**HEALTHY HEART PREDICTIONS**

**What you need:**
scissors

**Directions:**
1. Cut out the pattern.
2. Fold.

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1. Name a time when you took a stand.

2. Describe a heart-healthy snack.

3. Tell how a baseball relates to fruits and vegetables.

4. Name three high-sodium foods to avoid.

5. Describe a good deed that you have done or that someone has done for you.

6. Tell why sugary drinks are not heart-healthy.

7. Name one of your favorite physical activities.

8. Tell what to say to ALL tobacco products.