I. Cardiovascular (CV) System

A. Cardiovascular System

1. 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. (H 7.1a – quiz question)

a. Heart - The muscle that acts as a pump for the circulatory system
b. Arteries – carry the blood away from the heart
c. Capillaries – smallest of the vessels (quiz) that deliver oxygen & nutrients in blood directly to the body’s cells
d. Veins – return blood to the heart
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 (7.1b, c, 7.2a, b, c, 7.3b, c)

1. a. definition = any movement or activity that requires energy
   b. benefits of physical activity and fitness

Physical (body)
--reduces the risk of disease and illness (heart attack, stroke, high blood pressure, Type 2 diabetes, cancer)
--lower resting heart rate
-- builds up your immune system (fight off colds and other illnesses more efficiently).

Mental/Emotional (think/feel)
--improves your self-esteem and self-confidence
--helps you manage stress more efficiently

Social (relationships with others)
--meet new friends
--try new activities or games
--improve sportsmanship, cooperation with others
--spend time with friends

*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! (discuss, do not write until teacher discussion)
How does choosing healthy food choices and physical activity help keep the cardiovascular system healthy?(7.2d)

→ reduces cholesterol build-up which can lead to high blood pressure, heart attack, stroke, diabetes, cancers, and other diseases
→ reduces stress which can increase the risk of cancer and heart disease
→ makes the heart stronger so it doesn’t have to pump as often yet circulates the same amount of blood
→ helps maintain a healthy weight and body fat

III. Recreational and Leisure Activities (7.2b) (discuss, do not write until teacher discussion)

a. definition = activities that are non-competitive, participate in for fun,
b. benefits of recreational and leisure activities (choose 4)

promotes quality of life
gives satisfaction, enjoyment and pleasure
to get exercise for lifelong social, mental, and emotional health
become involved and feel part of the community
increases self esteem and confidence
opportunity to gain and develop new friendships
gives people the opportunity to make their own choices
allows us to be challenged, take risks and experience new things
IV. Active Transportation (7.1c, 7.2c, 7.3b, c)
   a. definition = **non-motorized** activity that takes you from one place to another
   b. types
      1. walking
      2. biking
      3. skateboarding/longboarding
   c. benefits (**brainstorm with your “team”**)
      Faster due to traffic possibly, exercise, Vitamin D from sun, save parents time, save $=no gas used, feeling of achievement, different view
   d. List at least 3 safety ideas to consider/remember when figuring out a safe route to get from Ida Lee to your home.
      Use sidewalks
      Use crosswalks
      Avoid areas you know bullies are
      Look both ways when crossing the road
      Don’t listen to headphones

V. Nutrition

A. Making Healthy Choices (7.1g)
   1. Benefits of eating foods to meet the recommendations for iron, calcium, and fiber
      a. **iron** – necessary to bind oxygen on the red blood cells (**energy**)
      b. **calcium** – strong bones
      c. **fiber** – keeps the colon cleansed to help avoid certain cancers
   2. Nutrient dense foods at home and school (quiz question)
      a. define nutrient dense
         - foods that have a high nutritional value in relation to how many calories it has
         - 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 (7.2e)
   a. more energy for sports/activities/academics
   b. maintain blood sugar levels so you don’t crash/hit a low
   c. stay hydrated to avoid headaches, fatigue, or fainting
   d. increase focus, concentration; maintain healthy elimination

4. Benefits of eating breakfast (7.2f)

   **Physical Benefits**
   1. gives you more **energy** throughout the day
   2. helps to control your weight

   **Cognitive Performance**
   1. feel more alert; better able to concentrate/focus
   2. fuels your **brain**
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? **8-1/2-9-1/4 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 **energy**
   b. improved ability to pay **attention**, **concentrate**, **creativity**
   c. performance in **athletics** and **academics** (receive better grades)
   d. stronger **immune** system
   e. time when **growth** occurs
   f. important for **memory** or retaining **information**
   g. **more** likely to maintain a healthy **weight**

**Negative / Consequences of not getting enough sleep**

   a. Moodiness – cranky & irritable
   b. Higher chance of getting **sick**
   c. More arguments / fights

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