

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. (Be sure to include foods from different food groups.)

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

NUTRITION

HEART-SMART MEALS AND SNACKS

- Choose:**
- Breakfast
 - Lunch
 - Dinner
 - Snack

Healthy _____

