A Little, A Lot Quick Activity

Have children cut out magazine pictures of food. Encourage them to choose pictures of some heart-healthful foods, such as apples, baked tortilla chips, bananas, low-fat yogurt, rice and carrots, and some pictures of some less healthful foods, such as potato chips, cookies, ice cream, cheese and fried eggs. Mount the pictures on pieces of cardboard.

Draw a small heart shape on the left side of the chalkboard and a large heart shape on the right side. Then hold up each food picture and ask children whether they think it is heart-healthy to eat a little or a lot of this food. Help children sort the pictures so that the more heart-healthful foods are displayed under the large heart and less heart-healthful foods are displayed under the small heart.