



5.



Subject: HEALTH

- A. Why Exercise is Good for You
- B. Energy In – Energy Out
- C. Healthy Heart

Name:



A. Why Exercise is Good for You

1. Read with your teacher:

- ★ Physical activity is any form of body movement that uses your large muscles.
- ★ You can do exercise on your own, in groups or in teams.
- ★ Most people need to move more.
- ★ You can jog, play games, climb stairs, do gardening, walk the dog, play sport, ride a bicycle, swim, etc.
- ★ Physical activity should be fun!

2. Look at the picture.

To be healthy, you need:

- ★ exercise
- ★ healthy food
- ★ good rest



3. Write some types of exercise that you do.





4. Complete the sentences.

keep, helps, feel, friends, you, better

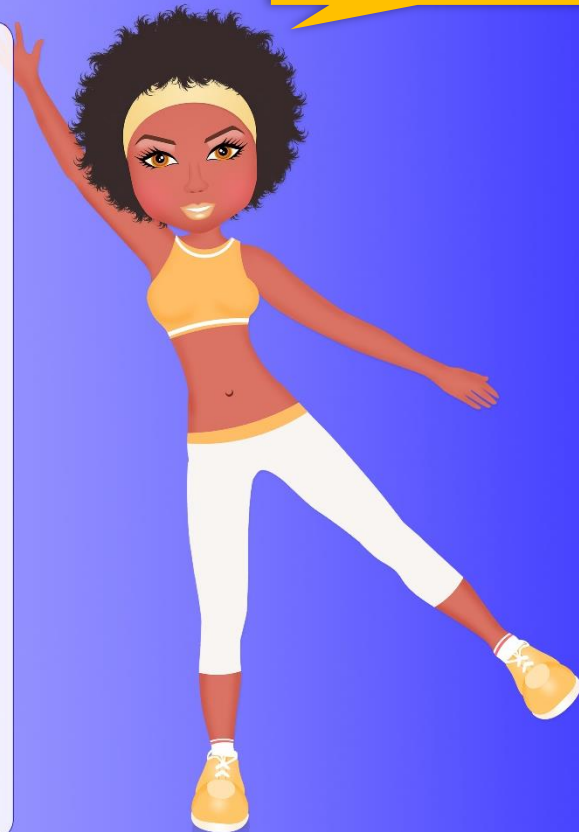
- a) Exercise helps you _____ more energetic.
- b) Exercise makes you feel _____ about yourself.
- c) It can help you make _____.
- d) It helps _____ you healthy.
- e) It helps to make _____ feel more relaxed.
- f) It _____ your heart to be healthy.

5. In your group, talk about the benefits.

Teacher Notes

Benefits of Sport

- 1 *Improve the immune system*
- 2 *Helps weight loss*
- 3 *Reduces stress*
- 4 *Improves self-esteem*
- 5 *Helps the cardiovascular system*
- 6 *Increases the resistance*
- 7 *Creates balance between body and spirit*





