

Your heart needs healthy food—not junk food—to stay strong.

Can you choose a healthy meal or snack? Using magazines and newspapers, cut out pictures of healthy foods. Glue the pictures to your plate. (Be sure to include foods from different food groups.)

**CHALLENGE:** Find unhealthy food choices and glue them to the next page.

# NUTRITION

## HEART-SMART MEALS AND SNACKS

- Choose:**
- Breakfast
  - Lunch
  - Dinner
  - Snack

**Healthy** \_\_\_\_\_

