



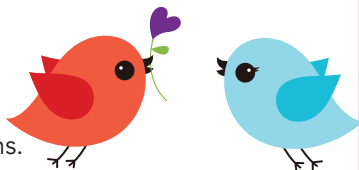
# WHAT DOES A HEALTHY HEART NEED THIS VALENTINE'S DAY?

Focus on friendship, respect and appreciation instead of food and sweets. Consider these ideas to celebrate.

## A heart needs physical activity.

Get active! And make it educational by teaching how to measure heart rates before and after exercise.

- Do a Zumba video (Children's Zumba Fitness on YouTube) or have a dance party.
- Jump rope.
- Have extra recess time.
- Toss red, pink and white balloons.
- Have a "red" relay—carry different small red items.



## A heart needs healthy foods.

- Serve pink and red foods such as yogurt, berries, watermelon, peppers, tomatoes, salsa, grapes, or apples.
- Use cookie cutters to cut fruit, pancakes, sandwiches or other foods into heart shapes.
- Offer whole grain crackers and cheese, popcorn and other snacks that follow MyPlate guidelines at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

Alternatives to candy include dried fruit, pretzels or mini-graham crackers, heart-shaped ginger snaps, pencils, stickers, glo-sticks, pencil toppers, note pads, erasers.

## A healthy heart needs laughter and fun.

- Do a heart-related scavenger hunt.
- Learn about anatomy with a puzzle or a heart lesson.
- Play Friend Bingo. Create a Bingo card with things children may have in common written in the squares, such as "has read Harry Potter," or "plays on a local soccer team." Have students hunt for friends to sign what they have done on the Bingo card.
- Set up a craft station making hearts with different materials.

## SNACKS WITH A LOT OF HEART

### Love Day Punch

Mix 1 quart of cranberry juice with 2 quarts of seltzer for a fun Valentine's drink!

### Smoothalicious Treat

(2 servings—multiply as needed)

- 1 cup vanilla low-fat or fat-free yogurt
- 1 cup strawberries
- 1 banana
- Ice if you wish to make it colder

Combine in blender until smooth.

Serve in red or pink cups with straws.

love



### Hearts on a Log

Put a new spin on a familiar treat. Spread low-fat cream cheese on celery sticks on and dot the top with dried cranberries.

### Berry Wrap or Crackers

Spread a whole wheat tortilla (or whole wheat crackers) with a thin layer of low-fat cream cheese and top with sliced strawberries.



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