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MCM

Our Mission
The mission of MCM is to create unparalleled experiences to inspire excellence and a lifelong joy of learning. The museum accomplishes this mission through hands-on and engaging exhibits and programs focusing on literacy, the arts, science, health and nutrition – the keys to helping our children mature into healthy and productive adult learners.

Our Vision
To inspire Mississippi’s children from all backgrounds to discover and achieve their potential.

Core Values
We take fun seriously.
We provide children innovative learning experiences that tap their curiosity and creativity.
We reach diverse populations throughout the state.
We develop partnerships that empower children and those who care for them.
We are responsible stewards of our resources.
TEACHER’S GUIDE

This teacher’s guide is intended for multiple purposes. The main reason is to prepare the teacher and students for an interactive Get Heart Smart video. Students must prep for certain activities in the video. If you see this icon (★) it is necessary for the video. To provide a full and complete program, this teacher’s guide includes the following:

1. Introductory materials and activities
2. Materials required for the video participation
3. Post-video materials and activities that can be done in the classroom
4. Post-video materials and activities that students can take home

What is Get Heart Smart?
This program is designed to educate children about key facets of heart health, through an innovative and interactive program model. Students will experience the circulatory system like never before—as a blood cell! As the “blood cells” travel through the larger-than-life heart and lungs floor map, students will learn about the anatomy of the heart, its primary functions, and the role the circulatory system plays in overall health. This program will also educate students about life choices that help or harm their hearts. Get Heart Smart is presented by Jackson Heart Foundation.

Why Virtual?
After the world-wide pandemic, the Mississippi Children’s Museum reimagined how this program could sustain our reach across the state. Going virtual provided us with this opportunity. Further, we envisioned a video that maintained interaction between the student and the content, allowing a similarly physical, educational, and fun program that can happen in the classroom!

Split Curriculum
In its original format, the Get Heart Smart program is intended for an elementary audience. For our virtual program and the accompanying teacher’s guide, we’re offering a split curriculum. One video is intended for kindergarten through second grade; the other video is for third through fifth grade. The activities for each curriculum are similar, but the materials are grade appropriate. Please use all materials as you deem appropriate for your classroom.
Pre-Video Introductory Activity: Get Heart Smart ★

Vocabulary

Organ: A group of tissues and cells that all perform a specific function
Heart: The organ that pumps blood throughout the body
Nutrition: The study of food and how it works in your body
Healthy Plate (MyPlate): The USDA (US Department of Agriculture) plate that clearly shows how to feed children nutritious, balanced meals
Anytime Foods: foods you eat every day to give your body the nutrients it needs
Sometime Foods: foods you only eat occasionally because they are full of fat, sugar, and salt
Red Blood Cell: A tiny part of the blood that carries oxygen

Objectives

• Students will be able to identify the basic anatomy of the heart
  o How blood flows through the heart and lungs
  o How blue blood – deoxygenated blood – flows into the heart
  o How red blood – oxygenated blood – flows into the body
• Students will explore how healthy food choices impact heart health

Activities

Heart Anatomy

1. What does your heart actually look like?
   a. Ask your students
      i. What shape is your heart? Draw what you think it looks like.
   b. Heart anatomy
      i. Share the heart diagram with students.
      ii. Discuss the fun heart facts.
   c. Activity
      i. Students fill in the blanks and color their heart worksheet.

MATERIALS

• Paper
• Writing and coloring utensils
• Heart diagram
• Heart worksheet and fun facts
• Healthy plate
• Blood cell hats

Activities continued...
HEALTHY PLATE ★ (video prep)

1. Preparing the healthy plate
   a. Ask your students
      i. What’s your favorite food? Write all answers on the board.
      ii. Distinguish between sometime and anytime foods.
2. Sometime foods are foods you only eat occasionally because they’re full of fat, sugar, and salt.
3. Anytime foods are foods you eat everyday to give your body the nutrients it needs.
   iii. Which ones are anytime foods? Star them.
   iv. Which ones are sometime foods? Underline them.
   v. Add more anytime foods!
   b. Healthy plate activity ★
      i. Students color and cut their healthy plate out
4. This will be used during the video - so be sure to keep all their pieces together and do not glue anything down
   ii. Students fill in the blank triangles with their favorite, healthy foods to complete their healthy plate options.

