



Caring For Your *Heart* Journal

Go Red for Women™ Heart Health Patch Program



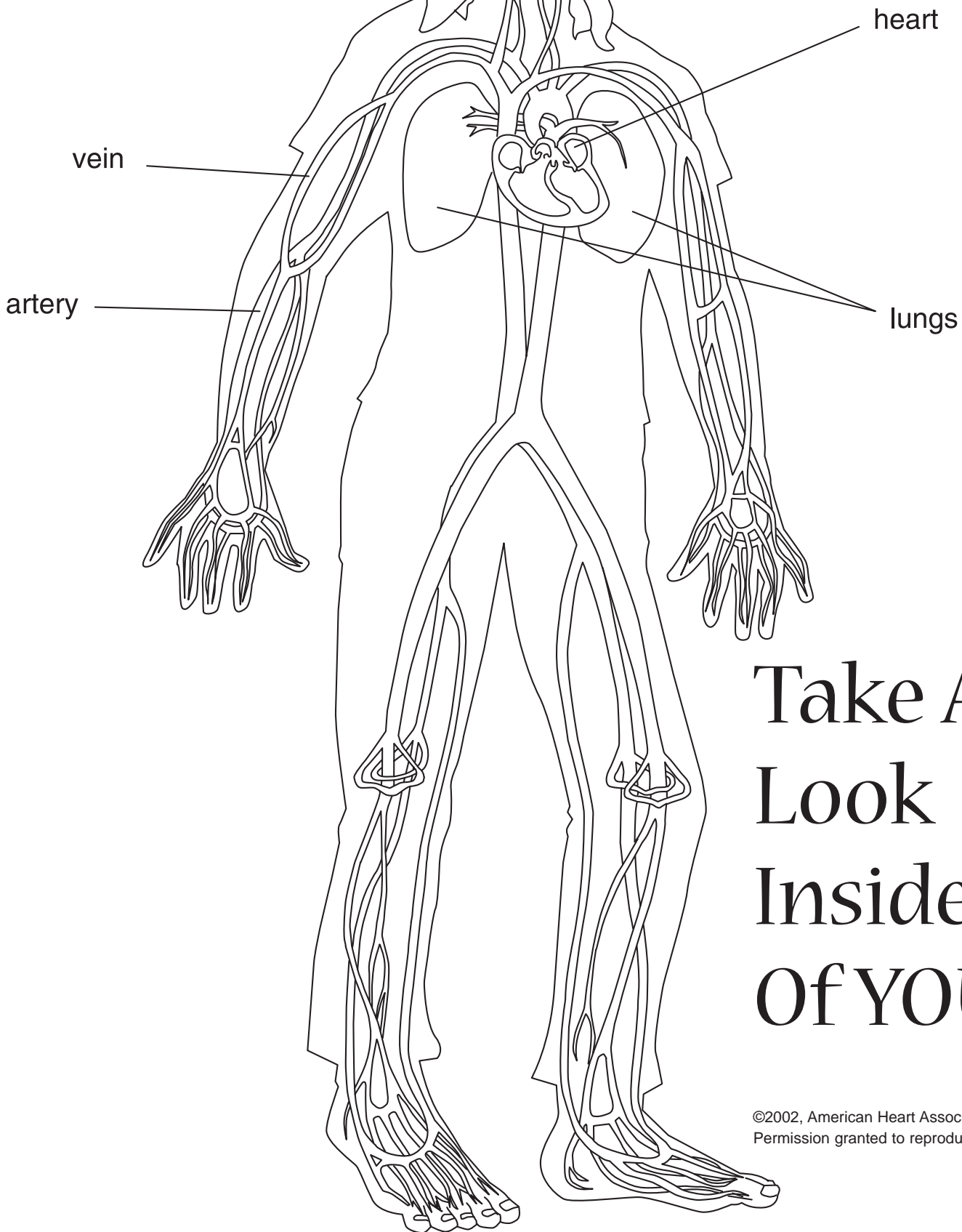
Daisies and Brownies

(Pre-K)

(K-3)

Girl Scouts of Nassau County





Take A Look Inside Of YOU!

NAME _____

Activities for the Heart

Circle the pictures that show activities that help your heart the most.



NAME _____

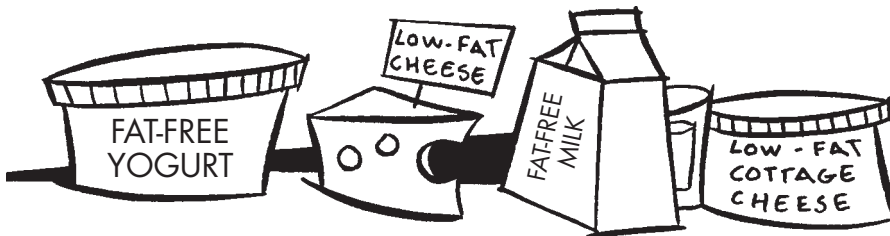
What Foods Do You Need?

