

Fried: Scene 1

It was a Tuesday morning, and Jimmy and his parents, Bob and Sandra were eating their normal breakfast of fried *everything*: 1 donut, 2 sausage links, 3 fried eggs, hash browns, and a cup of coffee.

Sandra said, “Bob, I really wish you would eat healthier. The doctor seems to be worried about your health and eating healthy seems to be very important. Why don’t we try to start eating healthier next week?”

Bob replied, “San, I just don’t like healthy things. I guess I can try a little, but what is eating healthy anyway? I mean, the doctor talked about how it was important for me to get the right nutrients and in correct proportions, but I am not sure what all of that means. Maybe it has something to do with that food pyramid.”

Sandra replied, “How about I call the doctor today and find out what he recommends.”

As Bob started to get up to go to work, Jimmy asked, “Hey, Dad. Could you pick me up from track practice today? It is over at 6:30.”

Bob replied, “Sure, I’ll just swing by after work.”

Fried: Scene 2

Midway through the morning, Bob was busy as usual, but felt an unusual pain in his left arm. He thought nothing of it and continued through his day. For lunch he went to McDonald's with coworkers where he had French fries, a double cheeseburger and Coke for lunch. He picked up a chocolate chip cookie for dessert on the way back to work. By the end of the day he couldn't wait to get home. He packed up and left work around 6 in order to be in time to pick up Jimmy from track practice. As he was driving to Jimmy's practice he noticed that he was short of breath and breaking out in a cold sweat. "How strange", he thought. "I really didn't think I was THIS out of shape."

When Bob arrived at the school, Jimmy ran out and got in the car. "Hey, thanks Dad for picking me up...do you think I could go out with some of my track buddies this Friday?" Then he looked over at his dad. "Dad, why are you sweating? You don't look so good. You are kind of pale. Are you ok?"

"Son, I don't feel so good, but I'll be ok." Just then Jimmy's father collapsed in his seat.

Jimmy screamed, "Dad, what's wrong with you?!"

His dad replied in a weak voice, "my chest...my chest...."

Fried: Scene 3

Jimmy ran into the school and called 911. Finally, after what seemed like years but was really only a few minutes, the ambulance arrived. Just as they arrived, Bob fell unconscious. Immediately the Emergency Medical Care (EMC's) workers began to perform cardiopulmonary resuscitation (CPR) on Jimmy's dad. One of the EMC's told Jimmy "We think your dad has had a heart attack and we are rushing him to Northwest Central Hospital." Jimmy called his mom and told her what happened. She picked him up at the school and they rushed to the hospital.

Fried: Scene 4

After they had been in the waiting room for a few hours, the doctor came out and talked to Jimmy and his mom. “Bob is fine for now,” the doctor began. “I did take some tests on him to see what was wrong, and he did suffer from a minor heart attack, but he is ok now.”

“Thank God,” Sandra gasped.

“I also took some other measurements and want to talk to you about some things” the doctor continued, “But that can wait a little while. Right now, you should go in and see your father and husband. He is very weak, so be gentle with him.”

Fried: Scene 5

Later the doctor was able to print out Bob's statistics and found out some of Bob's favorite foods. He said that Bob is going to have to lead a different lifestyle now in order to prevent another heart attack and possibly death. Sandra asked, "So, Bob will probably not be able to eat fat or cholesterol anymore?"

Dr. Livingstone replied, "Well, here is a food label of one of Bob's favorite foods. He will have to learn to read a food label to see if it contains healthy things. Fat is not necessarily bad for you, but there are certain types of fat that you have to watch out for. It used to be that saturated fat was believed to be the main culprit, but scientists are finding that trans fats are just as dangerous or even more dangerous. We now recommend that people watch out for both saturated and trans fats; and Bob should not be the only one in the family who changes his diet. Everyone can benefit from a healthy diet and exercise which will improve the quality of life."

Bob's statistics

Weight: 225lbs

Height: 6' 0"

BMI: 30.6

Cholesterol: 230 mg/dL

LDL: 195 mg/dL

HDL: 35 mg/dL

Age: 43 years

Sex: Male

Blood pressure: 140/90 mm Hg

Diabetes mellitus: NO

Smoker: NO

Family history: Bob Sr., Bob's dad died of a heart attack at age 60.

