

Project Heart

Activities for the Classroom

Your heart needs healthy food—not junk food—to stay strong.

Can you choose a healthy meal or snack?
Using magazines and newspapers, cut out pictures of healthy foods. Glue the pictures to your plate.

CHALLENGE: Find unhealthy food choices and glue them to the bottom of the page.

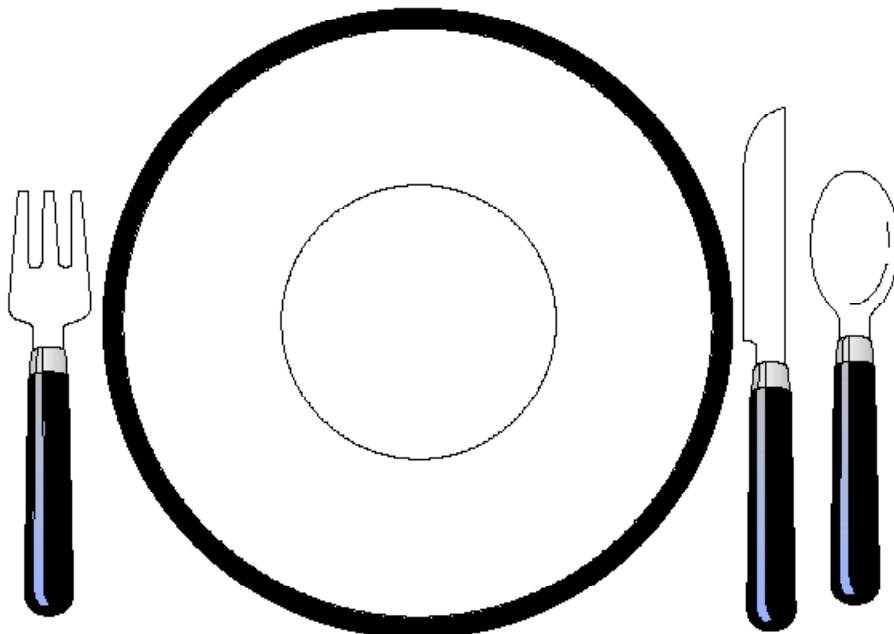
NUTRITION

HEART-SMART MEALS AND SNACKS

Choose:

- Breakfast
- Lunch
- Dinner
- Snack

Healthy _____



Choose:

- Breakfast
- Lunch
- Dinner
- Snack

Unhealthy _____