

Lesson Plan

Effects of High-Fat Diets on the Heart

Assignment

Grade 5, Unit 1, Lesson 3

Introduction

Hello class! In our last lesson, we discussed the effects of exercise on our heart rate. Today, we will be learning about the effects of a high-fat diet.

Video

Let's hear what Tim and Moby have to say about the effects of a high-fat diet!

[BrainPOP - Obesity](#)

Transcript [Relevant Selection]

TIM: That's not the worst of it. Too much body fat can block arteries and lead to high blood pressure, or hypertension.

An animation shows a person's blood pressure being taken and what it reads.

TIM: Hypertension forces the heart to work harder to pump blood through the body, which can lead to heart failure and death.

An animation shows blood pumping through a heart.

TIM: This makes obesity a major contributor to cardiovascular disease, a group of heart problems that together are the leading cause of death in the world. Okay, wanna hear the good news?

Reinforcement Exercises

Here are some questions for you to try.

1. Consuming too many fats and oils can lead to heart diseases. True/False
2. We need very little amounts of fat in our bodies. True/False
3. Hypertension forces the heart to stop eventually. True/False
4. Fats can contribute to obesity. True/False
5. Obesity is not a major contributor to cardiovascular disease. True/False

Solutions

1. True
2. True
3. True
4. True
5. False

Further Reading

Facts are not all bad! You need a small amount of fat in your diet for healthy functioning. Oils and fats supply calories and essential fats and help your body absorb fat-soluble vitamins such as A, D, E and K. The type of fat consumed is more important than the amount of fat consumed. The amount of fat a child or adolescent needs depends on their height, build, gender and activity level. Young children need a slightly higher amount of fat for growth and development, but this requirement decreases as they grow older.

Scratch Challenge

Make a list of five foods that are high in fat. For each food, list two healthy alternatives. Present this information in a Scratch animation. Experiment with motion blocks. Let your creativity get the better of you!

Resources

[Motion Blocks](#)