

Heart Smarts

Some activities give your heart energy and strength. Some activities make your heart take away its energy. Match the right activity to the energetic heart or tired heart.

Running

Watching TV for more than 2 Hours a Day

Skipping Breakfast

Dancing

Walking

PE Class

Sports

Hiking

Sleeping Less Than 8 Hours

Skipping Lunch

No Exercise

Sitting All Day

Playing on the Computer For Hours

Being Active Every Day

Doing House Chores

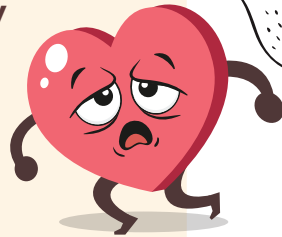
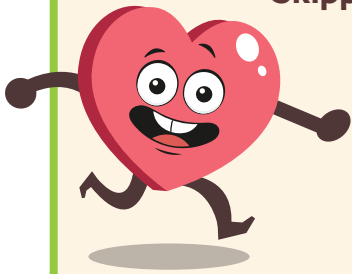
Gardening

Snacking All Day

Lying on the Couch

Helping in the Kitchen

Being Bored



Rainbow Veggie Nutrition

List as many fruits and veggies you can think of in each color!

Color	White	Red	Orange & Yellow	Green	Blue & Purple
Nutrition	Good cholesterol levels and heart health	Heart health and memory	Heart health, immune system, and healthy eyes	Healthy bones, teeth, and eyes	Healthy digestion and memory
Fruits & Veggies	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____

Heart Healthy

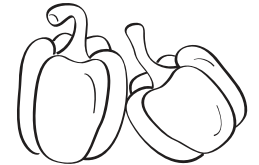
Name and color the heart healthy fruits and vegetables



_____ E _____

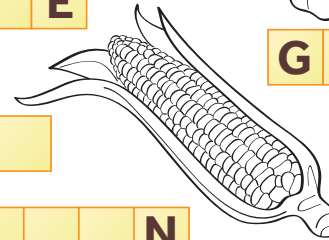


P _____



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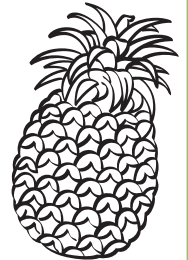
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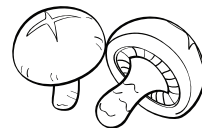
W _____ E _____ N _____

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