

# Lesson 5: Cardiovascular and Nervous Systems / Hypertension

## Teacher Notes

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### Objectives

1. Students will be able to explain how the Cardiovascular and Nervous Systems work
2. Students will be able to describe the concept of blood pressure and why it is important
3. Students will be able to find out where to get more information about blood pressure

### Pre-lesson

#### Vocabulary Card Match (10 minutes)

1. Have students copy and cut up the Vocabulary Card Match page with the vocabulary word and the definitions.
2. Have students match their vocabulary cards to their definitions
3. When they are finished, have students copy the word and definition on the lines provided.
4. Students can play “Memory” with the cards and a partner.

### Lesson – choose from any of the following activities

#### Definitions Match and Complete the Sentence (10 minutes)

1. After students complete the Vocabulary Card Match, have them match each word with the correct letter.
2. Next have students complete each sentence in the reading passage using a word from the box.
3. Correct on the board with the whole class, by having students come to the board and each writing a sentence.

#### Reading Comprehension (for both Nervous System and Hypertension - 15 minutes)

1. First read the passage to the class.
2. Next have students read the passage silently.
3. Then have the students read aloud with a partner, taking turns.
4. Have the students complete the questions with a partner or individually.
5. Correct as a class.

#### Conversation and Writing (10 minutes)

1. Have students read the hypertension dialogue with a partner.
2. If time, have the students perform this dialogue in front of the class.
3. Talk about what the nurse recommended for Faduma by giving examples.
4. Have students write sentences about the recommendations that the nurse gave to Faduma.

### Assessment

#### Quiz (5-10 minutes)

1. As a formal assessment, give the quiz at the end of the lesson.
2. Check the quiz individually, or as a class.
3. Give informal feedback to students as you circulate and listen to them read, check questions and activities.

### Extension

#### Glossary (10 minutes)

1. Have students write a variety of sentences explaining how to prevent hypertension.

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#### Additional resources - can be used for computer lab activities

- High Blood Pressure - Centers for Disease Control and Prevention:  
[www.cdc.gov/bloodpressure/index.htm](http://www.cdc.gov/bloodpressure/index.htm)
- Heart Disease in Minnesota - Minnesota Department of Health:  
[www.health.state.mn.us/divs/hpcd/chp/cvh/documents/2012mnhypertensionfactsheet.pdf](http://www.health.state.mn.us/divs/hpcd/chp/cvh/documents/2012mnhypertensionfactsheet.pdf)
- High Blood Pressure - MedlinePlus: [www.nlm.nih.gov/medlineplus/ency/article/000468.htm](http://www.nlm.nih.gov/medlineplus/ency/article/000468.htm)
- High Blood Pressure Risk Calculator - American Heart Association:  
[www.heart.org/HEARTORG/Conditions/HighBloodPressure/High-Blood-Pressure\\_UCM\\_002020\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/High-Blood-Pressure_UCM_002020_SubHomePage.jsp)
- American Society of Hypertension: [www.ash-us.org/](http://www.ash-us.org/)

#### Interactive Activities:

##### Cardiovascular System

- TeensHealth from Nemours: [http://kidshealth.org/teen/your\\_body/body\\_basics/heart.html#cat20121](http://kidshealth.org/teen/your_body/body_basics/heart.html#cat20121) or
- KidsHealth from Nemours: [http://kidshealth.org/kid/centers/heart\\_center.html#cat20121](http://kidshealth.org/kid/centers/heart_center.html#cat20121)

##### Nervous System

- TeensHealth from Nemours:  
[http://kidshealth.org/teen/your\\_body/body\\_basics/brain\\_nervous\\_system.html#cat20121](http://kidshealth.org/teen/your_body/body_basics/brain_nervous_system.html#cat20121) or
- KidsHealth from Nemours: [http://kidshealth.org/kid/cancer\\_center/HTBW/brain.html#cat20121](http://kidshealth.org/kid/cancer_center/HTBW/brain.html#cat20121)