



TEXAS HEART INSTITUTE
at St. Luke's Episcopal Hospital

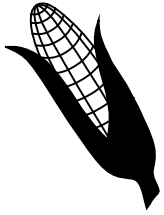
Project Heart

Activities for the Classroom

I'm Heart Smart!

by

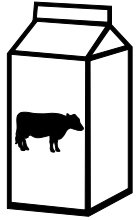
This is a picture of me with a healthy—and happy—heart!



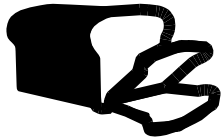
Vegetables



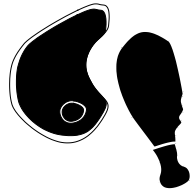
Fruits



Milk



Grains



Meats/Beans



Fats/Oils

I know something about food groups!

I learned how to plan a healthy meal. This is my favorite meal.

If I want my heart to stay strong and healthy, I need to exercise every day. These are some exercises I like to do.

My heart beats all the time—even when I'm asleep. If I want my heart to stay strong and healthy, I need to make healthy food choices. Here are some foods that are good for me.

I Have a Heart

I have a heart
You have one too.
We all have a heart,
But what does it do?

My heart is a muscle
That makes me strong.
My heart pumps blood
through me all day long.

These are exercises I want to learn how to do.