

Station 6 – Heart

Start Here

You have just entered the heart! You are here in the body.

(Point to heart picture.)

We're going to talk about why your heart needs to be healthy.

Where is your heart?

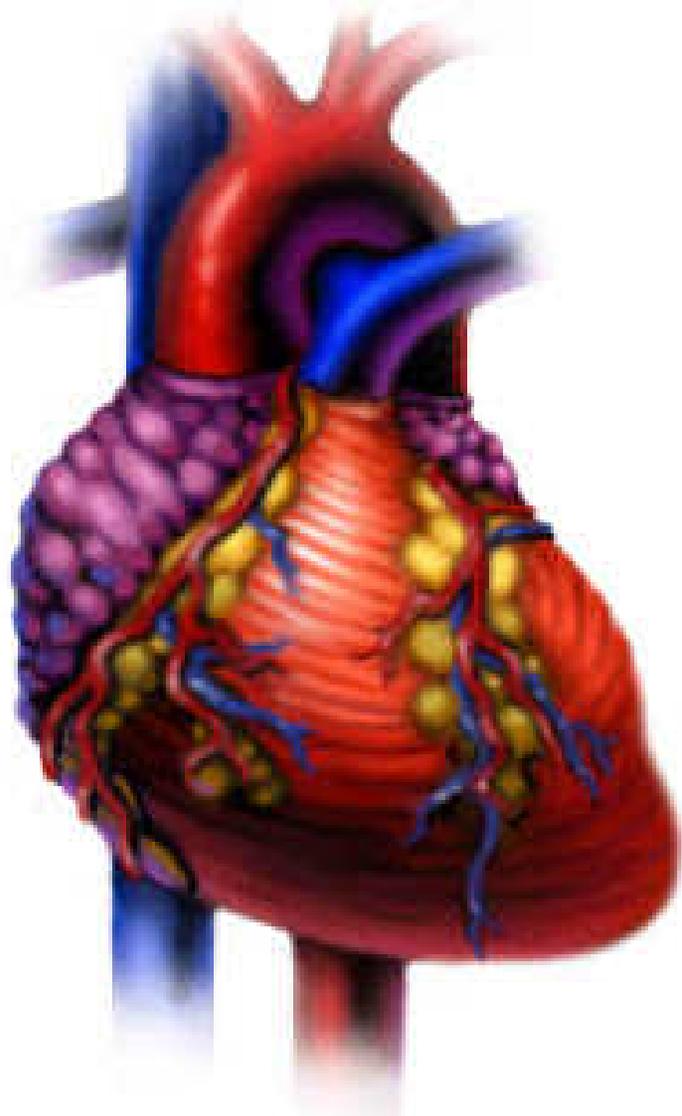
(Wait for responses)

Your heart is in the center of your chest.

(Show heart model.)

