

# Suggestions For Using This Mini-Unit

This resource was developed by a National Teacher of the Year who taught at the middle school, high school and university levels. One of the primary goals when developing this resource was to **make everything easier for the teacher**. All of the research and time-consuming work is already done. The only thing that a teacher needs to do is decide on the level of difficulty for the students and make copies at the copy machine. A description of each component follows.

## Article: Blood Pressure

In addition to describing the health problems brought about by high blood pressure, this article provides recommendations that can help the readers to reach and to maintain a healthy blood pressure. The information is presented in a manner which is easy for the students to understand.

Many teachers who have been using these Mini-Units for their students have found another use for the articles. They make copies of the article (along with one of the puzzles) and distribute them to the staff as part of their Worksite Wellness program.

## Educational Puzzles

There are four levels of Crossword puzzles and five levels of Word Search puzzles. The puzzles are arranged with Level One being the easiest to complete and the highest level being the most difficult.

The puzzles are an entertaining way to introduce the students to the vocabulary terms that will be included in a lesson and help to reinforce reading, spelling and comprehension skills. They can also be given to students who finish their classroom work early or to study hall students who say that they have "nothing to do." All of the puzzles come with an Answer Key.

## Tests and Review Questions

Because each Mini-Unit is designed for multiple grade levels, there are several levels of Tests and Review Questions. Like the Educational Puzzles, the higher the level, the more difficult the material. **In addition to using as standard assignments, Review Questions can be used as alternate work for homebound students, for non-participants in gym class, for make-up work due to an absence, for extra credit, etc.** All of the Tests and Review Questions come with an Answer Key.

## Worksheets

The three Worksheets levels are similar to the Tests and Review Questions but are arranged to be easier for the students to complete. Each Worksheet is arranged so that the questions are in the same order as the information presented in the article. This is especially useful if using the Worksheets as explained in the Teacher Lesson Plan. All of the Worksheets come with an Answer Key.

## Teacher Lesson Plan

This Lesson Plan can be used by the classroom teacher for a daily class or it can be set aside for a substitute teacher who is not familiar with the topic.

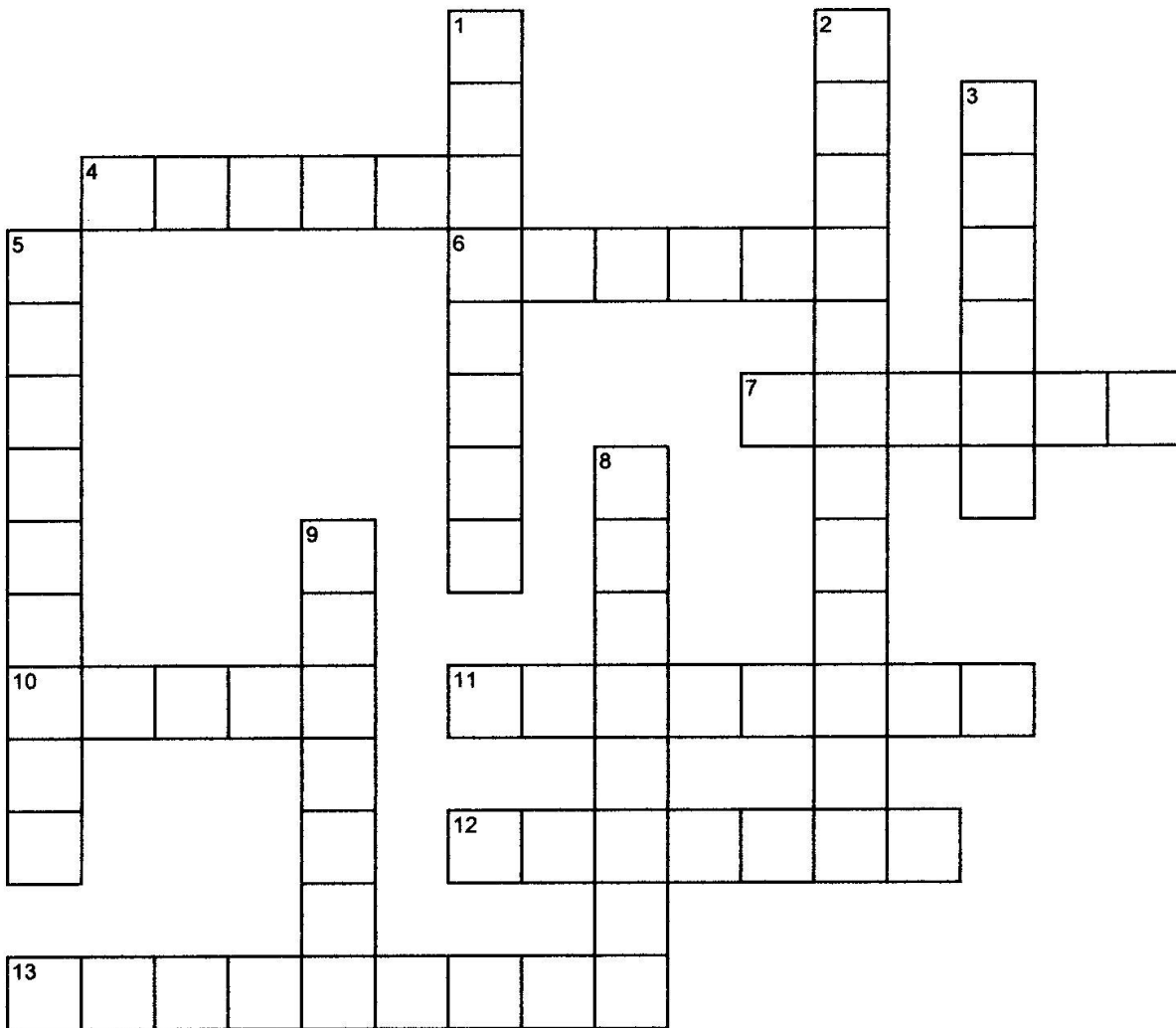
**You can review the descriptions of other Mini Units at [EnjoyTeachingHealth.com](http://EnjoyTeachingHealth.com)**