Eat each of the following kinds of foods each day.
Add a food that you like to eat to each group.

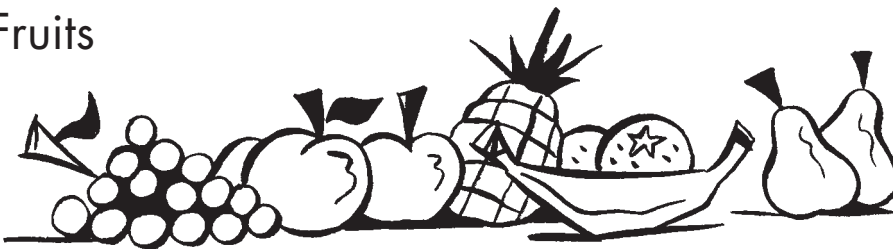
Lean Meat, Poultry, and Fish



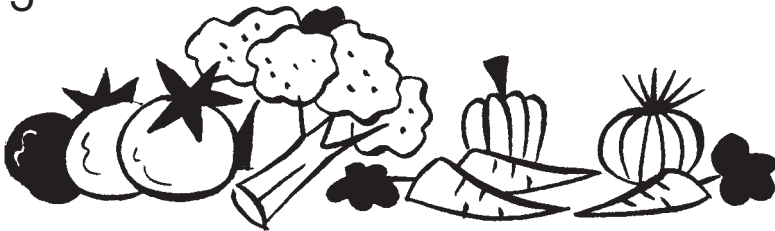
Fat-free or Low-fat Milk Products



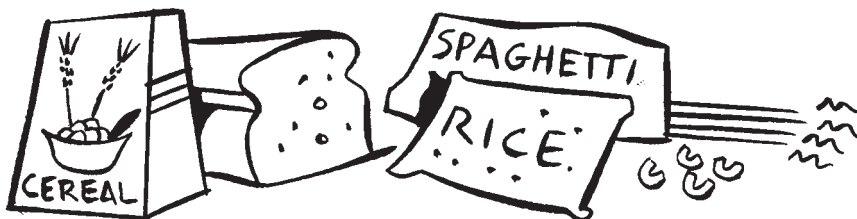
Fruits



Vegetables

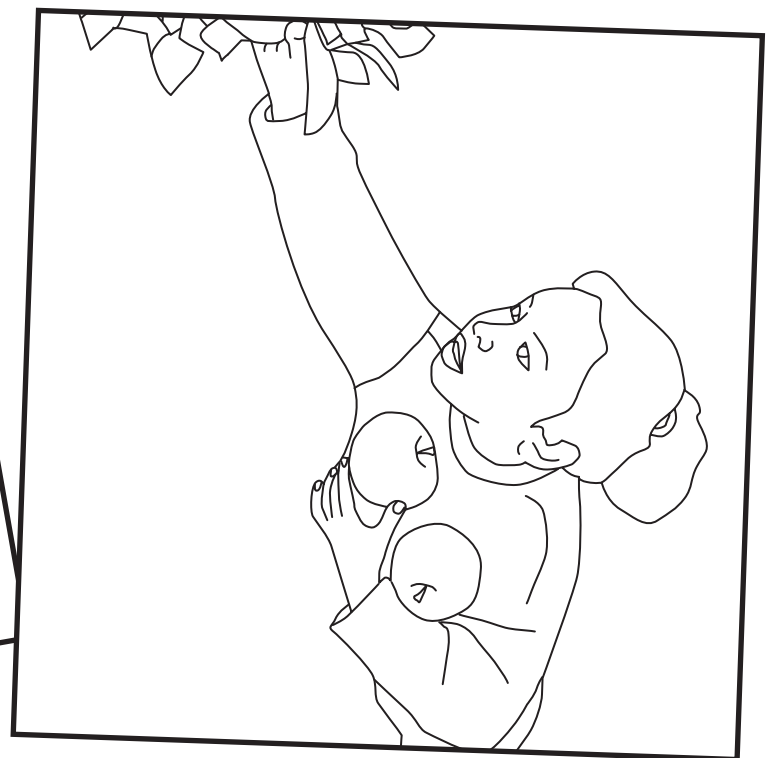


Breads, Cereals, Pasta



Outside Fun & Fitness

What activities do you like to do outside?



Inside Fun & Fitness

What activities do you like to do inside?