6. Write true (T) or false (F).

a) Exercise gives you more energy and strength. _____

b) It strengthens your heart, lungs, bones and muscles. _____

c) It puts you in a bad mood. _____

d) It can make you feel less worried. _____

e) It helps you to learn better. _____

f) It makes you feel sick. _____

g) Without exercise, your body will slowly lose its strength. _____

h) It makes you too tired to do anything else. _____

i) It helps you to sleep better. _____

j) It could help you to stay well. _____





7. Complete the crossword.

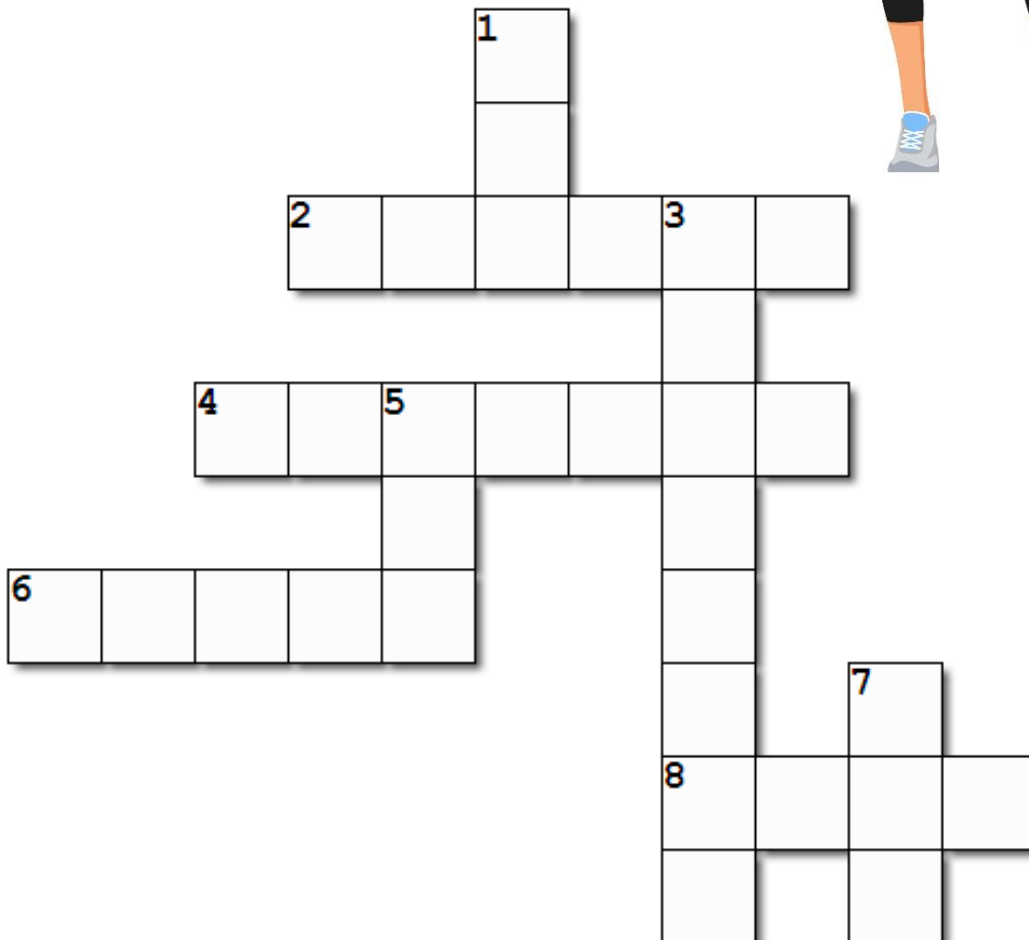
fat, lot, better, Exercise, muscles, blood, stop, sad

Across

- 2. Being active makes you feel _____.
- 4. Exercise builds _____.
- 6. Exercise can lower your _____ pressure.
- 8. Exercise can _____ diseases

Down

- 1. Exercise helps you lose body _____.
- 3. _____ gives you more energy.
- 5. Exercise makes you less _____.
- 7. Exercise gives you a _____ of energy.





B. Energy In – Energy Out



1. Talk about:

- ★ We take “energy in” with the food that we eat.
- ★ The “energy out” is energy used by the body to work and do physical activity.
- ★ To stay at a healthy weight, we must use up the energy we eat.
- ★ Exercise helps us do that.
- ★ If we don’t use the energy, it stays in our body and can make us gain weight that we don’t need.
- ★ Extra weight is hard on our heart, muscles and bones.

Our bodies need energy to work. This energy is also called “calories.”

2. Choose the correct words.

- a) We take “energy in” with the _____ that we eat.
(water, food)
- b) The “energy out” is energy used by the body to _____
and do physical activity. **(work, sleep)**
- c) To stay at a _____ weight, we must use up the energy
we eat. **(healthy, unhealthy)**
- d) _____ helps us do that. **(Eating, Exercise)**
- e) If we don’t use the energy, it stays in our body and can make us
_____ weight that we don’t need. **(gain, lose)**
- f) Extra _____ is hard on our heart, muscles and bones.
(energy, weight)



