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?
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.

Total Calories 140
Total fat 1 g
Sodium 40 mg
Cholesterol 3 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.*

Total Calories 187
Total fat 0 g
Sodium 4 mg
Cholesterol 0 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.

Total Calories 34
Total fat 0 g
Sodium 105 mg
Cholesterol 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!

Total Calories 108
Total fat 3 g
Sodium 104 mg
Cholesterol 0 mg