Exercise: NONE

Nutrition Facts	
Serving Size Wendy's Large Fries 5.6 oz (156g)	
Servings Per Container About 1	
Amount Per Serving	
Calories	470
Calories from Fat	190
% Daily Value	
Total Fat 20g	31%
Saturated Fat 5g	25%
Polyunsaturated Fat 4g	
Monounsaturated Fat 11g	
Trans Fat 7g	
Cholesterol 0mg	0%
Sodium 150mg	1%
Total Carbohydrate 61g	20%
Dietary fiber 6g	24%
Sugars 0g	
Protein 6g	
Vitamin A 0%	Calcium 3%
Iron 7%	Vitamin C 15%

Fried: Scene 6

Dr. Livingstone, concerned about Bob's and his family's health told Bob and his family, "Renfroe middle school is putting together booklets on heart attacks, the heart and circulatory system, the food pyramid and healthy eating and the digestive system. These booklets will interest you greatly and will help explain what was wrong with Bob, how his body systems work together, and what you all can do to have a healthier lifestyle. I really encourage you to look at these booklets."

Fried: Web quest

Digestive System <http://www.intelihealth.com/IH/ihtIH/WSIHW000/23722/24311.html>

1. What does two things does saliva do to foods that enter our mouths?

2. After the stomach churns the food and adds digestive juices, what is the food called?

3. Where does MOST of the digestion absorption take place?

Click on “Follow the Flow of Food” and answer the following questions

4. What are the functions of the liver and gallbladder and how do they work together?

http://www.kidshealth.org/teen/diseases_conditions/body_basics/digestive_system.html

5. What do the nutrients in food give to the body’s cells?

6. What moves food through your digestive system?

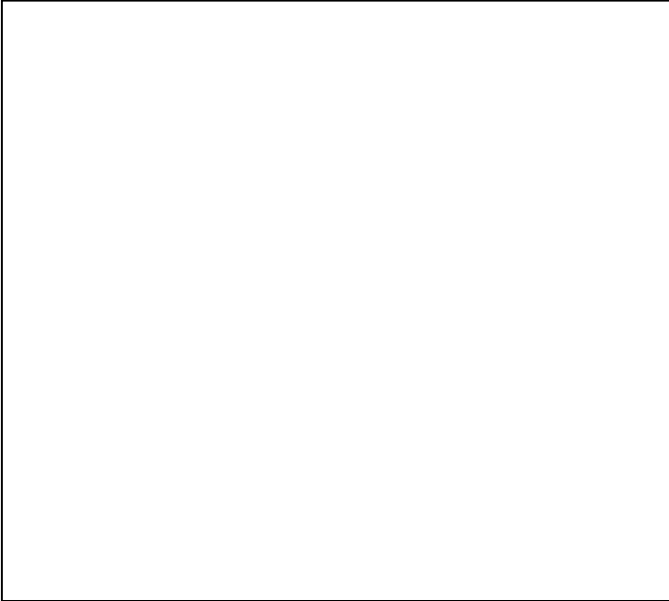
7. How do the nutrients we eat get from our digestive system to the cells in our body?

Circulatory System <http://www.pbs.org/wgbh/nova/heart/heartmap.html>

8. What part of the heart does the oxygen-poor blood flow to?

9. What happens to blood when it is pumped to the lungs?

10. What pumps oxygen rich blood to the body?



Draw a picture of the heart and label these parts: right and left atria, right and left ventricle, aorta, inferior and superior vena cava

