtube.com/watch?v=9I-XcW0XXzg>

**Ask the Physician:**

Why is the heart so important to the body? (students respond; we respond)

How much fat do you consume?

What is hypertrophy? How does this impact athletes? People that don’t exercise?

**Student Choice:** What is your health tip for the week? (Create & Post)

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**Week 2= Anatomy of the Heart**

**Introduction:**

Review previous week’s material

Teach anatomy of the heart and explain what a heartbeat is.

Teach students how to check their pulse and what a normal blood pressure is and pulse pressure

Anatomy of Heart: <https://www.wisc-online.com/learn/natural-science/life-science/ap12504/the-anatomy-of-the-heart>

**Ask the Physician:**

If you worked out too much and your heart was racing, what would you do?

If your friend told you that they had chest pain, what would you do?

What foods +/- impact the heart?

**Student Choice:** What is your health tip for the week? (Create & Post)

**Culminating Activity:** Create a 30 second PSA about the Heart (can be done in STEAM Class)?

**Week 3= GI**

**Introduction:**

Raise awareness about obesity plaguing our country and show the effects of obesity on the heart and other organs

Emphasize the importance of healthy eating

**Student Research:** What are the major parts of GI? (Location & Function); 5-8 min (split task)

intestines, stomach, and other GI organs

Food Digestion Video: <https://www.youtube.com/watch?v=VwrsL-lCZYo>

Sugar in the Body: <https://www.youtube.com/watch?v=kTAaA3qBQcw>

(start at around 30 seconds)

**Ask the Physician:**

What is the impact of being overweight over your lifetime?

 Poll: How does it impact Life Expectancy & Quality of Life?

Article: <https://www.livestrong.com/article/500767-obesity-statistics-life-expectancy/>

**Student Choice:** What is your health tip for the week? (Create & Post)

**Week 4= GI anatomy**

**Introduction:**

Review previous material

Teach the anatomy of the GI system.

**Student Research:** What is bile? Why is it important and what happens if bile is not present?

Pancreas: <https://www.youtube.com/watch?v=8dgoeYPoE-0>

Gallbladder: <https://www.youtube.com/watch?v=Hra9HAFVHmw>

**Ask the Physician:**

Is it baby fat?

Why do females carry more fat than males?

**Student Choice:** What is your health tip for the week? (Create & Post)

**Culminating Activity:** Create a brochure about the GI System (can be done in STEAM Class)?

**­­­Week 5= Lung Disease**

**Introduction:**

Discuss lung cancer being one of the most common causes of death.

Discuss Risk Factors for lung disease/cancer

Show pictures of normal lung vs cancerous

**Ask the Physician:**

Can lung disease be reversed?

Why is cancer so prevalent?

**Student Choice:** What is your health tip for the week? (Create & Post)

**Culminating Activity:** Collage of information about Lung Health (can be done in STEAM Class)?

Topics to think about

Week 6= Dental Hygiene.

Week 7: Kill or Cure: Nature’s Toxins (have a booklet of information)

Look in Open Curriculum Folder on Desk