

Brownies Healthy Heart

If you complete these tasks then you will get your healthy heart badge (clauses we couldn't fit into meetings!)

Day	Drinks (colour blue for water, other colours for other drinks)	Food that I ate that was Protein	Food that I ate that was Carbohydrate	Fruit and veg that I ate today (draw a small picture of it)
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Design us your favourite meal - remember it needs to be a well balanced plate of food with a desert!

