

## **Healthy Hearts**

## **Feel Good Foods**

Science Activity

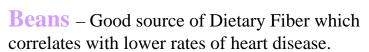
Have a Taste Test --- Give each child a taste of these *Feel Good Foods for your Heart*. You may be surprised at which foods they really like.



**Grape Juice** - Reduces the tendency of platelets to stick together and helps prevent LDL cholesterol (bad cholesterol) from oxidizing and embedding in artery walls.

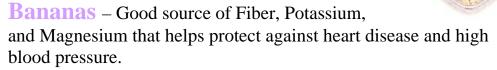


Dark Chocolate – Promotes blood vessel dilation, lower blood pressure, reduce platelet clumping & clotting, and decrease inflammation.





Oatmeal – Good source of Soluble Fiber that protects you from developing arterial plaque and heart failure.



Source: Kaboose.com

