Name/Title: **Artery Demonstration**

Purpose of Event: To teach kids what may happen when they do not eat properly or participate in physical activity regularly

Suggested Grade Level: 3-5

Materials Needed: One soda bottle filled with water, one soda bottle with the bottom cut out, three or four paper towels

Description of Idea

The cut out soda bottle represents an artery. The water represents the blood. The paper towels represent fat and cholesterol.

First pour some water through the empty soda bottle (similar to how blood moves through a healthy artery).

Next add some paper towels to the insides of the cut our soda bottle. Explain that this is similar to fat and cholesterol that builds up in the walls of the arteries when you do not eat properly and don't exercise regularly. Pour the water through and they will see how much more slowly the water comes out.

Now have students exercise for a few minutes. Show them that the fat inside the artery may have been used for energy (take out the towels). Pour the water through it again to show them how fast the blood (water) now goes through.

Assessment Ideas:

Have students describe on paper how the paper towels are like fat and cholesterol in your arteries, and how being physically active and eating properly can help cleanse the arteries.

Submitted by **Matthew Bianchi** who teaches at Shamrock Gardens in Charlotte , NC . Thanks for contributing to PE Central! **Posted on PEC: 5/18/2000**.

Visit S&S Discount for all your physical education equipment and supplies!