

Project Heart

Activities for the Classroom

Can you eat something healthy everyday for one week?

Challenge yourself to eat at least three healthy fruits and/or vegetables everyday for one week. Use the list of fruits and vegetables as a guide. (It's okay to eat other fruits and vegetables that are not on the list. It's also okay to eat the same foods more than once in the same week.)

When the week is over, turn your list in to your teacher. Keep up the challenge for 4 weeks and earn a Heart Smart certificate from the Texas Heart Institute.

NUTRITION HEART-SMART CHOICES

Day:	Fruit and/or Vegetable	
Monday	_____	_____
	_____	_____
	_____	_____
Tuesday	_____	_____
	_____	_____
	_____	_____
Wednesday	_____	_____
	_____	_____
	_____	_____
Thursday	_____	_____
	_____	_____
	_____	_____
Friday	_____	_____
	_____	_____
	_____	_____

Fruits

Apple
Apricot
Avocado
Banana
Blueberries
Cherries
Grapefruit
Grapes
Honeydew
Nectarine

Orange
Peach
Pear
Pineapple
Plum
Raspberries
Strawberries
Watermelon

Vegetables

Artichoke
Asparagus
Beans
Broccoli
Brussel sprouts
Cabbage
Carrot
Cauliflower
Celery
Corn
Cucumber
Eggplant
Lettuce
Mushroom
Onion
Peas
Potato
Spinach
Squash
Tomato

Turnip
Zucchini
Yams