

Skyscraper Thinking

Knowing what you know about a heart-healthy lifestyle, evaluate a friend or a relative's lifestyle and make recommendations.

Evaluation (give an opinion)

Describe the journey of a blood cell through the arteries of an unhealthy heart.

Synthesis (create something new)

Compare and contrast the lifestyles of a person with a healthy heart versus a person with heart disease.

Analysis (compare/contrast)

Describe what you do to keep your heart healthy.

Application (relate to real life)

Describe the functions of each part of the heart.

Comprehension (summarize/explain)

Draw and label the parts of the human heart.

Knowledge (recall facts)