BLOOD CELLS ★ (video prep)

1. Blood cell hat prep
   a. Ask your students
      i. What does your heart pump throughout your entire body?
         a. Blood!
      ii. What does your blood carry throughout your entire body?
         b. Oxygen!
   b. Blood cells hat
      i. Blood cells are one of the elements that make up your blood. Red blood cells carry oxygen throughout the body.
      ii. Students will color one of the hats red and the other blue. These hats will be used in the video.
      Red hat = oxygen filled blood
      Blue hat = deoxygenated blood
HEART DIAGRAM + FACTS

• The heart is the same size as your fist! Even though it isn’t very big, the muscles in your heart are very strong and pump blood through your body.
• Your heart NEVER stops beating! It works hard all day, every day.
• There are four chambers in your heart: upper chambers are on the top, and lower chambers are on the bottom.
• Blood flows through the right side of your heart into the lungs. After blood is oxygenated in the lungs, it flows back through the left side of your heart and is pumped through your entire body.
• There are two kinds of blood: oxygenated blood which is red, and deoxygenated blood which is blue. Red blood flows from the heart to the body. Blue blood flows from the body back to the heart. Blue blood needs to get back to the heart for more oxygen.
HEART WORKSHEET

Label the heart with the correct phrases from the box.
Color the left chambers of the heart blue for the deoxygenated blood.
Color the right chambers of the heart red for the oxygenated blood.

Word box
heart lungs chambers

Use pictures or words to fill in the blanks to complete the sentences.

1. The ___________ pumps blood through my entire body.
2. _______________ blood means it needs more oxygen and has become deoxygenated.
3. _______________ blood means it’s full of oxygen.

HEART FUN FACTS

• The heart in your body isn’t shaped like a “heart.” It’s more like an upside-down pear.
• The study of the human heart is called cardiology. “Cardio” refers to the heart.
• Electricity in your body makes the muscles of your heart contract. In hospitals, doctors can track this electricity using an electrocardiogram (see the “electric” and “cardio” in that word?)
• By the end of your life, your heart may have beat more than 3.5 million times!
• The average heart beats 100,000 times each day and pumps 100 gallons of blood through the body each hour.
• The heart weighs the same as a can of soda.
• The sound of a heartbeat is actually the sound of the four valves closing.
HEALTHY PLATE - ANYTIME FOODS

- Dairy
- Grains
- Protein
- Fruits
- Vegetables
HEALTHY PLATE - ANYTIME FOOD PIECES
HEALTHY PLATE

**Anytime foods** are foods you eat every day to give your body the nutrients it needs. Check out these facts about anytime foods and heart health.

Fruit Facts!
- Fruits have many essential nutrients like potassium, fiber, and vitamin C
- Potassium may help to maintain healthy blood pressure

Veggie Facts!
- Veggies have fiber and can help lower the risk of heart disease
- Veggies have folate which helps the body make red blood cells

Protein Fact!
- Proteins are the building blocks for bones, muscles, cartilage, skin, and blood

Grain Fact!
- Whole and enriched refined grains are major sources of iron which is used to carry oxygen in the blood

Dairy Facts!
- Dairy has potassium, which helps maintain healthy blood pressure

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**Sometime foods** are foods you only eat occasionally because they are full of fat, sugar, and salt.

If eaten regularly, sometime foods may lead to weight gain, obesity, diabetes, heart disease, stroke, and impaired brain function.
BLUE BLOOD CELL HAT ★

Color one hat blue to represent deoxygenated blood.
Color the other hat red to represent oxygenated blood.
CLASSROOM ACTIVITIES - Taking it Further

Objectives

Students will be able to share facts about the heart.
Students will share how nutrition, sleep, and exercise impact heart health.
Students can identify the difference between blue and red blood.
Students will discuss the differences between anytime and sometime foods.
Students will create an exercise chart, food diary, and bedtime routine.
Students will share materials with their families.

Activities

Classroom Poster

1. Share what you know!
   a. In small groups or as a class, create a poster about Get Heart Smart
      i. Use facts from the video
      ii. Don’t forget to incorporate how nutrition, sleep, and exercise are all important for heart health

Healthy Plate

1. Finish the healthy plate
   a. Students can choose their favorite foods and glue them to their healthy plates
   b. Students can share their healthy plates with the class

AT HOME ACTIVITIES

1. Bedtime routine
2. At home exercise activity
3. Food diary!

Please help keep this program going by participating in the Get Heart Smart Student Quiz and Teacher Survey.

Student Quiz

Teacher Survey
# BEDTIME ROUTINE - At Home Activity

Your bedtime routine is incredibly important to help you get quality sleep every night. Children who regularly get enough sleep show improved attention, behavior, learning, memory and overall mental and physical health.

Add a sticker to each routine activity once you finish.

