

  
TEXAS HEART INSTITUTE

## **Project Heart**

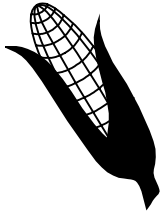
Activities for the Classroom

# I'm Heart Smart!

by

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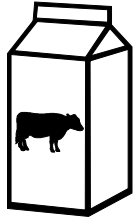
This is a picture of me with a healthy—and  
happy—heart!



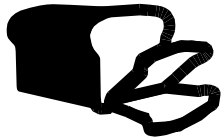
Vegetables



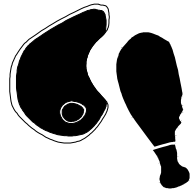
Fruits



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.