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## Blood Pressure

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## Blood Pressure - Level Two



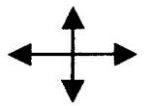
### Across

- 4 Having too much salt in your diet can raise your blood pressure due to its high content of \_\_\_\_\_.
- 6 Over time, fats contribute to the build-up of \_\_\_\_\_ in the arteries.
- 7 A blocked or narrowed artery going to the brain can cause a \_\_\_\_\_.
- 10 One out of \_\_\_\_\_ American adults is affected by high blood pressure.
- 11 Blood pressure is defined as the force exerted against the walls of the \_\_\_\_\_.
- 12 One sample of a moderate physical activity is \_\_\_\_\_.
- 13 The blood pressure between the heart's contractions is called \_\_\_\_\_.

### Down

- 1 Unlike other health disorders, high blood pressure does not have any \_\_\_\_\_.
- 2 The medical term for high blood pressure is \_\_\_\_\_.
- 3 Using tobacco products can cause the arteries to \_\_\_\_\_.
- 5 One type of fat that contributes to blocking the arteries is \_\_\_\_\_.
- 8 The blood pressure during the heart's contraction is called \_\_\_\_\_.
- 9 Following a healthy lifestyle can help people to delay or even \_\_\_\_\_ high blood pressure.

# Blood Pressure - Level Three



X X X H Y P E R T E N S I V E Q W L J E S C B  
 G X W R E W T V T B G I S M G K F C L S T G T  
 H N D P S A M T V R M L E U L I C Q L E A E Y  
 E O N C I R J V T A T E I I M D I B Z B F N V  
 A I O I C N M L M I L N R D S N L C V O S E F  
 L S V L R I W K C N A T E O T E O H D T N T R  
 T N E O E N V L Z M S K T S R Y T K X R A I R  
 H E R T X G Z Q Q N T I R B O R S J N A R C N  
 Y T W S E S Y W K R X L A M K G Y B L E T S C  
 L R E A C I Y L K J L L M R E T S Q L H L M Z  
 I E I I I G H K B D J E H H X S M O T P M Y S  
 F P G D B N K Y W R E R U S S E R P D O O L B  
 E Y H L O M O D E R A T E A C T I V I T Y L R  
 S H T Z R J S N O I T A C I D E M L Q K F H L  
 T A D Y E R L T P C F Y G Q H Y M P T Q V W B  
 Y N C T A R D I E T T B N Z F Z T O B A C C O  
 L E Y T E I X N A R W E R U L I A F L A N E R  
 E U C V G J S E I R E T R A D E N E D R A H T  
 S R X N E R U S S E R P D O O L B H G I H B T  
 K Y H P F B L I N D N E S S B L A L C O H O L  
 V S E U Q A L P G S A T U R A T E D F A T S H  
 T M R L H E A R T A T T A C K R L J R J L W D  
 N Q J B D R H L T K N B S T R E S S O R C X D

