



# CHOLESTEROL ACTIVITY



## OBJECTIVE:

Teaching students about healthy cholesterol foods and lousy cholesterol foods.

## LESSON:

Cholesterol (say: kuh-LES-tuh-rawl) is a type of fat found in your blood.

Your liver makes cholesterol for your body. You also can get cholesterol from the foods you eat. Meat, fish, eggs, butter, cheese and milk all have cholesterol in them. Fruits, vegetables and grains (like oatmeal) don't have any cholesterol.

**LDL (low-density lipoprotein)** cholesterol, or "bad cholesterol," carries cholesterol from the liver into the bloodstream, where it can stick to the blood vessels.

**HDL (high-density lipoprotein)** cholesterol, or "good cholesterol," carries the cholesterol in the blood back to the liver, where it is broken down.

Here's a way to remember the difference: the LDL cholesterol is the bad kind, so call it "lousy" cholesterol — "L" for lousy. The HDL is the good cholesterol, so remember it as "healthy" cholesterol — "H" for healthy.

## MATERIALS:

- Butcher paper, chalk board or white board
- Markers, colored chalk or dry erase markers
- List of food items

## ACTIVITY:

Teacher draws a food plate and on half the plate writes "HDL, Healthy Cholesterol" and on the other half of the plate "LDL, Lousy Cholesterol". Teacher then lines students up into groups. When the teacher shouts out a food item from the list below, the first student in each line runs to stand on the side of the plate to which the food item belongs. To add competition, make it a relay race!

## FOODS WITH HDL:

- Cucumber
- Oatmeal
- Orange
- Nuts
- Green beans
- Apple
- Avocado
- Cherries
- Carrots
- Brown rice
- Oats
- Olive oil

## FOODS WITH LDL:

- Hamburger
- Cream
- Butter
- Eggs
- Cream cheese
- Bacon
- Cheddar cheese
- Sausage
- Pork
- Whole milk
- Chocolate cake
- Whipping cream