3. Look at the **Energy In-Energy Out Chart**. Talk about it in your group.

Snack	Calories	Exercise
Broccoli (1/2 cup, raw)	12	March in place 10 seconds
Carrot (1 medium, raw)	31	
Popcorn (1 cup, buttered)	41	
Chocolate chip cookie (1 small)	65	Freestyle dance 20 seconds
Apple (1 medium)	81	
Banana (1 small)	90	
Orange Juice (glass)	110	Squats 30 seconds
Granola Bar (1)	130	
Crisps (30 g)	148	
Soda (350 ml)	150	Sit-ups 40 seconds
Mixed nuts (30 g)	169	
Yoghurt (small tub)	190	
6 crackers	200	Jumping jacks 1 minute
Bagel (1 large)	210	
Milk Chocolate bar (45 g)	210	

4. What would you need to do to use up the energy of 2 chocolate bars? _____



C. Healthy Heart

1. Listen to the teacher talking about the heart.

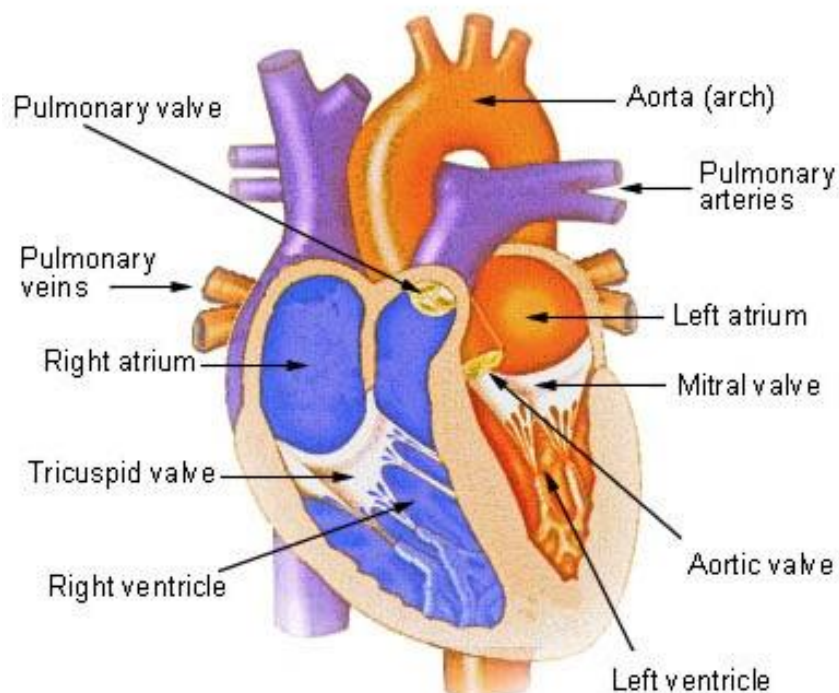
- ★ Your heart is a muscle that pumps oxygen-rich blood to your body and brings oxygen-poor blood back to your heart and lungs.
- ★ Your blood travels through several miles of blood vessels.
- ★ The cells in your body need the oxygen to survive.
- ★ Your heart is near the middle of your chest, slightly to the left.
- ★ This tough muscle is about the size of an adult fist, and it weighs about one pound.
- ★ The average human heart beats 72 beats per minute.

