

Chapter 2

Work on Your Heart for American Heart Month: News Report

<u>Work on Your Heart for American Heart Month</u>	News report	Full duration: 05:00
https://archive.org/details/Work_on_Your_Heart_for_American_Heart_Month		
<i>In this news report, women can learn about what they can do to reduce their risk of heart disease.</i>	Featured segment: 0:08-2:37 (2min, 29 sec) Approximate lesson duration: 25 minutes	
Textbook tie-in: Chapter 2 – Reading 1 “Heart Disease”		

WARM-UP (3')

- o *Who do you think is more likely to get heart disease, men or women? Why?*
- o *What are some ways that you can improve your heart and lower your risk of heart disease?*

PRE-TEACH (4')

- **Useful Vocabulary** (Quizlet & Youghlish to explain words)

empower initiative pressure

- Idioms & Expressions

“take charge of” – get control of

- Other background knowledge
 - o In this news report, you will learn about ways that people (especially women) can take charge of their heart health and reduce the risk of heart disease.
 - o In the United States, certain diseases and other health issues are often assigned specific days, weeks, or even months. During those times, people who are affected by or concerned about the disease work to teach people about it and raise money for more research or better treatments.
- **Predict** - Have Ss guess what they will hear about, based on discussions and vocabulary.

VIEWING #1 FOCUS (2.5)

- Note main ideas
- Organize notes into outline (listening for signals to show organization and transitions)

POST-VIEWING #1 ACTIVITIES (5')

- Assess and revise your notes



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- Comprehension questions
 - o What are 3 ways that women can take charge of their health?
 - o What are the 5 numbers you need to know to get your heart score?
 - o What are the 4 signs and symptoms of a heart attack?

VIEWING #2 FOCUS (3.5)

- Note more specific details.
- Add to and revise notes
- Point out listening/note-taking strategies that appear in the video (see comments on transcript)

POST-VIEWING #2 ACTIVITIES (5')

- Application Activities
 - o Go to the [Mayo Clinic heart disease risk calculator](#)
 - o Enter your personal information into the calculator.
Does your heart disease risk surprise you? If so, what changes can you make to lower your risk?

DICTIONATION PRACTICE (2')

- Repeat naturally & fluently 1-3x, have Ss write. Quickly scan their answers. Discuss things like reduced speech, linking words, and writing unfamiliar words phonetically
 - o *dietician*
 - o *circumference*
 - o *don't wait to call for help*

Transcript Listening Strategy and Signal Notes-

Time	Signal Words	Listening Strategy
0:44	<i>I'm going to share with you three ways...</i>	Strategy 2. Listen for organizational cues to create and follow an outline for your notes: <i>listen for lists</i>
0:50	<i>The first way...</i>	Strategy 2. Listen for organizational cues to create and follow an outline for your notes: <i>transitions</i>
1:05	<i>know their five numbers to get their score. These numbers include...</i>	Strategy 2. Listen for organizational cues to create and follow an outline for your notes: <i>listen for lists</i>



1:28	<i>A second way...</i>	Strategy 2. Listen for organizational cues to create and follow an outline for your notes: <i>transitions</i>
2:14	<i>and the third way...</i>	Strategy 2. Listen for organizational cues to create and follow an outline for your notes: <i>transitions</i>
2:29	<i>I'm going to share with you...</i>	Strategy 2. Listen for organizational cues to create and follow an outline for your notes: <i>transitions</i>

