



## HEART HEALTH JEOPARDY

\*This activity was created in partnership with Enactus Memorial

Your class is going to play Heart Health Jeopardy! The teacher can either put you into small groups or have you play independently. Before you play, you'll want to learn some basic definitions and facts about heart health and then the Jeopardy game will test your knowledge! Some of the questions will be based on what you learn in this activity and some will be from common knowledge or educated guesses! Teacher, make sure your students put this page away before they play!

**HEART DISEASE:** The word is used to describe several types of heart conditions. Essentially, it is any condition that affects the heart's function or structure in a way that damages it or because it is under too much stress. <sup>1</sup>

### HEART FACTS:

- Symptoms of heart disease include chest pain, shortness of breath, heart palpitations, loss of consciousness and dizziness. <sup>2</sup>
- Heart disease is the 2nd leading cause of death in Canada. <sup>3</sup>
- Daily physical activity can help reduce risk of heart disease by lowering cholesterol (fat) levels and blood pressure. <sup>4</sup>
- Heart attacks occur when there is a blockage of the blood supply in your heart. <sup>5</sup> Every 20 seconds, someone in the world has a heart attack. <sup>6</sup> Heart attacks have similar symptoms to other diseases which can make it harder to identify.
- AED stands for automated external defibrillator, which can be used to help someone suffering from sudden cardiac arrest (when the heart suddenly stops beating). <sup>7</sup>

**HYPERTENSION:** Is another word for high blood pressure, when blood pressure is higher than normal. Hypertension is often missed because you often can't see it (a.k.a. no signs or symptoms). This can lead to heart disease, heart attack or stroke. <sup>8</sup>

<sup>1</sup> Heart and Stroke Foundation. (2020). What is heart disease? Retrieved from <https://www.heartandstroke.ca/heart-disease/what-is-heart-disease>

<sup>2</sup> NYU Langone Health. (June, 2020). Five Heart Disease Symptoms you should never ignore. Retrieved from <https://nyulangone.org/news/five-heart-disease-symptoms-you-should-never-ignore>.

<sup>3</sup> Government of Canada. (2017, February 10). Heart Disease in Canada. Retrieved from <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/heart-disease-canada.html>

<sup>4</sup> MedicineNet. (2004). Health benefits of physical activity. Retrieved from <https://www.medicinenet.com/script/main/art.asp?articlekey=10074>

<sup>5</sup> Heart attack. (2020, June 16). Retrieved March, from <https://www.mayoclinic.org/diseases-conditions/heart-attack/symptoms-causes/svc-20373106>

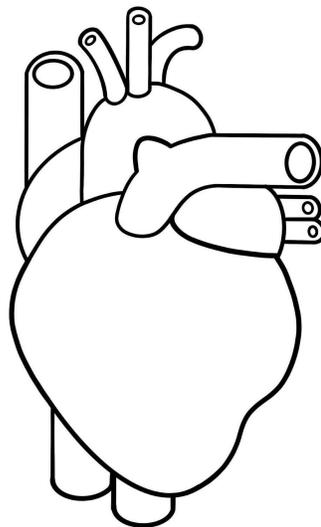
<sup>6</sup> Centers for Disease Control and Prevention (Sep, 2020). Heart Disease Facts. Retrieved from <https://www.cdc.gov/heartdisease/facts.htm>

<sup>7</sup> American Heart Association. (2015). Heart attack and sudden cardiac arrest differences. Retrieved from <https://www.heart.org/en/health-topics/heart-attack/about-heart-attacks/heart-attack-or-sudden-cardiac-arrest-how-are-they-different>

<sup>8</sup> Centers for Disease Control and Prevention (May, 2020). High Blood Pressure Symptoms and Causes. Retrieved from <https://www.cdc.gov/bloodpressure/about.htm>

## THE CATEGORIES AND POINTS PER QUESTION

HEART HEALTH	RISK & SYMPTOMS	HEART HEALTHY SNACKS	HEART HEALTHY ENVIRONMENT
100	100	100	100
200	200	200	200
300	300	300	300
400	400	400	400
500	500	500	500





<b>HEART HEALTH</b>	<b>RISK &amp; SYMPTOMS</b>	<b>HEART HEALTHY SNACKS</b>	<b>HEART HEALTHY ENVIRONMENT</b>
<p>What is one symptom of heart disease?</p> <p><i>Chest pain, dizziness, shortness of breath, etc.</i></p>	<p>Can what you eat and drink impact your risk for heart disease? (Yes or No)</p> <p><i>Yes</i></p>	<p>What are nutrients?</p> <p><i>Parts of food that your body needs</i></p>	<p>Is there an AED in your school? (BONUS if you know where to find it)</p> <p><i>Most school across Atlantic Canada do, teacher to double check</i></p>
<p>What is the 2nd leading cause of death in Canada?</p> <p><i>Heart disease</i></p>	<p>You can reduce your risk for heart disease by lowering your stress and anxiety levels? (True or False)</p> <p><i>True</i></p>	<p>Which two food groups should make up half of your plate?</p> <p><i>Fruits and vegetables</i></p>	<p>How much physical activity do children need each day?</p> <p><i>One hour</i></p>
<p>Regular amounts of _____ can help prevent heart disease by lowering cholesterol (fat) levels and blood pressure.</p> <p><i>Physical activity</i></p>	<p>Name two risk factors for heart disease?</p> <p><i>Overweight, being inactive, smoking, high blood pressure, family history...</i></p>	<p>What is an example of a heart-healthy food?</p> <p><i>Blueberries, spinach, nuts, etc. *More on the internet</i></p>	<p>What is a simple way of reducing waste in your kitchen?</p> <p><i>Composting</i></p>
<p>What is a term used to describe several types of heart conditions?</p> <p><i>Heart disease</i></p>	<p>Why is it hard to differentiate a heart attack from other diseases?</p> <p><i>Similar symptoms</i></p>	<p>A diet high in fibre can reduce your risk for this:</p> <p><i>Heart disease</i></p>	<p>What type of activity can you do that is good for your heart and the environment?</p> <p><i>Walking, running, biking, etc.</i></p>
<p>How often do heart attacks occur?</p> <p><i>Every 20 seconds</i></p>	<p>What is the risk factor that often has no signs/symptoms and is called the silent killer? (Hint: It is another word for high blood pressure)</p> <p><i>Hypertension</i></p>	<p>What is an example of a heart healthy protein?</p> <p><i>Fish, nuts, etc. *More on the internet</i></p>	<p>What is an example of something you can compost?</p> <p><i>Eggshells, fruit scraps, coffee grounds, etc.</i></p>



GOAL 3: GOOD HEALTH AND WELL-BEING

