

KID-FIT Classroom Project

“Heart Healthy Foods”

You will need:

- One template page for each child
- Scissors
- Crayons
- Paper punch
- Laces or yarn (with a taped end for easy threading)

Help children learn which foods are healthy for their heart:

1. Give each child a healthy heart foods template page.
2. Let them color the healthy foods and the background inside the heart shapes
3. Cut or tear out the two hearts, leaving a white space around the shape outline
4. Placing each child’s papers back to back, punch holes around the entire perimeter of the heart using the black outline as your guide
5. Beginning at the top center of the heart, let children lace their hearts together, stuffing with wadded up newspaper, magazine pages or recycled empty food wrappers (clean).
6. Teachers may have to help with the last few stitches.
7. Leave enough yarn at the top for hanging.
8. Display around the room, hanging the hearts from the ceiling.
9. Talk about children’s favorite fruits and vegetables from the designs and which foods are not healthy for their hearts.

Color the foods. What shape does the foods make?
Do you see any food that is not good for your heart? Circle it.



KID-FIT™ Homeplay: Save the containers from healthy foods for your child to play meal time games with. For example, clean non dairy ice cream containers, empty raisin boxes, pretzel bags filled with newspaper and taped shut, pasta boxes, etc. Replace French fries, burgers and fried chicken plastic foods (found in most store bought plastic food toys) with these.