



Heart Health Awareness

Explore the importance of heart health and how different types of food have different impacts.

GUIDELINES: Based on the grid, complete the number of activities for your grade level.

	DISCOVER	CONNECT	TAKE ACTION	ANY ACTIVITY UNDER ANY KEY	TOTAL NUMBER OF ACTIVITIES
Girl Scout Daisy	1	1	1	0	3
Girl Scout Brownie	1	1	1	1	4
Girl Scout Junior	1	1	1	2	5
Girl Scout Cadette	1	1	1	3	6
Girl Scout Senior	1	1	1	4	7
Girl Scout Ambassador	1	1	1	5	8

DISCOVER

Answer the following questions.

- What is your favorite food? Do you think it is heart healthy?
- What is your least favorite food? Do you think it is heart healthy?
- How much water do you drink every day?
- How many servings of dairy, or dairy alternative, do you eat every day?
- What is your favorite snack food? Do you think it is heart healthy?
- What type of food should you limit in your diet?
- How many hours of sleep do you get every night?
- What is a cardiovascular exercise?
- What is your favorite game? Is it a good cardio exercise?
- List 3 cardio exercises you can do at home.
- How many hours of sleep does your age group require on average?

TRUE or FALSE

- Dark chocolate is good for you!
- Heart disease is the leading cause of death in the USA.
- Eating enough sodium, sugars and saturated fat will decrease your risk of chronic disease.
- A Heart Healthy diet includes dairy and dairy alternatives, vegetables, fruits, grains, and protein foods.
- You only need to eat protein foods once a week.
- View the Heart Health Awareness PowerPoint Presentation at <https://tinyurl.com/Heart-Health-Awareness>
- View the Heart Health Exercise Video at <https://youtu.be/I7lqQIpTXJk>

CONNECT

Explore the aspects of everyday life that impact heart health.

- Copy the Healthy Meal Plate to learn about healthy food options.



- Using this image, draw a Healthy Meal Plate on a blank piece of paper.
- Draw and label types of fruits, vegetables, grains, and proteins in their designated corners.
- Add color to your drawing!
- Optional: Laminate the Healthy Meal Plate to use as a placemat.

TAKE ACTION

Create your own healthy meal plate design.

- Section a paper plate into the Healthy Meal Plate food groups using the picture above. Label each section.
- Cut out magazine pictures of foods in each of the Healthy Meal Plate food groups. Sort the pictures into the correct food groups on your plate!
- Don't forget to add the important "Dairy" serving! Set a single serving yogurt lid colored blue inside or a blue colored circle next to your plate.
- Label it, telling which selection you are serving.
- Choose one of the following to discuss the information:
 - Place your Healthy Meal Plate in the center of the dinner table and talk about eating healthy meals with your family!
 - Show your Healthy Meal Plate to your friends and talk about important food choices. Discuss the [My Plate guide](#) from the USDA with them.
- Emphasize the recommendations to:
 - Enjoy your food.
 - Make half your plate fruits and vegetables.
 - Make at least half your grains whole grains.
 - Remember to include dairy or dairy alternatives in your diet.

- Try different kinds of protein food in the recommended amounts for your age and lifestyle.
- Share the [My Plate Plan widget](#) on social media.
- Drink water instead of sugary drinks.

Host a Taste Testing while you Discuss Your Healthy Meal Plate.

- Try a fruit that you have never eaten before.
- Eat some crunchy veggies: carrots, bell peppers, broccoli, and celery.
- Eat whole grains instead of refined grain foods.
- Try a vegetarian protein option.
- Wash it all down with a glass of milk, other type of dairy, or dairy alternative.

Ask your parent to help you sign the Heart Health Awareness Safety Pledge (grown-ups can sign too!)

- <https://www.change.org/HeartHealthAwareness>

The Heart Health Awareness patch program was developed as a Gold Award project by Girl Scout Natalie Neace.