Teacher Notes

2. Watch a YouTube video showing how the heart works.

3. This is what a heart looks like. You do not need to remember all the long words!

Internal View of the Heart

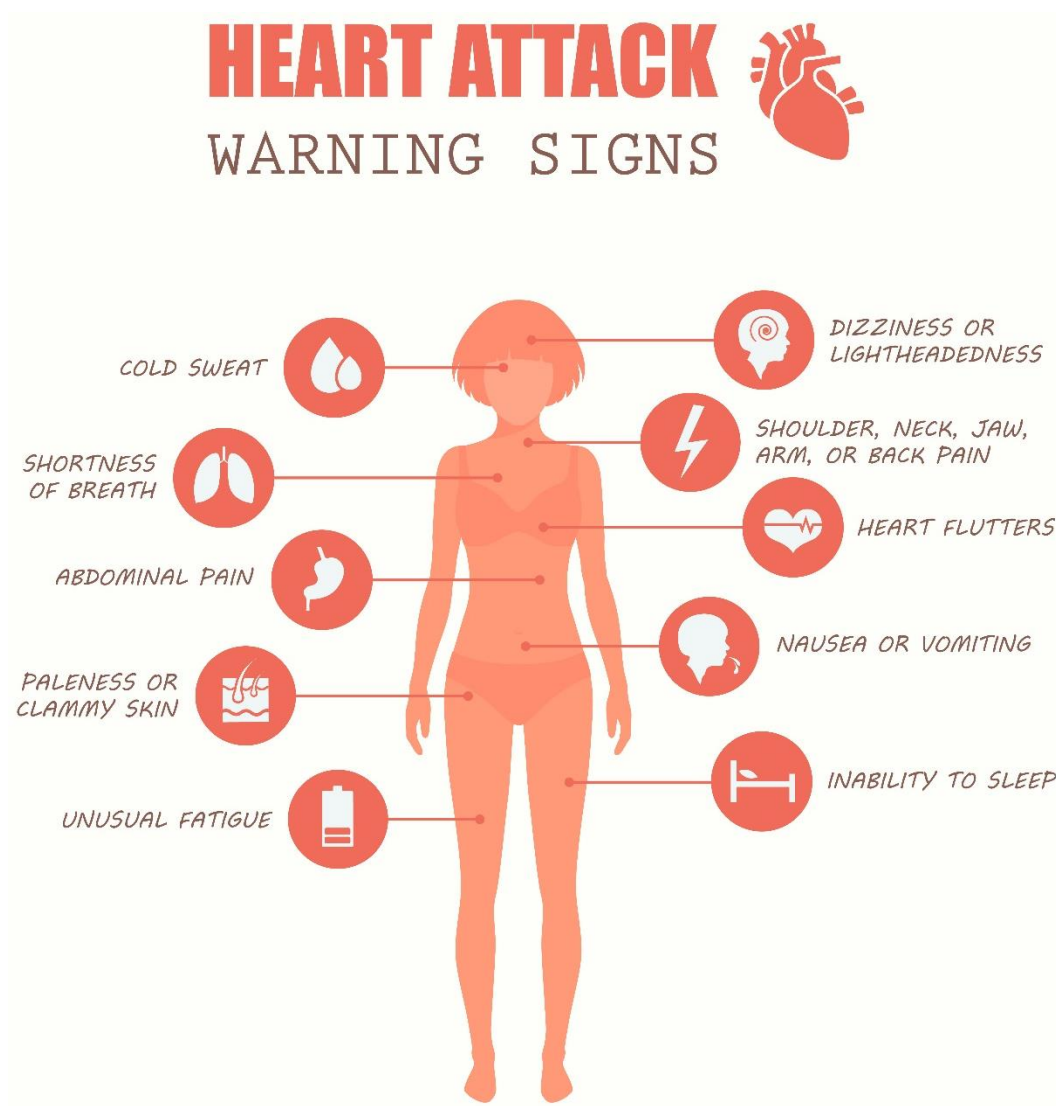




4. Here are some common heart problems:

- ★ heart disease
- ★ heart attack
- ★ high blood pressure
- ★ stroke

5. Look at the warning signs of a heart attack:



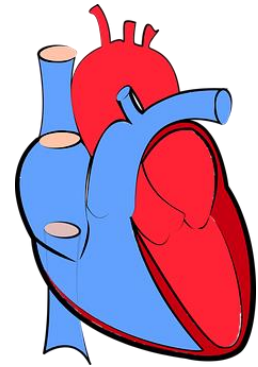
6. What is the number you would call if you had these symptoms?



7. Take the heart quiz:

a) What is your heart?

- a bone a muscle a vein



b) What does your heart pump?

- water food blood

c) What important thing does the blood contain?

