Healthy Hearts Food Plate

In honor of **Healthy Heart Month,** this week, we will be discussing ways to keep our hearts healthy. One large contribution to healthy heart is the foods that we eat and drinks that we consume.

Over the next few days, take some time to review healthy food and drink choices with your child by reviewing the attached documents. Then, with your child, review the provided Food Plate from [choosemyplate.gov](Healthy%20Hearts%20Food%20Plate.docx). This is a guide that displays the appropriate amounts and proportions of foods that children and adults should be consuming on a daily basis.

Finally, on the provided construction paper plate, use grocery fliers and food magazines to create a food plate using pictures of real food items.

For more fun and games about healthy eating, visit [choosemyplate.gov](Healthy%20Hearts%20Food%20Plate.docx)

Please return by Thursday 2/12/15.