Title: Understanding Cholesterol K-W-L

Objectives	Time frame to Complete
Students will be able to read for information about cholesterol.	30 minutes

	NRS EFL
	4

Stackable Cert. Documentation	Technology	Study / Life skills	EL-Civics	Career Pathways	Police	Paramedic	Fire Rescue	Medical Asst.	EKG / Cardio	Phlebotomy	Practical Nursing	Healthcare Admin	Pharmacy Tech	IMT	AMT	HVAC	Welding	Other:	Nutrition and Dietetics			
		X						X		X	X							X				

Standard(s) Addressed in Lesson

Read with Understanding

Benchmark(s) Addressed in Lesson

R.4.1. Identify purposes for reading (for example, to generate and answer questions about a topic, to solve problems)

R.4.5. Use context clues (for example, cause and effect and compare and contrast relationships) to determine the meaning of words in texts.

R.4.8. Understand meaning of some specialized content vocabulary (for example, "constitution").

R.4.11. Apply, monitor and adjust comprehension strategies (for example, note subtle details in texts, pose questions about text) to understand text at an inferential level.

R.4.16. Construct meaning from text by evaluating relevance of prior knowledge and applying appropriate knowledge to new information read.

Materials

Understanding Cholesterol handout
K-W-L chart
Computer with internet access (optional)

Learner Prior Knowledge

Activities

Step 1   Distribute the K-W-L chart and explain to students the K-W-L reading strategy. Thinking about a topic and posing questions before reading is a study strategy that often helps people better understand and remember what they read. Students write what they already know about the topic (cholesterol) in the "K" column of the chart. Next, they write questions about the topic in the "W" column.

Step 2   Distribute the *Understanding Cholesterol* handout. Students read the handout independently.

Step 3   After reading, students complete the "L" column of the chart with answers to the questions in the "W" column and other information that they learned from the reading.

Step 4   Discussion may follow. If students' questions were not answered in the reading, students may search for the answers from another source such as http://www.webmd.com/cholesterol-management/default.htm or http://www.everydayhealth.com/heart-disease/cholesterol/index.aspx

Assessment/Evidence

Completed K-W-L chart

Adaptations for Beginning Students

Beginning students may need to listen to the article rather than reading it independently.

Adaptations for Advanced Students

After completing the K-W-L chart, advanced students may write a summary of the reading based upon their notes.

Teacher Reflection/Lesson Evaluation

This lesson was created by Middletown ABLE.

Understanding Cholesterol

Fifty-two million Americans have hypercholesterolemia (high cholesterol), one of the most prevalent health problems in the USA.

What is cholesterol?

Cholesterol is a fatty substance that is one of the building blocks of cells and hormones. Cholesterol is an important part of your nervous system and it helps to regulate your metabolism. There are two main types of cholesterol, blood cholesterol and dietary cholesterol.

What are the sources of cholesterol?

The body manufactures blood cholesterol. The liver converts fat into cholesterol and releases it into the bloodstream. Dietary cholesterol is ingested from animal products such as meat, poultry, fish, eggs, and dairy products. The body makes all of the cholesterol it needs to be healthy, and so people with diets high in fatty foods may develop high cholesterol.

What are the causes of high cholesterol?

In addition to diet, there are a number of risk factors that may combine to cause high levels of cholesterol. People who smoke, are overweight, and are inactive are more likely to develop high cholesterol. Other risk factors are uncontrollable. Men over age 45 and women over age 55 are at an increased risk for high cholesterol. Heredity also plays a part. If a member of your immediate family (parent or sibling) has high cholesterol or a related condition such as heart disease, you are more likely to develop the condition.

Can high cholesterol be prevented?

The best ways to prevent or reduce high cholesterol levels are regular exercise and eating a healthy low-fat diet. The recommended daily allowance of dietary cholesterol is limited to 200 milligrams. Doctors recommend having a test to monitor cholesterol levels at least every five years.

What are the dangers of high cholesterol?

High cholesterol can lead to atherosclerosis, where fatty deposits in the arteries cause blockages and the slowing or stopping of blood flow. This can lead to coronary artery disease, heart attack, or stroke.

_K_	**_W_**	**_L_**
What I **know** about cholesterol	What I **want** to know about cholesterol	What I **learned** about cholesterol