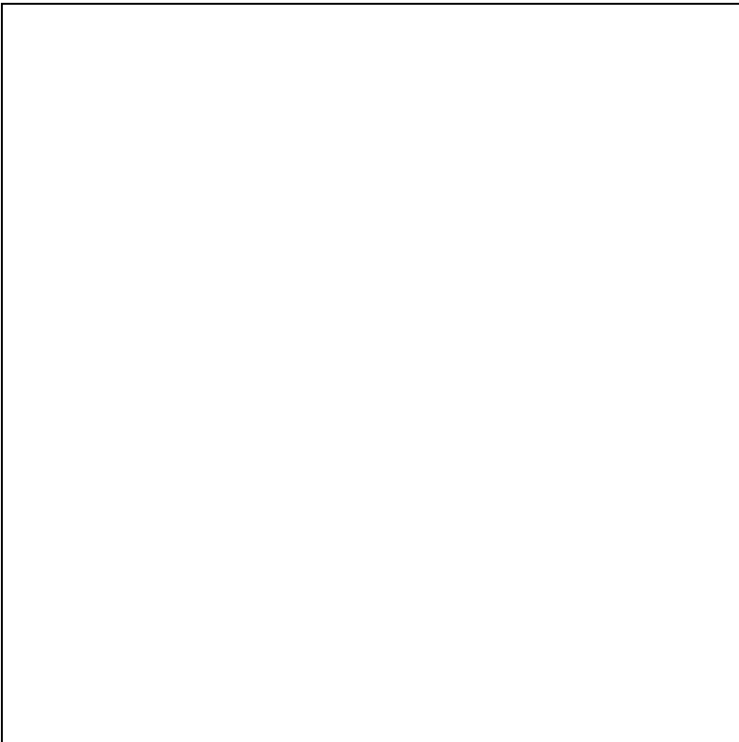
The Heart

Your diet

What did you eat for dinner last night?

<http://www.nutritionexplorations.org/kids/nutrition-pyramid.asp>

Draw the food pyramid here



Indicate each kind of food you ate for dinner last night and tell which category in the food pyramid it falls into

Analyze Bob's diet. What important things are missing or low in his diet? What things is he eating in excess?

Fried: Poster Assignment

1. Heart and Circulatory System
 - a. How does blood flow through the circulatory system?
 - b. What are the functions of blood?
 - c. What is the coronary artery?
 - d. What benefits are there to exercising? Especially concerning the heart?
Other benefits?
 - e. How long and how often should one exercise?

2. Portion sizes and food pyramid
 - a. What is the food pyramid?
 - b. What are correct portion sizes—show examples
 - c. How does the digestive system work?
 - d. What are food labels and how do you read them?
 - e. Name all the food groups
 - f. Why are fruits and veggies important for health?
 - g. Name 5 fruits and veggies and name their specific benefits

3. What is a heart attack?
 - a. What are the risk factors for a heart attack?
 - b. What are the symptoms?
 - c. What is blood pressure and hypertension?
 - d. What is a plaque?
 - e. What is a blood clot?
 - f. How does cholesterol affect blood?
 - g. What is arteriosclerosis?
 - h. What are some strategies to reduce the chances of a heart attack?

Fried: Poster Rubric

CATEGORY	Advanced (4 points)	Intermediate (3 points)	Beginner (2 points)	No Attempt (1 point)
Poster Display. 3 Criteria: organized poster, neatly written, visually appealing.	Optimum output of the three criteria.	Good output of the three criteria.	Average output of the three criteria.	Weak output of the three criteria.
Content	All foundation questions are answered thoroughly.	Most foundation questions are answered thoroughly.	Some foundation questions are answered thoroughly.	Foundation questions are answered, but are not thorough.
Spelling	All words spelled correctly.	Fewer than 5 misspellings.	More than 5 misspellings.	Careless spelling throughout project.
Use of class time	All time was spent on related research, and participation and contributing to group focus. Individual contribution was valued by group.	Majority of time was spent on related research, and participation and contributing to group focus. Individual contribution was valued by group.	Many instances of off task behavior. Individual contribution had some value group.	Rarely found on task. Minimal contribution to the group.
Teacher evaluation	Learning issues excellently presented by listing the website, and writing a thorough, concise paragraph of 1/2 to 1 page of complete sentences.	Learning issues presented well by listing the website, and writing a thorough, concise paragraph of 1/2 to 1 page of complete sentences.	Learning issues averagely presented by listing the website, and writing a thorough, concise paragraph of 1/2 to 1 page of complete sentences.	Learning issues poorly presented by listing the website, and writing a thorough, concise paragraph of 1/2 to 1 page of complete sentences.

Learning Issues Checklist:

1. List website, book, or other source used
2. Answer question thoroughly
3. Write the research summary in complete sentences.
4. Write ½ page to 1 page for each learning issue.
5. Be ready to hand in on time.