



Lesson 5: Let's Educate!

Name _____


Date _____

Note from the Community Health and Wellness Coordinator:

To: Junior Heart Doc
 From: Nancy Mabbott, Community Health
 and Wellness Coordinator
 Re: Community Health Education

Now that you know so much about heart disease and its causes, your next job as a Junior Heart Doc is to educate your community. Design a pamphlet to teach students your age about heart disease so that they can make healthy lifestyle choices for their future. Remember, most heart disease starts in your teens, so this is an important time to make heart-healthy choices.

Nancy Mabbott

 Advocate Christ Medical Center

Notes:



Your pamphlet should:

- ♥ Include a catchy title or slogan that will grab someone's attention.
- ♥ Provide a general explanation of heart disease.
- ♥ Focus on at least three topics that you think students your age should learn about heart disease.
- ♥ Contain illustrations of the major topics.
- ♥ **Be creative!** You want people to be interested in reading your pamphlet. Learning to prevent heart disease now may save their lives.
- ♥ Draw from different resources, such as the Internet, books, magazines, newspapers or encyclopedias.



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Possible Topics

The following topics are only suggestions. You also may come up with your own ideas.

- ♥ How the heart works
- ♥ Risk factors for heart disease
- ♥ Preventive measures
- ♥ Symptoms of heart disease
- ♥ Diagnosis of heart disease
- ♥ Treatment options
- ♥ Tips for teenagers and their families on heart-healthy living

Grading Rubric

Catchy title or slogan	0	1	2	3	4	5
Explanation of heart disease	0	2	4	6	8	10
Three major topics						
Topic one	0	1	2	3	4	5
Topic two	0	1	2	3	4	5
Topic three	0	1	2	3	4	5
Creativity	0	1	2	3	4	5

Points Earned _____ / 35 Points Possible

Notes:

