



American Heart Association.
KIDS HEART CHALLENGE™ | **AMERICAN HEART CHALLENGE™**



HEALTHY BINGO

Eat healthy foods from all 5 food groups	Make a meal plan for the week	Learn a new cooking skill	Enjoy your meal with friends or family
Try a new fruit or vegetable	Use the Nutrition Facts Label to compare two foods	Grocery shop with a list	Cook a new recipe
Draw your favorite healthy meal	FREE SPACE	Choose low sugar drinks to stay hydrated	Go for a walk or run
Wash your hands for 20 seconds with soap and warm water	Reduce food waste and eat leftovers	Have fruit or veggies for a snack	Drink water



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Life's Essential 8™

→ for kids