

Berry Heart Plate

Great activity to go with February Heart Month, talk about the heart and ways to keep it healthy.



Provide each child with a paper plate along with fresh, washed raspberries, and blackberries. Start first by outlining with raspberries. Next place blackberries on inside of outline of raspberries. Repeat outline until heart is full.

While kids eat and enjoy, talk about the benefits of raspberries and blackberries.

- Low in calories
- High in fiber which helps with proper digestion and elimination
- Packed with healthy nutrients that the body needs to stay healthy and strong
- Natural sugars make berries a healthy sweet option

Remind kids they should try to eat at least 3 servings of whole fruits per day.