**Aerobic exercise**  
**Alcohol**  
**Aneurysm**  
**Anxiety**  
**Arteries**  
**Blindness**  
**Blood pressure**  
**Brain**  
**Diastolic**

**Diet**  
**Genetics**  
**Hardened arteries**  
**Healthy lifestyles**  
**Heart**  
**Heart attack**  
**High blood pressure**  
**Hypertension**  
**Hypertensive**

**Kidney**  
**Medications**  
**Moderate activity**  
**Obese**  
**Overweight**  
**Plaque**  
**Renal failure**  
**Salt**  
**Saturated fat**

**Silent killer**  
**Sodium**  
**Stressor**  
**Stroke**  
**Symptoms**  
**Systolic**  
**Tobacco**  
**Trans fat**  
**Warning sign**

Name \_\_\_\_\_

class \_\_\_\_\_

grade \_\_\_\_\_

## Test or Questions for Review - Level Two

### Blood Pressure

**Directions:** From the information included in the article you read, complete each statement with the best answer.

1. The blood pressure during the heart's contraction is called \_\_\_\_\_.
2. One type of fat that contributes to blocking the arteries is \_\_\_\_\_.
3. Having too much salt in your diet can raise your blood pressure due to its high content of \_\_\_\_\_.
4. The blood pressure between the heart's contractions is called \_\_\_\_\_.
5. The medical term for high blood pressure is \_\_\_\_\_.
6. Over time, fats contribute to the build-up of \_\_\_\_\_ in the arteries.
7. Unlike other health disorders, high blood pressure does not have any \_\_\_\_\_.
8. Blood pressure is defined as the force exerted against the walls of the \_\_\_\_\_.
9. One out of \_\_\_\_\_ American adults is affected by high blood pressure.
10. Following a healthy lifestyle can help people to delay or even \_\_\_\_\_ high blood pressure.
11. A blocked or narrowed artery going to the brain can cause a \_\_\_\_\_.
12. One sample of a moderate physical activity is \_\_\_\_\_.
13. Using tobacco products can cause the arteries to \_\_\_\_\_.
14. The borderline systolic blood pressure for an adult is one hundred \_\_\_\_\_ mg/dl.
15. The borderline diastolic blood pressure for an adult is \_\_\_\_\_ mg/dl.

# Make Learning Fun with Mini Health Education Units and Phy Ed Activities

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per unit

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Developed by **Three Time Teacher of the Year**, these resources were **developed to save teachers time and reduce their workload**. The units include a wide variety of learning level activities so that the teachers can select the levels that are most appropriate for their students. YOU select the activity level depending on the students' grade level and ability. Activities last from 15 to 50 minutes.

**Save money on health education textbooks.** You can reproduce enough copies so that every student in your school has their own copy.

In addition to using this resource to teach an entire class of students, it can be used as follows:

- **Alternate work for students who cannot participate in a physical activity** such as physical education class or homebound students
- **Take-home assignment** for students who were absent the day this lesson was taught in class
- **Assignments or tests** not used during the regular classroom instruction can be completed by students for **extra credit**
- The **crossword and word search puzzles** are excellent motivators for reviewing key unit terminology. They can be used for students who finish their class work early or for students who say that they have "nothing to do."
- The short **Chapter Articles** can also be distributed to members of the staff as part of the Worksite Wellness Program. Experience has demonstrated that staff members also like the puzzles.

Also included with each unit is a **Lesson Plan** which can be used by the teacher for a daily class or it can be set aside for a substitute teacher who is not familiar with the topic.

**ALL** of the work has been done for the teacher. The only thing that a teacher needs to do is read the Lesson Plan and print out the materials.