

**Name/Title:** What is Cholesterol?

**Purpose of Event:** To learn many important facts of cholesterol

**Suggested Grade Level:** 9-12

**Materials Needed:** Students will need access to the library and/or the World Wide Web

### Description of Idea

Students are given an assignment to find an article (newspaper, magazine, or World Wide Web) about cholesterol and to write a summary of the article (no more than 1 page in length). Have them bring the article to class. After a brief discussion about cholesterol, each student is asked to go to the board and write **ONE** fact about cholesterol based on what they read in their articles. Tell the students they are not allowed to write a fact that **repeats** anything that someone else has already written on the board. This is very challenging.

The board will soon look like a wall filled with cholesterol graffiti. After each class member has written an interesting fact, a discussion of these facts follows. Each student contributes to the discussion by adding to the information that he or she wrote on the board. After this discussion, a handout on the basics about cholesterol can be given as a study sheet.

### **Assessment Ideas:**

Include discussion items on the next test or exam.

Write down all they listed on the board, put this list on the test and ask them to choose the 3 words/topics that they think is the most important to know about cholesterol. They they are to explain why.

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Submitted by **Kathy Lime** who teaches at Ridge High School in Basking Ridge , NJ . Thanks for contributing to PE Central! **Posted on PEC: 5/18/2000.**

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