


TEXAS HEART INSTITUTE

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

Meats/Beans

Milk

Grains

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.

My Special Pump

My heart is a special pump
and it's good at pumping blood.
When I listen to my heartbeat
I hear it go lub-dub.

My heart is made of muscle,
which makes it very strong.
If I work to keep it healthy,
it will last my whole life-long!

These are things I do quietly while resting my
heart.