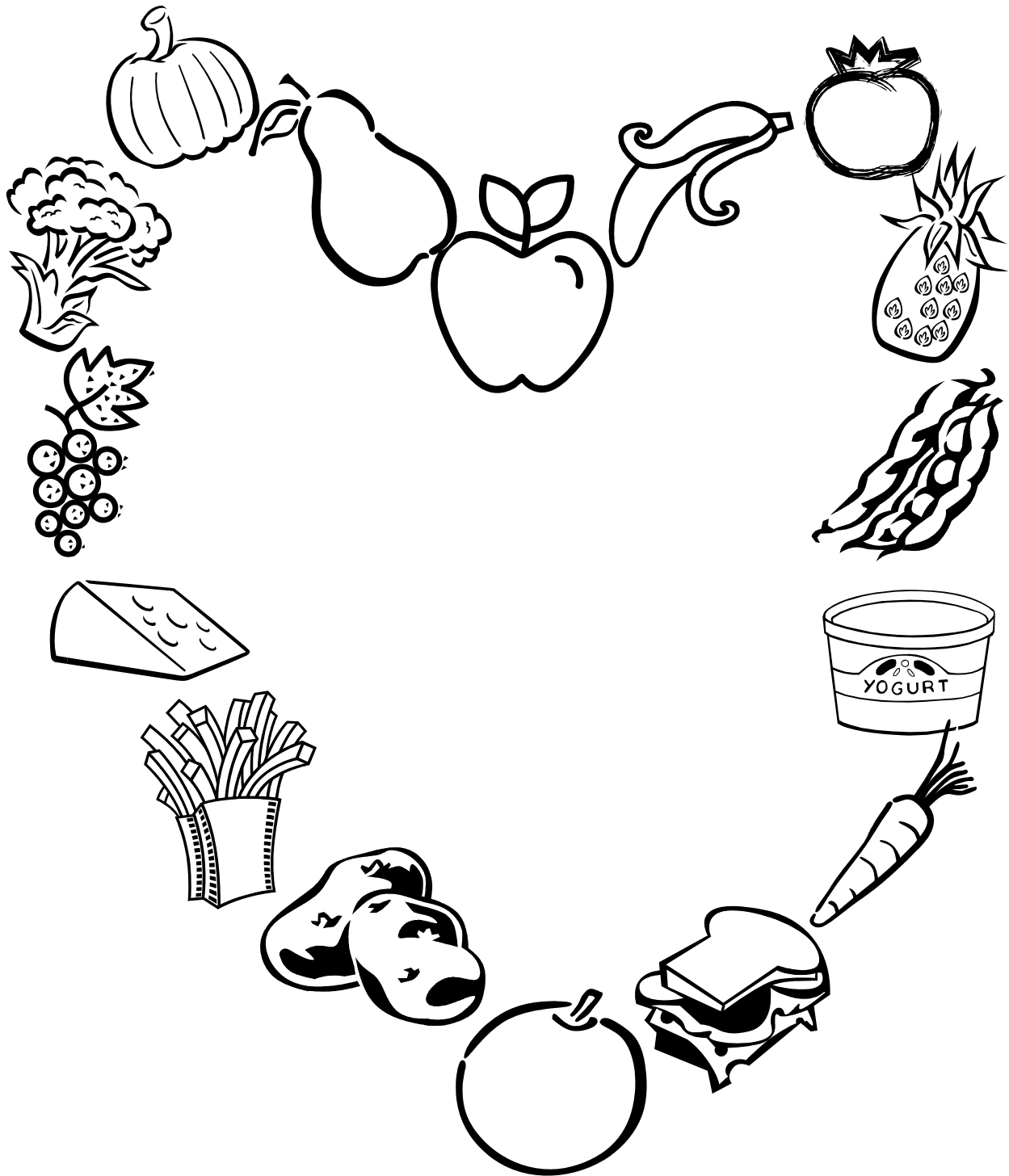


Color the foods. What shape does the foods make?  
Do you see any food that is not good for your heart? Circle it.



**KID-FIT™ Homeplay:** Save the containers from healthy foods for your child to play meal time games with. For example, clean yogurt containers, empty raisin boxes, pretzel bags filled with newspaper and taped shut, egg cartons, pasta boxes, etc. Replace French fries, burgers and fried chicken plastic foods (found in most store bought plastic food toys) with these.