

Supplemental Activity for Slide Presentation
“Reducing Your Risk for Heart Disease”
Winter School 2001

Purpose: This activity can help participants see whether they are eating according to the American Heart Association Guidelines. It can be used just before the slide in the middle of the presentation entitled “General Principles”. Then at the end of the presentation, participants can use the hearts to determine which food or foods they will include more often to improve their risk for heart disease.

Materials needed: 8x11 card stock made into table tents with pictures of food or plates with food models on them; magic marker, small red, yellow and black construction paper hearts with the individual food names listed on them, small envelopes for people to put their hearts in.

Foods to use - fish, olive and canola oil, whole grain bread and cereal, 5 or more fruits and vegetables, nuts, dried beans, non-fat dairy foods.

For fish, attach the written recommendation of “2 times per week.”

For olive and canola oil, attach the written recommendation “every day.”

For whole grains, attach the written recommendation “every day.”

For servings of vegetables and fruits, attach the written recommendation “5 or more servings per day.”

For nuts and dried beans, attach the written recommendation “several times a week.”

For low fat and non-fat dairy foods, attach the written recommendation “at 3 servings a day.”

Activity:

Display food on table with appropriate frequency of consumption listed on placard for each. Place three piles of different colored hearts with the name of the food being displayed before each food. Hand out small envelopes to each person. Participants go to each food and take either a red heart, yellow or black heart, depending on how often they consume the recommended amount of the food, and put it in their envelope. Red for all the time, yellow for some of the time and black for never or very rarely.

At end of the presentation, have participants count how many of each kind of heart they have gathered. At the end of the presentation, ask each person to choose at least one food listed on a yellow or black heart to consume more often.

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