



snackpals. & WinterKids

STANLEY'S SNACK ADVENTURE



Help Stanley Strawberry make a snack that shows your heart some love! Use your favorite fruits and veggies to fill the heart outline on your plate. Cut them into fun shapes or little pieces and arrange them inside the dotted heart. Try to use lots of colors like red strawberries, orange carrots, green cucumbers, purple grapes. Every color helps your heart stay healthy and strong!



TEACHER'S NOTE



When everyone's done, snap a photo of their colorful creations to celebrate healthy hearts in action!

Did you know?
Berries are full of antioxidants that keep your heart happy.