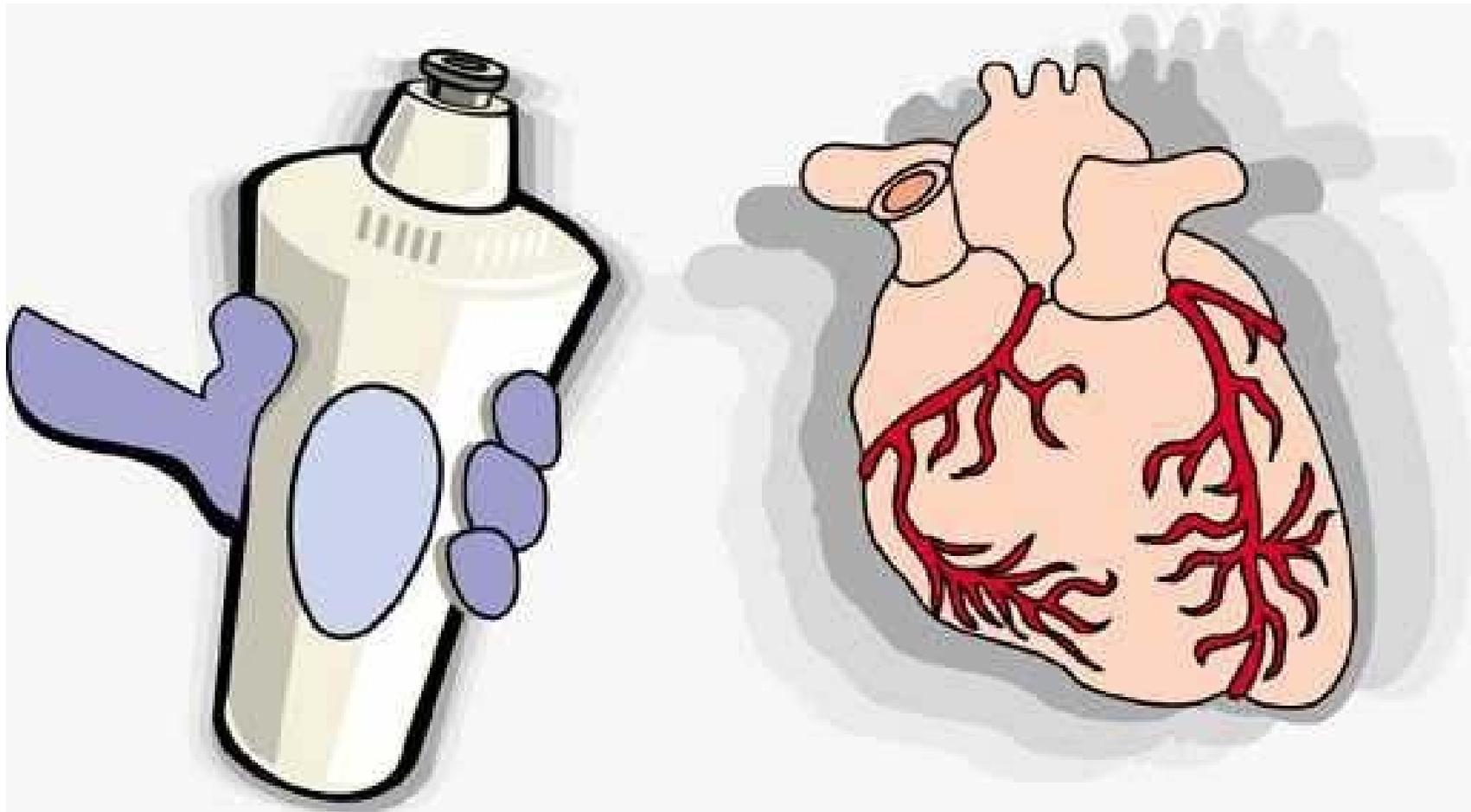
This shows what the heart in your body looks like. Do you know how big your own heart is?

About the size of a fist.



The heart muscle squeezes each time your heart beats and makes the heart act like a pump.

