

FRESH

FOOD RE-EDUCATION FOR ELEMENTARY SCHOOL HEALTH



HEART LESSON

2012-2013 SCHOOL YEAR

GETTING TO THE HEART OF IT

Heart disease is the leading cause of death in the United States. Our goal in the FRESH Program at Johns Hopkins Bayview Medical Center is to help educate students about the importance of developing heart-healthy habits early on in life. The first step in this nutrition education program is exploring the make-up of the heart so that your child understands the importance of keeping it healthy.

The heart is a hollow, cone-shaped muscle located between the lungs and behind the sternum. Shaped like an upside-down pear, this organ is vital in pumping blood to every cell in the body.

The right side of the heart houses the right atrium and right ventricle, which receives blood from the body and pumps it to the lungs, consecutively. The left side of the heart does the exact opposite. The left atrium receives oxygen-rich blood from the lungs and pumps it through the left ventricle out to the body.

In order to transport nutrients and waste found in your blood, your body uses blood vessels called arteries, veins and capillaries. Arteries carry blood away from your heart and deliver it to your cells or the lungs. Your veins carry cell waste back to the heart. Just like the other muscles in your body, the heart requires regular physical activity to keep it strong.

Your heart supplies oxygen (found in the blood) to your entire body. The faster you move, the harder your heart has to work to do this. Regular exercise conditions your heart to work as efficiently as possible.

Throughout the school year, we will be exploring different ways to maintain a heart-healthy lifestyle by educating the students about the importance of eating a well-balanced diet and making physical activity a priority.

www.kidshealth.org
www.heart.org

DID YOU KNOW...

- Your heart beats about 100,000 times in one day! That's about 35 million times in one year.
- Your body has about 5.6 liters of blood. This 5.6 liters of blood circulates through the body three times every minute.
- The heart pumps about 1 million barrels of blood during an average life-time.
- A child's heart is about the size of a clenched fist and an adult's heart is the size of two fists.
- It takes the blood about 20 seconds to circulate throughout the entire vascular system.

www.my.clevelandclinic.org

RESOURCES FOR HEART HEALTH

The following is a list of potential resources to help keep you and your family on the right track:

- Your doctor's office. Set up an appointment for your yearly physical and ask for educational materials about heart-healthy living.
- The member services department of your health insurance plan. Call the phone number on the back of your card.
- The benefits department, human resources department or wellness center at your workplace.
- An Internet search on www.medlineplus.gov on heart disease, cardiovascular disease, coronary artery disease, peripheral artery disease or stroke.
- Visit the American Heart Association website at: www.heart.org or call 1-800-242-8721 for more information.

HEALTHY RECIPE: QUICK ITALIAN SPINACH PIE

- 1– 16oz. Container of low-fat cottage cheese
- 1– 10oz. pkg frozen chopped spinach, thawed, well drained
- 1 cup shredded mozzarella cheese
- 4 eggs, beaten
- 1– 7oz. jar roasted red peppers, drained, chopped
- 1/3 cup parmesan cheese
- 1 tsp. dried oregano leaves

- Heat oven to 350°
- Mix ingredients until blended.
- Pour into 9-inch pie plate sprayed with cooking spray.
- Bake 40 minutes or until center is set.



Calories 160, cholesterol 115mg, fiber 2g, total fat 7g, sodium 480mg, protein 16g

www.kraftfoods.com

UNDERSTANDING CHOLESTEROL

Cholesterol is a soft, waxy substance naturally found in all of your body's cells. The body needs cholesterol to make cell membranes, aid in the production of certain hormones and ensure proper functioning of the nervous system. Cholesterol tests measure the amounts and ratio of two types of cholesterol: Low-Density Lipoproteins, or LDL, and High-Density Lipoproteins, or HDL.

Studies have shown that people with a relatively high amount of LDL, or "bad" cholesterol in their blood are more likely to develop heart disease. LDL cholesterol can build up along your artery walls, potentially stopping blood from traveling to your heart or brain.

Although high blood cholesterol is one of the major risk factors for heart disease, the good news is that it is one of the easiest risk factors to control.

Almost everyone can lower blood cholesterol through a combination of healthy eating, exercise and in some cases, medications. Consult your healthcare provider to determine which method is best for you.

There are several lifestyle changes you can make to lower your "bad" cholesterol.

- Limit your intake of fatty foods. Instead, try to eat more low-fat foods in the form of whole grains, vegetables, fruits, pastas, beans and lentils.
- Try to avoid whole milk and whole milk products such as butter, cream and ice cream. Choose

low-fat or non-fat versions of these foods.

- When deciding on main dish options, choose lean cuts of meat or eat poultry without the skin.
- Incorporate regular physical activity into your daily routine.

www.kidshealth.org

PARENT ACTIVITY CORNER

Go for a family walk: Gather the whole family after dinner and take a walk. Talk about what happened in school, daycare or work. Make it fun for the children as well as the parents.

Have a weekly dance session: Have your children invite friends over, turn up the music, dance, and be silly! Include some instruments in your routine.

Mirror Dancing: Put on some music and grab a partner. Stand face to face and choose one of you to begin being the leader. Dance in tune to the music. At each song change, trade roles.

For more healthy information visit:

[www.hopkinsbayview.org/
communityrelations/fresh](http://www.hopkinsbayview.org/communityrelations/fresh)

