



Name _____

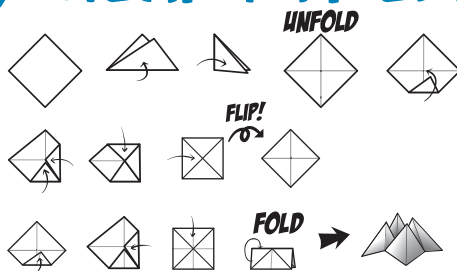
Date _____

HEALTHY HEART PREDICTIONS

What you need:
scissors

Directions:

1. Cut out the pattern.
2. Fold.



 	<p>Describe a good deed that you have done or that someone has done for you.</p>	<p>Describe a heart-healthy snack.</p>	
<p>Name one of your favorite physical activities.</p>	<p>Describe a good deed that you have done or that someone has done for you.</p>	<p>Describe a heart-healthy snack.</p>	<p>Tell why sugary drinks are not heart-healthy.</p>
<p>Name three high-sodium foods to avoid.</p>	<p>Tell how a relates to fruits and vegetables.</p>	<p>Name a time when you took a stand.</p>	<p>Tell what to say to ALL tobacco products.</p>
 	<p>Tell how a relates to fruits and vegetables.</p>	<p>Name a time when you took a stand.</p>	