- oxygen air poison

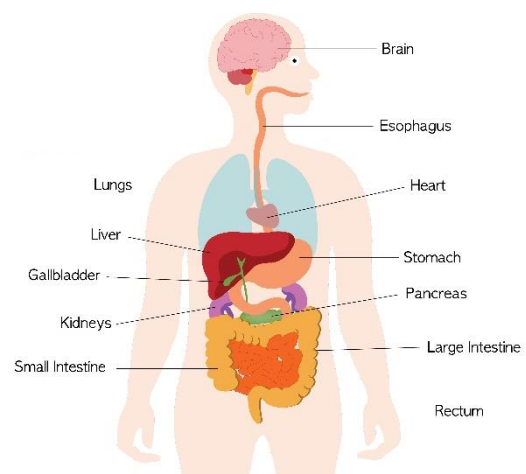
d) Your heart is in the middle of your chest and slightly to the _____.

- right left

e) About how big is your heart?

- size of your hand size of your thumb size of your fist

8. See where the heart is.
Circle it.





Your heart is a muscle and loves a good workout. It needs exercise every day to be strong.

9. Which of these activities make your heart strong and healthy?
Tick them. Listen to the teacher reading the list.

- running
- watching TV for more than 2 hours
- skipping breakfast
- dancing
- walking
- housework
- sports
- hiking
- sleeping 4 hours a night
- skipping lunch
- looking at Facebook for hours
- sitting all day
- playing on the computer for hours
- being active every day
- walking to the shop
- gardening
- snacking all day
- laying on the couch
- cooking healthy food in the kitchen
- being bored





10. Try the activities.

Listen to the teacher.

Teacher Notes

Activity 1: Flexing muscles

How did you do?



Activity 2: Making a fist

How did you do?



Activity 3: Flexing your heart

How did you do?



Name one way in which you can 'flex your heart'?



TEACHER NOTES EXCERPT

A. Why Exercise is Good for You

Page 3

Information about Benefits of Exercise (simplify for students)

- ★ Exercise is a natural and effective anti-anxiety treatment.
- ★ It relieves tension, boosts physical and mental energy, and improves well-being through the release of endorphins.
- ★ Anything that gets you moving can help, but it will help even more if you pay attention instead of zoning out.
- ★ Example: When you are walking, notice the feeling of your feet hitting the ground, or the rhythm of your breathing, or the feeling of the wind in your hair.
- ★ Students can try mindful exercise— focussing on their body and how it feels as they exercise. This improves the physical benefits and can help to stop the flow of constant worries going through your mind.
- ★ Exercise sharpens your memory and helps you to think better.
- ★ The same endorphins that make you feel better when you exercise also help you concentrate!
- ★ Exercise also helps the growth of new brain cells and helps prevent age-related decline.
- ★ Exercise improves your self-esteem.
- ★ Regular activity can make you feel strong and powerful!
- ★ You'll feel better about your appearance.
- ★ By achieving your exercise goals, you'll feel a sense of accomplishment.
- ★ Exercise helps you to sleep better.



- ★ If you exercise regularly, when you are faced with mental or emotional challenges in life, you tend to cope in a healthy way, instead of resorting to alcohol or other negative behaviours.
- ★ Regular exercise can also help boost your immune system.

C. Healthy Heart

Page 8

Show the students some short YouTube clips on the heart and how it functions, e.g.

<https://www.youtube.com/watch?v=X9ZZ6tcxArI> (The Heart: Crash Course, 10:07)

<https://www.youtube.com/watch?v=jBt5jZSWWhMI> (Blood Flow Through the Heart, 2:11)

<https://www.youtube.com/watch?v=oIuIo9dbX88> (Heart in 3D Animation: How the Heart Works, 2:03)

Page 12

Activities

Activity 1

- ★ Get the students to each make a fist and squeeze their bicep (upper arm) muscle, then relax.



- ★ Next, get the students to flex their quadriceps (thigh muscle), then relax.

Activity 2

- ★ Next, tell the students to flex their “heart.”
- ★ Pause while the students realise they can’t voluntarily move their heart.
- ★ The heart is a muscle but not one we can flex when we tell ourselves to do so.
- ★ Therefore, we need exercise to get the heart muscle to flex and get a good workout.

