



Healthy Hearts For Kids

For more
information, visit:

www.healthyhearts4kids.org

An E-Learning Module On Cardiovascular Health for 5th & 6th Grade Students



Healthy Hearts is a school-based instructional module that is delivered to children via the Internet. Children learn about cardiovascular health and the importance of physical activity, proper nutrition and tobacco avoidance. It also provides health

information for parents, and encourages family participation in practicing good health habits.



Kids will enjoy learning with technology

For the Teacher

- Access to an instructional unit developed by experts with relevant academic content meeting National Standards
- Interdisciplinary approach to reinforcing reading, writing, science, technology, health, math, and physical education
- Intuitive monitoring and management of student work and progress
- Printable class records
- On-line teacher guide
- Flexibility in implementation into curriculum
- Resource Room containing supplementary materials
- A secure closed eLearning environment
- Easy to register and get started
- Requires minimal amount of teacher time

Teachers have the resources they need

Teacher Comments

- "...a great program with fun, informative, and interesting activities. The program is easy to use for both students and teachers."
- "HH makes good use of your computer time. This is the second year I have used it and I find it a refreshing change to the curriculum".

Student Comments

- "It's a lot better than just reading it in a book. I think for everybody, the computer made it a lot more fun!"
- "It's Awesome!"

Teacher as facilitator

Four Focus Areas



Topic 1: Overview of how the heart works and risk factors that affect the heart's function



Topic 2: Benefits of physical activity, the appropriate amount and intensity of physical activity



Topic 3: The importance of healthy food choices, consumption of five fruits and vegetables a day, choosing healthy snacks and drinks



Topic 4: The effects of tobacco use on the heart, and health, and promoting tobacco refusal techniques

HH is Interdisciplinary

- *Math
- *Language Arts
- *Technology
- *Health
- *Physical Ed.
- *Geography

Enjoyable for Students

- Appealing computer-based instruction
- Colorful and well designed graphics supporting content and learning
- Interactive activities throughout instruction
- Self-paced
- Individualized based on student performance
- Motivating rewards to encourage children to participate
- Can use at home





Participants:
5th & 6th Grade Students

Length of Module:
4-30 weeks (flexible to fit your schedule)



Students have chances to win prizes

Sections of Healthy Hearts



Teachers make topics available according to their schedules. The four topics cover function of the heart, and the effects of physical activity, nutrition, and tobacco on the heart.



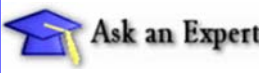
By completing a Diet Diary and Physical Activity Log, children are encouraged to be physically active and to choose healthy foods. Students are encouraged to complete logs every day to win prizes, and take a virtual hike.



Students take a quiz on the content presented in "Get Smart". Quizzes are always different, and students can take them as often as they like. Teachers can monitor student progress.



Each week, students write responses to questions sent in to "Dear Gabby" (similar to Dear Abby). Teachers approve student work for posting on HH.



Students can ask four experts questions about their topics. When a question is answered by one of the experts, it is posted on HH and the student is notified via the Message Center.



The points students earn in Get Smart, Do You Know?, Go Figure and Write On! are reported in Points and Prizes. Students can earn prizes and can also earn access to Game Time.



Students practice math word problems in fun game situations while learning about their health.



When students complete Get Smart, Write On, Go Figure and Do You Know? they can earn access to play exciting video-type games in Game Time.

Healthy Hearts encourages students to:

Cardiovascular Function

Identify basic cardiovascular function, risk factors associated with heart disease, and the impact choices made today will have on CV health.

Physical Activity

Identify benefits of physical activity, distinguish between light, moderate, and vigorous physical activity, identify the minimum physical activity recommendations and choose to participate in at least 60 minutes of moderate to vigorous physical activity a day a minimum of five days a week.

Nutrition

Identify the effects food choices have on cholesterol and the function of the heart, use food labels to identify foods high in fat and choose snacks that are low in fat, identify fruits and vegetables as low-fat food choices, and choose to eat at least five fruits and vegetables a day.

Tobacco

Describe that nicotine is an addictive substance in tobacco that leads to heart disease, practice tobacco refusal techniques, and choose not to use tobacco products.



Technology Needs:

- Internet-accessible computers for students
- Current web-browser (IE 6.0 or Netsc 4.7)
- E-mail for teacher
- Printer for teacher

How to Get Started

Register your school and classes NOW!

It's Easy!! Go to:

www.healthyhearts4kids.org

