

Project Heart

Activities for the Classroom

Using index cards or this template, create a series of flash cards.

On the front of the card (top square), draw an action figure and label with the hero's nickname.

On the back of the card, (bottom square) write the proper name and letter of the vitamin or mineral, its function in the body, the names of foods that are good sources of the nutrient, how much you need, and other interesting facts. Sign your work with your initials.

If you used the template, cut on the dashed lines, fold in half and seal.

NUTRITION ACTION HERO FLASH CARDS

Action Hero

Secret identity (full name of vitamin or mineral) _____

Mission (role in the body) _____

Hideout (where you can find it) _____

Secret code (how much you need daily) _____

Stats (facts and figures) _____

Your initials _____