

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: Cholesterol

In addition to describing the health problems brought about by excess cholesterol, this article provides recommendations that can help the readers to lower their blood cholesterol level. 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.

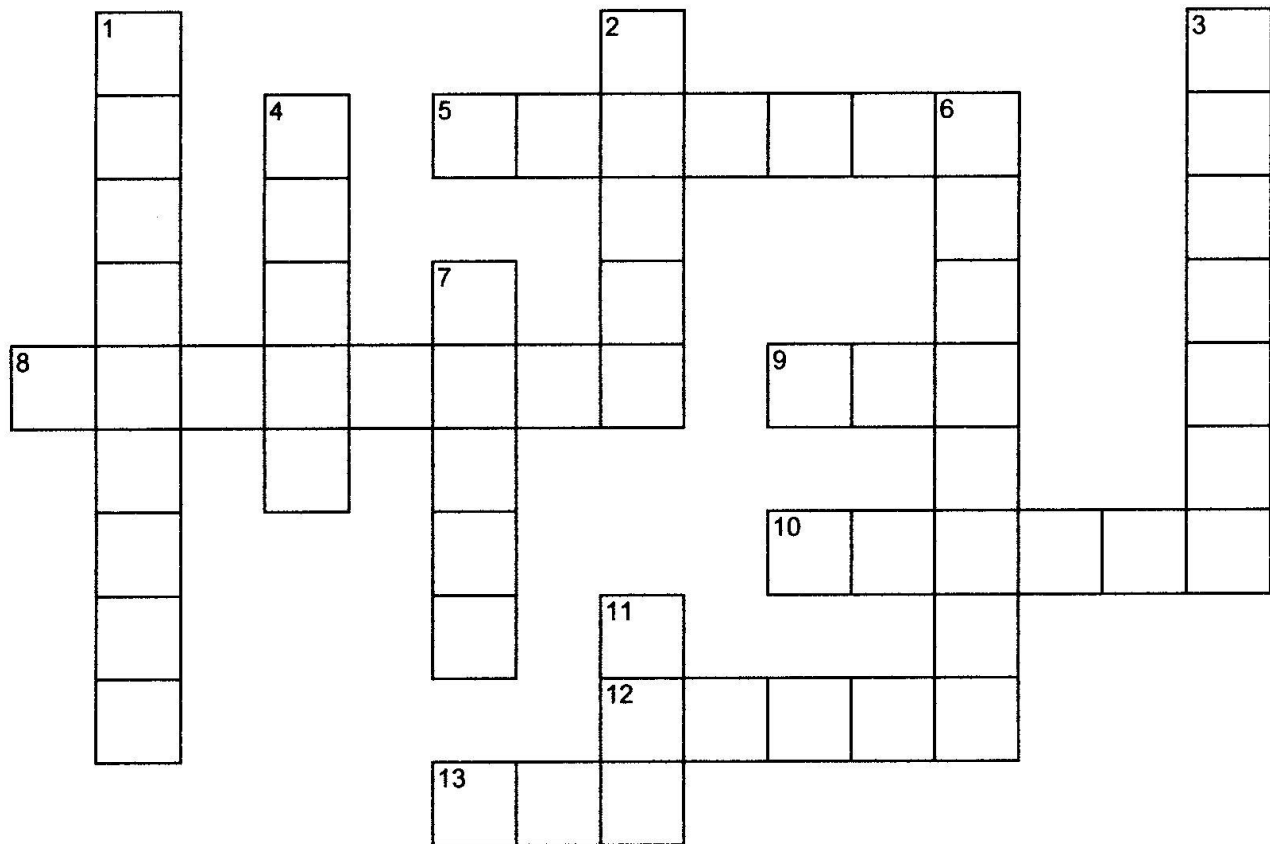
You can review the descriptions of other Mini Units at EnjoyTeachingHealth.com

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Cholesterol

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Cholesterol - Level Two



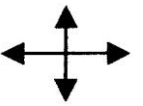
Across

- 5 _____ exercise raises the good cholesterol and lowers the bad cholesterol.
- 8 The blood vessels that get blocked by cholesterol are the _____.
- 9 Most experts agree that an adult's blood cholesterol level should be below _____ hundred mg/dl.
- 10 The material that blocks blood flow is called _____.
- 12 Foods that are high in cholesterol include _____ products.
- 13 The good cholesterol is commonly called _____.

Down

- 1 _____ fat raises your cholesterol more than anything else.
- 2 Another type of fat that raises your cholesterol level is _____ fat.
- 3 Cholesterol is a waxy _____ substance.
- 4 To lower your cholesterol, you should eat foods with soluble _____.
- 6 The blood vessels that supply nutrients to the heart are called _____ blood vessels.
- 7 Most of the body's cholesterol is made by the _____.
- 11 The bad cholesterol is commonly called _____.

Cholesterol - Level Three



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

Atherosclerosis
 Arteries
 Blood cholesterol
 Blood flow
 Blood test
 Building block
 Cell membrane
 Cholesterol
 Coronary
 Dairy products

Diet
 Disease
 Excess weight
 Exercise
 Fatlike substance
 Fats
 HDL
 HDL ratio
 Health
 Heart attack

High density
 LDL
 Lifestyle
 Lipoprotein
 Liver
 Low density
 Medication
 Nutrients
 Obesity
 Overweight

Physical activity
 Plaque
 Prevention
 Red meats
 Risk factor
 Saturated fat
 Sedentary
 Trans fat
 Triglycerides
 Waxy substance

Name _____

class _____

grade _____

Completion Test or Questions for Review - Level Two

Cholesterol

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

1. _____ fat raises your cholesterol more than anything else.
2. The bad cholesterol is commonly called _____.
3. To lower your cholesterol, you should eat foods with soluble _____.
4. Cholesterol is a waxy _____ substance.
5. Most of the body's cholesterol is made by the _____.
6. The good cholesterol is commonly called _____.
7. Foods that are high in cholesterol include _____ products.
8. The material that blocks blood flow is called _____.
9. _____ exercise raises the good cholesterol and lowers the bad cholesterol.
10. The blood vessels that get blocked by cholesterol are the _____.
11. The blood vessels that supply nutrients to the heart are called _____ blood vessels.
12. Most experts agree that an adult's blood cholesterol level should be below _____ hundred mg/dl.
13. Another type of fat that raises your cholesterol level is _____ fat.
14. A blocked blood vessel going to the brain can result in a _____.
15. Besides nutrients, the heart's blood vessels also provide _____.

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

for grades 4-6, 7-8, 9-12



only **\$19.95**
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.