Activity 3

- ★ Get students to lay their forearms on their desktops, palm up.
- ★ Have them gently make a fist then release the fist fully and rhythmically, as many times as they can for one minute.
- ★ As you are timing the minute, observe how the students react. - Is the exercise getting hard? Did some quit before the minute was up?
- ★ Talk about your observations with the students.
- ★ Tell them that even though they may be getting tired after just one minute of opening and closing their fist, their heart needs to pump all day long, every day, without taking a break.
- ★ Explain that when the heart is filling with blood, it is like the hand when it is open, and when the heart is pumping blood to the rest of the body, it is like the hand squeezing into the fist.
- ★ Therefore, it’s important for us to get exercise because it strengthens muscles in our body including the heart muscle.



- ★ The stronger the heart, the easier the pumping.

Page 72

Besides exercise, there are other ways to keep your heart healthy. Here are some tips: (Worksheet over the page)

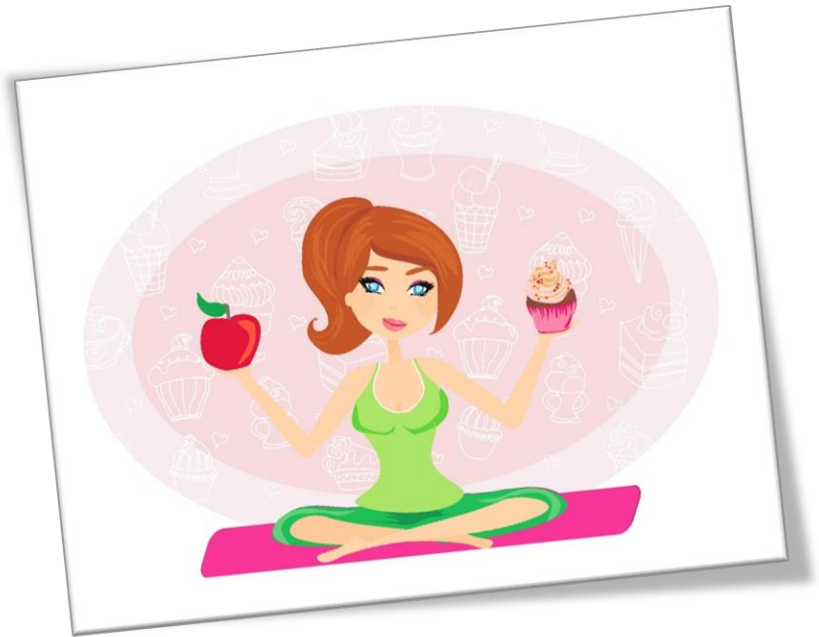
- ★ Add some fibre to your breakfast, e.g. oatmeal with fruit.
- ★ Eat your fruit with the peel on! Try some apples, pears or peaches.
- ★ Include some berries in your smoothie.
- ★ Go low fat with your cheese.
- ★ Say no to transfat! Read food labels.
- ★ Change your grains (bread, crackers, pasta and tortillas) to 100% whole grains.
- ★ Add some beans to your dinner.
- ★ Add a handful of nuts to your salad, low fat yoghurt, or as a little snack.



HEART HEALTH WORKSHEET

Some foods make your heart healthy. And some foods can make your heart sick if you eat them often. Tick the foods that your heart enjoys!

- beans
- bacon
- fruit
- crisps
- pretzels
- soda
- water
- vegetables
- whole milk
- non-fat or 1% milk
- fast food
- burger and chips
- buttered popcorn
- popcorn without butter
- 100% whole wheat bread
- sugary cereals
- cheese pizza
- veggie pizza with low-fat cheese
- nuts
- cheese hot dog

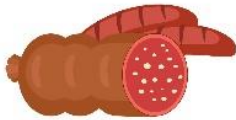




HEART HEALTH WORKSHEET

Do you often eat these foods below?

Foods that Can Trigger a Stroke



sausage



red meat



fatty fried foods



chips



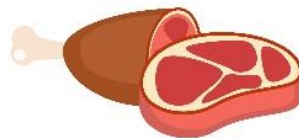
mayonnaise



fast food



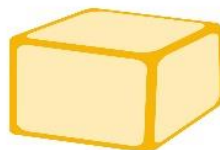
sweets



saturated fat



fizzy drinks



margarine

Why should you not eat a lot of these?
