

# Valentine's Day Party!



Enjoy a heart healthy holiday with these fun ideas:

## CREATIVE CRAFTS & DECORATIVE DELIGHTS

Beautify your classroom with **decorative pink and red streamers, and hanging paper hearts**. Students can even adorn themselves with their very own **Valentine's Day crown**. All you need is paper, scissors, glue and creativity!



Transform those #2's into special messages of friendship by **creating conversation heart pencil toppers** using pipe cleaners, paper hearts, markers and glue.

## FRIENDSHIP

Valentine's Day is a special day to remember people we love and care about, and this includes our good friends. Focus on concepts of **friendship, respect** and **appreciation** for others, and encourage students make these pillars of their daily lives.

## HEART HEALTHY AND DELICIOUS

The best parties include treats that not only make your taste buds jump for joy, but your whole body! Challenge students to think of as many **fruits and vegetables in Valentine's Day colors**, then include them in your classroom celebration.



## HEART LESSONS

February is American Heart Month! Take this time to explore the importance of a **strong heart for a healthy body**. How does the heart work? Where is it found? What keeps it healthy and strong?





# Fun Fare!



## Friendship Fruit Dip

- 8 oz. low fat vanilla yogurt
- 2 Tbs. 100% orange juice
- 1 Tbs. lime juice
- ½ Tbs. brown sugar
- 2 medium red apples, cored & sliced
- 1 medium red pear, cored & sliced
- 1 medium plum, sliced
- 8 large strawberries

### Directions

In a small bowl, combine yogurt, orange juice, lime juice, and brown sugar; mix well.  
Serve dip in a bowl on a large plate and surround with fruit.



<b>Total Calories</b>	140
<b>Total fat</b>	1 g
<b>Sodium</b>	40 mg
<b>Cholesterol</b>	3 mg

## Fresh Salsa

- 2 medium tomatoes, chopped
- 1 1/2 cups chopped onions
- 1/3 cup chopped fresh cilantro
- 3 jalapeno peppers, deseeded & finely chopped
- 2 Tbs. lime juice
- 2 cloves garlic, finely chopped
- 1/4 tsp. salt

### Directions

Combine all ingredients in medium bowl.  
Serve immediately or cover and refrigerate for up to 3 days.



<b>Total Calories</b>	34
<b>Total fat</b>	0g
<b>Sodium</b>	105 mg
<b>Cholesterol</b>	0 mg

## Great Grape Smoothies

- 1 cup seedless red grapes
- 1/2 cup unsweetened frozen strawberries
- 1/2 cup orange slices
- 1/2 banana

### Directions

Combine all ingredients in a blender.  
Blend until mixture is smooth.  
Pour into cups and enjoy!  
*Makes 2- 8oz. servings*

*\*For thicker consistency, freeze washed grapes before blending.\**



<b>Total Calories</b>	187
<b>Total fat</b>	0 g
<b>Sodium</b>	4 mg
<b>Cholesterol</b>	0 mg

## Sweetheart Sandwiches

- 2 pieces of whole grain bread
- 1 Tbs. reduced fat peanut butter
- 1/2 banana, thinly sliced
- 1/2 apple, cored and thinly sliced

### Directions

Thinly spread peanut butter on bread.  
Layer banana and apple slices evenly on bread.  
Cover with second slice of bread.  
Use heart-shaped cookie cutters to cut out perfect heart sandwiches.  
Arrange on plate and serve!



<b>Total Calories</b>	108
<b>Total fat</b>	3 g
<b>Sodium</b>	104 mg
<b>Cholesterol</b>	0 mg