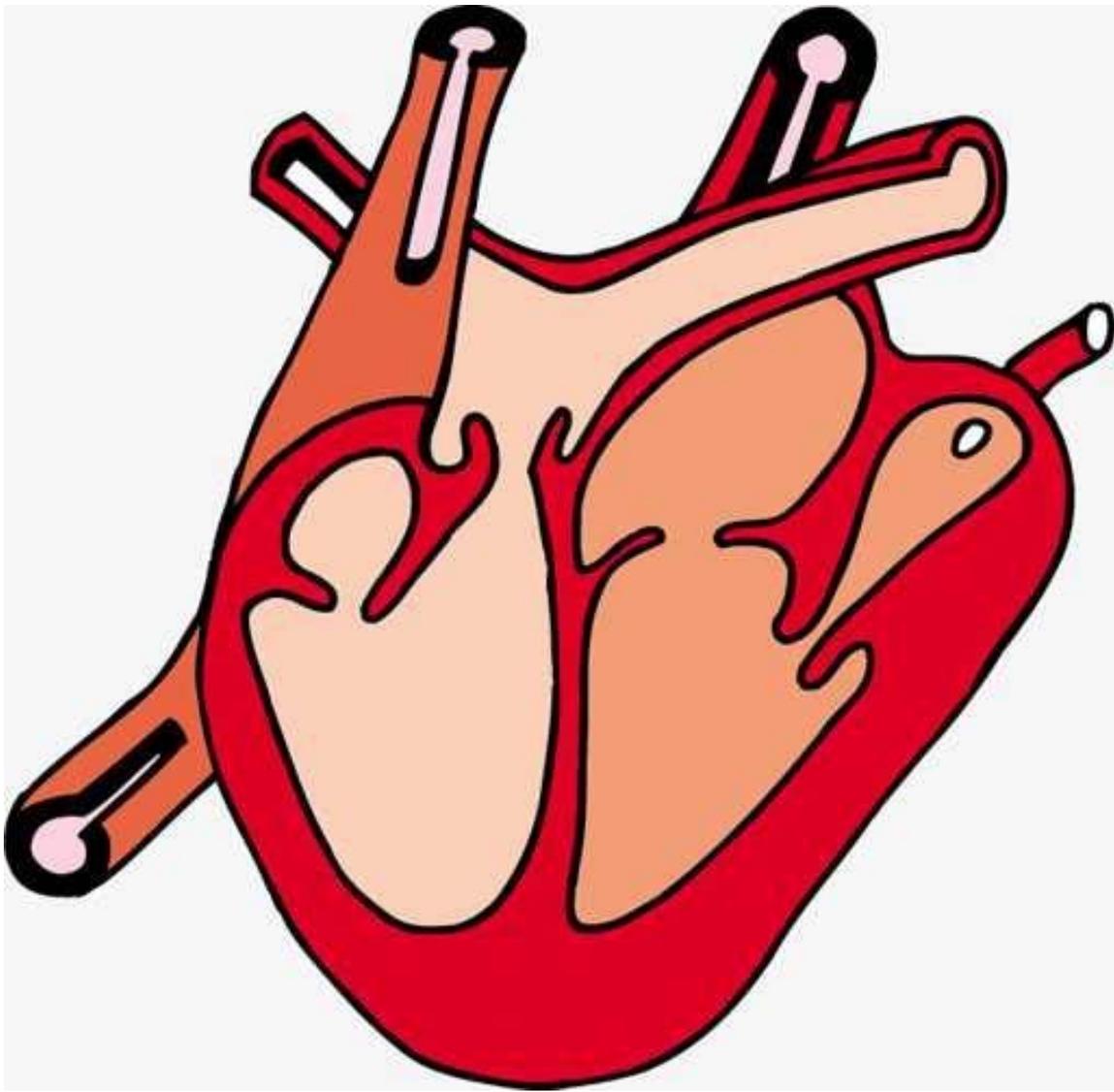
When the walls of the heart squeeze together they pump blood, just the way you can squeeze water out of a plastic squeeze bottle.



Your heart has 4 sections called chambers.

(Point to poster or flip book.)

