

**LESSON PLAN**

<b>Title</b> Heart Healthy Eating	<b>Name</b> Sydney
<b>Target Audience</b> Patients with a high risk of heart disease	<b>Method</b> Flip Chart

<b>Terminal Objective</b> By the end of the diet instruction, the Patient will be able to state heart healthy foods that can replace foods high in fat and explain the importance of heart healthy choices in reducing their risk of heart disease.		<b>Terminal Concept</b> Heart disease risk can be reduced through heart healthy food replacements in the diet.	
<b>Domain</b> Cognitive	<b>Taxonomic Level</b> Analysis		

**References**  
[https://www.nutritioncaremanual.org/client\\_ed.cfm?ncm\\_client\\_ed\\_id=97](https://www.nutritioncaremanual.org/client_ed.cfm?ncm_client_ed_id=97); Krause pg. 743-781

**Preparation** Heart healthy flip chart book, food group handout, writing utensil, 2 different colored expo pens

<b>Pre-assessment</b> What is the Patient’s risk of heart disease? Heart risk screening from doctor.  <b>Time (if in class):</b> 0 min.	<b>Introduction</b> Welcome patient. State the background conditions leading to heart healthy diet instruction. Explain the process of the diet instruction to follow.  <b>Time:</b> 1 min.
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<b>Supporting Objectives</b>	<b>Content Outline</b>	<b>Time</b>	<b>Learning Experiences</b>
Patient will be able to explain the causes of heart failure, heart attacks, and stroke.	<p><u>Page 1:</u> Our hearts are muscles and like any other muscle in our body; they need a constant, oxygen-rich blood supply to function properly.</p> <p>The coronary arteries are located along the outside of the heart as seen here which assist in this process.</p> <p><u>Page Two:</u> This picture demonstrates how a normal coronary artery looks on a healthy heart. When too many fatty</p>	2 min.	Patient will listen and watch.

<p>Patient will be able to select what components of food create a heart disease risk.</p>	<p>despots, cholesterol, and other substances begin circulating in the oxygen-rich blood, plaque is built along the inside of the wall.</p> <p><u>Page Three:</u> This creates a narrow passage way for oxygen-rich blood to supply the heart—reducing blood flow.</p> <p><u>Page Four:</u> This process is called atherosclerosis and can lead to serious heart conditions such as heart disease, heart attack, and stroke.</p> <p><u>Page Five:</u> Luckily, this condition can be managed and can even be reversed with basic modifications to your diet.</p> <p><u>Page Six:</u> Higher Fat:</p> <ul style="list-style-type: none"> <li>• Shrimp</li> <li>• Bacon</li> <li>• Ground Beef</li> <li>• Whole Milk</li> <li>• Solid Butter</li> <li>• Onion Rings</li> </ul> <p>Lower Fat:</p> <ul style="list-style-type: none"> <li>• Walnuts</li> <li>• Skim Milk</li> <li>• Fresh Fruit</li> </ul>	<p>3 min.</p>	<p>Patient will answer question. <i>How would this effect blood flow through these arteries?</i></p> <p>Patient will listen and watch.</p> <p>Patient will report any questions and concerns. <i>What are your thoughts and feelings after learning this process?</i></p> <p><u>Page Seven:</u> Circle foods you would believe to lower in fat and cross out other foods that you think would result in plaque buildup. Justify their answers and make any corrections positively if necessary.</p> <p>Patient will circle foods in one color they believe are heart healthy and circle foods in a different color of what they believe will cause heart complications.</p>
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<p>Patient will become familiar with myPlate and understand heart healthy eating does not just mean limiting foods.</p> <p>Patient will write and</p>	<ul style="list-style-type: none"> <li>• Canola Oil</li> <li>• Salmon</li> <li>• Beans</li> </ul> <p><u>Page Seven:</u> All these foods in blue—that we want to limit—have three main things in common. They contain saturated fat, trans fat, and/or cholesterol. We need to try and limit these...</p> <p><u>Page Eight:</u> While increasing fiber, omega-3, and plant based meals to reduce the fatty deposits in the blood—leading to plaque buildup.</p> <p><u>Page Nine:</u> It is an excellent resource promoted by our government to remind us of the aspects that need to be included in our diet.</p> <p>I wanted to bring these food groups up because although the things we talk about today may seem like we need to restrict all food from your diet, we are going to focus on replacing food in your diet with better, heart healthy food in each of these categories.</p> <p><u>Page Ten:</u> Grains are easily the largest part of our diet. Heavy, high-fat grains</p>	<p>2 min.</p> <p>2 min.</p>	<p>Patient will listen and watch.</p> <p>Patient will answer the question. <i>Have you heard of myPlate before?</i></p> <p>Provide handout: On this handout, you can write down food replacement ideas that come to mind start building a stronger heart once again. Patient will begin recording thoughts and feelings on food group handout.</p>
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<p>Patient will write and recite how to make heart healthier choices with eating dairy</p>	<p><u>Page Fourteen:</u> Animal products, such as dairy, are often high in cholesterol.</p> <p><u>Page Fifteen:</u> To help limit cholesterol intake to protect your heart, choose foods that are low fat or nonfat.</p>	<p>2 min.</p>	<p><i>feel about making these changes? What is a potential goal you could make?</i></p>
<p>Patient will write and recite the best heart healthy sources of protein.</p>	<p><u>Page Sixteen:</u> Protein foods high in fat can be one of the most common ways to clog your arteries. Bacon, sausage, higher fat meats made to make hamburgers or steaks all contribute to the waxy particles floating in your blood.</p> <p><u>Page Seventeen:</u> Protein is critical in our diet; however, lower fat options of these proteins are also critical in keeping our heart healthy.</p>	<p>2 min.</p>	<p>Patient will record notes next to “dairy” and create a potential goal. <i>What is a possible goal you could make when grocery shopping for dairy products?</i></p>
<p>Patient will write and recite simple replacements can be made in the diet to reduce their heart disease risk.</p>	<p><u>Page Eighteen:</u> Even though reducing saturated fat, trans fat, and cholesterol seems like a large, overwhelming task, simple replacements can take place to reach a healthier heart.</p> <p><u>Page Nineteen and Twenty:</u> I know this change won’t be easy, but with a heart healthy diet (flip page), we will be able to limit fatty deposits in our blood and</p>	<p>1 min.</p>	<p>Patient will record notes next to “protein” and create a potential goal. <i>What substitutions could you make to keep eating protein while limiting the amount of fat in your blood?</i></p>

	prevent the consequences that result from it.		
<b>Assessment</b> Patient will review food group handout with dietitian and explain areas where they believe they could improve in their diet.			
<b>Closure</b> <i>On a scale of 1-10, how willing are you to make these changes? Out of all these areas we have talked about today, what are one or two goals you listed that you would like to start implementing in your diet? Have the patient decide on one to two goals they can adapt into their diet. Remind Patient why their goals are valid and how it will help reduce their risk of heart disease.</i>			