I. Cardiovascular (CV) System

A. Cardiovascular System

1. In the Red Health books read pages 188, 189 and 191. Then for each term below, write its function on the lines below using the italic definitions on page 189.

2. In the picture below, label the parts of the CV System using the terms below.

Heart

Arteries

Capillaries (smallest of the vessels)

Veins
**Team Activity** – Be Creative! You and your “team” have been employed by Ida Lee Recreation Center to create a slogan to promote cardiovascular health among teens.

**II. Physical Activity and Your Body**

1. a. definition = any __________ or activity that requires __________
   
   b. Benefits of physical activity and fitness (Health Triangle)

   **Physical** (body)
   --reduces the risk of __________ and illness (heart attack, stroke, 
   high blood pressure, 
   Type 2 diabetes, cancer)
   --lower __________ __________
   -- builds up your __________ system

   **Mental/Emotional** (think/feel)
   --improves your self-__________
   --helps you manage ________ more
   --improve __________

   **Social** (relationships with others)
   --meet new __________
   --try new activities or games
   --spend _______ with friends

   (fight off colds and other illnesses more efficiently).

*Partner Activity* - With a partner, write 3 ways to increase opportunities for physical activity for each below:

in school

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

at home

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

in the community

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

**Partners - Think it Through!**

How does choosing healthy food choices and physical activity help keep the cardiovascular system healthy? (discuss, do not write until teacher discussion)

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

**III. Recreational and Leisure Activities** (discuss, do not write until teacher discussion)

a. definition = activities that are _______ - ________; participate in for fun,

b. benefits of recreational and leisure activities
IV. Active Transportation

a. definition = __________ - __________ activity that takes you from one place to another

b. types
   1. ____________________________________________________
   2. ____________________________________________________
   3. ____________________________________________________

c. benefits (brainstorm with your “team”)
   ____________________________________________________
   ____________________________________________________
   ____________________________________________________
   ____________________________________________________

d. List at least 3 safety ideas to consider/remember when figuring out a safe route to get from Ida Lee to your home.
   ____________________________________________________
   ____________________________________________________
   ____________________________________________________

V. Nutrition

A. Making Healthy Choices (7.1g)
   1. Benefits of eating foods to meet the recommendations for iron, calcium, and fiber
      a. i_________ – necessary to bind oxygen on the red blood cells (e_________)
      b. c_________ – strong b________
      c. f_________ – keep the c________ cleansed to help avoid certain c________

   2. Nutrient dense foods at home and school (quiz question)
      a. define nutrient dense

   ____________________________________________________
   ____________________________________________________

   ▪ fruits and vegetables
   ▪ grains, especially whole grains
   ▪ low-fat or fat-free dairy products
   ▪ seafood, lean poultry and meats, beans, eggs, and unsalted nuts

   B. How would I increase my intake of nutrient-dense foods at: (7.3d)
      home?

   ____________________________________________________
   ____________________________________________________
   ____________________________________________________
   ____________________________________________________
   ____________________________________________________

      c. school?

   ____________________________________________________
   ____________________________________________________
   ____________________________________________________
   ____________________________________________________
   ____________________________________________________

3. Effects of nutrition on daily performance

   ____________________________________________________
   ____________________________________________________
   ____________________________________________________
   ____________________________________________________
   ____________________________________________________

4. Benefits of Eating Breakfast (7.2f)

   P__________ Benefits
   1. gives you more e________ throughout the day
   2. helps to control your weight

   C__________ Performance
   1. feel more alert; better able to concentrate/f________
   2. fuels your b________
VI. Use the **decision-making process** to evaluate your own food intake and nutritional requirements. (7.2h; p. 40). For each step in the decision-making process, write a statement related to improving your own daily food intake.

1. State the situation:

2. List the options (what are my choices?):

3. Weight the outcomes

4. Consider my values

5. Make a decision and act

6. Evaluate the Decision (what are the actual consequences?)

VII. Sleep

A. Sleep (quiz question)
   1. Compare your personal sleep habits with the recommended (7.2i)
      a. what is recommended amount of sleep for teens? ___________ hours/night
      b. compare your sleep habits with the recommended.
      Do you meet the recommended amount? If not, what can you do to meet it?

B. Importance of Sleep
   1. With your team, evaluate the impact of sleep and rest on physical, social, emotional health, and cognitive/mental performance. (7.1d, 7.2j)

**Positive** Benefits of getting the recommended amount of sleep
   a. provides more ___________
   b. improved ability to pay ____________, concentrate, creativity
   c. performance in ____________ and ____________ (receive better grades)
   d. stronger ____________ system
   e. time when ____________ occurs
   f. important for ____________ or retaining ____________
   g. ____________ likely to maintain a healthy ____________

**Negative** / Consequences of not getting enough sleep
   a. Moodiness – cranky & irritable
   b. Higher chance of getting ____________
   c. More arguments / ____________

*Drinking c ____________ and any screen time (cell phone, tv, etc.) makes it harder to fall asleep and sleep soundly.*