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OBSTACLE COURSE - At Home Activity

It’s time to turn your house into an obstacle course!
This is a great way to have fun and exercise at home!

What challenges can you create with your family?

Helpful Tips

• Designate a room for your obstacle course.

• Find different materials and objects around your house that you can use.

• Use towels to make circles to jump through.

• Use canned foods to create zig zags.

• Use a blanket to create a tunnel between your couch and coffee table.

• Allow each member of your family to design one or two elements of the course.

• Write exercise challenges on pieces of paper throughout the course to add an extra challenge.

• If you would like, time each person to see how long it takes!
FOOD DIARY - At Home Activity

Keep a diary of the food you eat throughout the week. Try your best to include all parts of the healthy plate: fruits, vegetables, protein, grain, and dairy! Don’t forget to include drinks!

Reflect on the food you ate. Did you eat mostly anytime or sometimes foods? What can you improve for next week?

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Vocabulary

Organ: A group of tissues and cells that all perform a specific function
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Red Blood Cell: A tiny part of the blood that carries oxygen

Objectives

• Students will be able to identify the basic anatomy of the heart
  o How blood flows through the heart and lungs
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Activities

Heart Anatomy

1. What does your heart actually look like?
   a. Ask your students
      i. What shape is your heart? Draw what you think it looks like.
   b. Heart anatomy
      i. Share the heart diagram with students.
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   c. Activity
      i. Students fill in the blanks and color their heart worksheet.

MATERIALS

• Paper
• Writing and coloring utensils
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Activities continued...
HEALTHY PLATE  ★ (video prep)

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   v. Add more anytime foods!

4. This will be used during the video - so be sure to keep all their pieces together and do not glue anything down

   ii. Students fill in the blank triangles with their favorite, healthy foods to complete their healthy plate options.

BLOOD CELLS  ★ (video prep)

1. Blood cell hat prep
   a. Ask your students
      i. What is blood? What does it look like?
      1. Share
         a. Blood is made up of liquids and solids
         b. Liquid = plasma and makes up over ½ of blood
         c. Solids = red blood cells, white blood cells, and platelets
         d. Red blood cells carry oxygen throughout the body
   b. Blood cells hat
      i. Students will color one of the hats red and the other blue. These hats will be used in the video.

      Red hat = oxygen filled blood
      Blue hat = deoxygenated blood
HEART DIAGRAM

- The heart is the same size as your fist! Even though it isn’t very big, the muscles in your heart are very strong and pump blood through your body.
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HEART WORKSHEET

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**Word box**

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Use pictures or words to fill in the blanks to complete the sentences.

1. The ____________ is an organ in the body. It is responsible for pumping ________________ throughout the entire body!

2. ____________ blood leaves the heart after it has become oxygenated.

3. ____________ blood goes back to the heart after it has used all the oxygen. Another word for this type of blood is ________________ .

4. The blood flows from the heart into the ________________ to get more oxygen!
HEALTHY PLATE - ANYTIME FOODS

Dairy
Grains
Fruits
Protein
Vegetables
HEALTHY PLATE

Anytime foods are foods you eat every day to give your body the nutrients it needs. Check out these facts about anytime foods and heart health.

Fruit Facts!
- Fruits have many essential nutrients like potassium, fiber, and vitamin C
- Potassium may help to maintain healthy blood pressure

Veggie Facts!
- Veggies have fiber and can help lower the risk of heart disease
- Veggies have folate which helps the body make red blood cells

Protein Fact!
- Proteins are the building blocks for bones, muscles, cartilage, skin, and blood

Grain Fact!
- Whole and enriched refined grains are major sources of iron which is used to carry oxygen in the blood

Dairy Facts!
- Dairy has potassium, which helps maintain healthy blood pressure

Sometime foods are foods you only eat occasionally because they are full of fat, sugar, and salt.

If eaten regularly, sometime foods may lead to weight gain, obesity, diabetes, heart disease, stroke, and impaired brain function.
BLUE BLOOD CELL HAT ★

Color one hat blue to represent deoxygenated blood.
Use pictures or words to fill in the blanks to complete the sentences.

1. The [organ] is an organ in the body. It is responsible for pumping blood throughout the entire body!

2. [Blood] leaves the heart after it has become oxygenated.

3. [Blood] goes back to the heart after it has used all the oxygen. Another word for this type of blood is [oxygenated blood].

4. The blood flows from the heart into the [lung] to get more oxygen!

RED BLOOD CELL HAT ★

Color the other hat red to represent oxygenated blood.
CLASSROOM ACTIVITIES - Taking it Further

Objectives

Students will be able to share facts about the heart.
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