



Healthy-Heart Minute

Invite students to become television personalities. Have them work in pairs to create a one-minute television feature called “The Healthy-Heart Minute.” Explain that the feature should contain one quick tip that a person could follow to help keep his or her heart healthy and should tell why following this tip will help the heart. Point out to students that the tip and explanation should not take more than one minute.

First, allow time for the partners to create their television feature. Then provide time for the partners to present their features to the rest of the class. If you prefer, you could spread the presentations out over a week, having several sets of partners present their work each day.

If possible, videotape students’ features and then share them with families and other classes. Students could also audiotape and share their tips over the school public-address systems as a “Healthy-Heart News Break” during morning announcements.

Heart-healthy tips to include in a broadcast:

Eat low fat foods Smart Snacks High fiber foods
Exercise regularly Drink lots of water Plenty of sleep

Source: American Heart Association