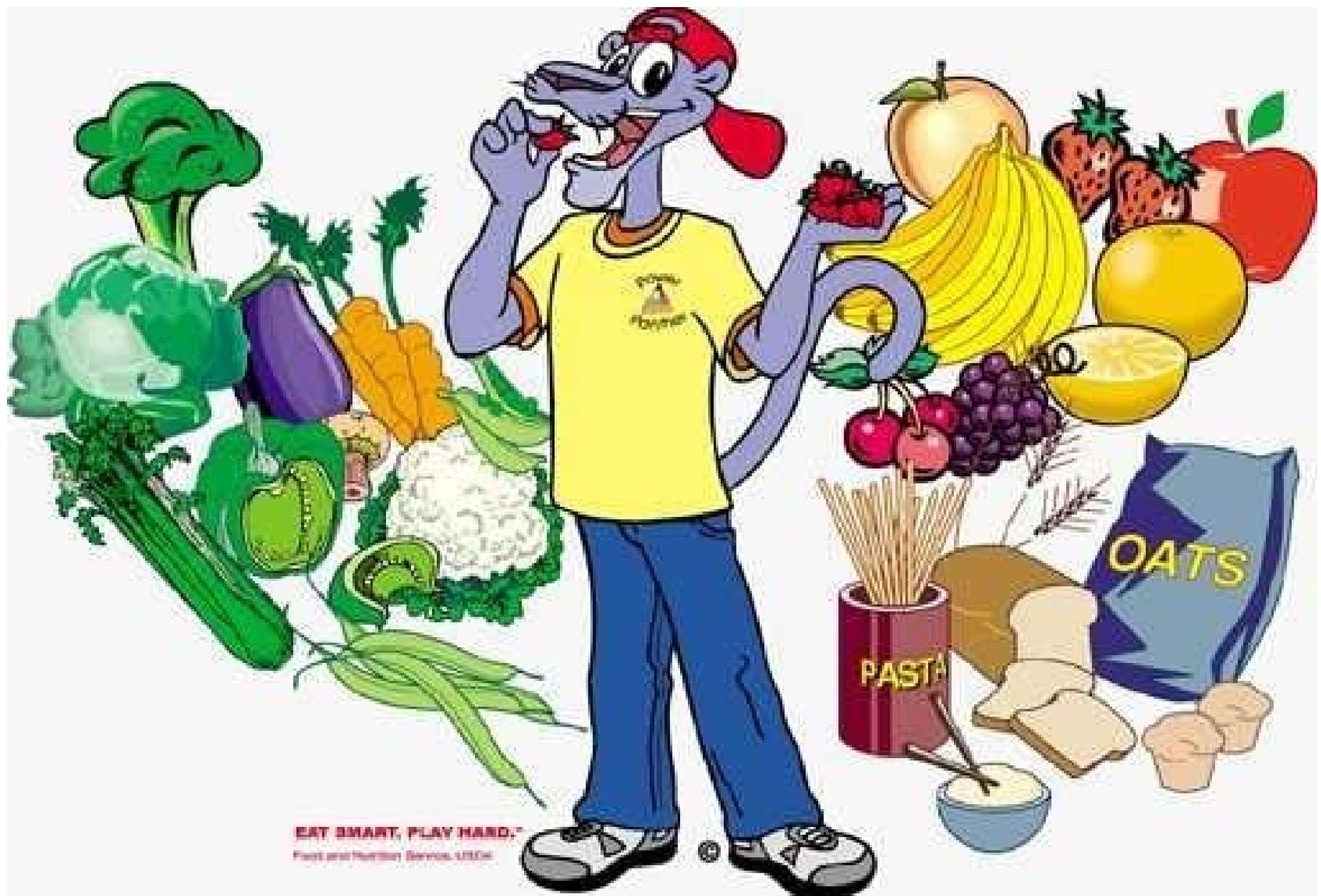
Your blood moves through all of these chambers.



Look at your food tag.

All of these foods are heart-healthy.

Eating heart healthy foods, in the right amounts, reduces the risk of heart disease.



EAT SMART. PLAY HARD.™
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Too much fat in the diet is unhealthy for the heart and may cause clogged blood vessels.

(Show fat tubes as you describe foods.)

This is the amount of fat in...

If you eat too much fat, arteries may become clogged with fat and your heart doesn't work properly.

Heart



When you feel your pulse, you are really feeling your heartbeat.

(Ask students to put their fingertips on their neck, just below their ear and slightly under their jawbone, to find their pulse.)



What happens when you exercise?

Your heart beats faster. You can hear it or feel it in your pulse.

(Ask for a student volunteer to hold the pulse stick. Let others in the group read the number on the pulse stick.)

What does this number tell us?

How many times your heart beats each minute.

The heart flashes on the pulse stick each time your heart beats.

(Ask all students to jump up and down 10 times, and then find their pulse again. Have the student volunteer grip the pulse stick and look at the reading again.)

What happened? Why? Your heart rate increased, because you were exercising your heart.

Is exercise good for your heart? *(Wait for responses.)*

Yes, when you exercise, you build heart muscle. When you exercise regularly, your heart stays healthy and strong. A strong heart muscle lets you play hard.

The next body part you're going to visit is the lungs

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End Here

