

## Heart Healthy Learning and Skill Objectives

PowerPoint, Worksheet, and Family reading recommended for elementary school students in 1<sup>st</sup> and 2<sup>nd</sup> grade.

### Learning Objectives

- Learn preventative measures for heart disease
- Understand the connection healthy eating and physical activity have with maintaining heart health
- Become familiarized with heart disease
- Understand some of the main symptoms of heart disease

### Skill Objectives

- Identify heart healthy lifestyle practices
- Determine when someone might be at risk of developing heart disease