



Have a Healthy Heart Valentine's Day Party!

Leave the candy out of the classroom this Valentine's Day & teach students about the importance of aerobic exercise, in 4 easy steps:

Step1: Brainstorm a list of "healthy heart" snacks with your students. Here are some easy menu ideas:

- ♥ Friendship fruit salad: blood oranges, red and pink grapefruit, red grapes, apple slices, strawberries, pomegranates, dried cranberries, or other red fruit
- ♥ Friendship veggie plate: hearts of romaine, sliced red peppers, radishes, artichoke hearts, hearts of palm, beets and tomatoes
- ♥ Valentine's Day Kabobs: Alternate red fruit or vegetables pieces with cubes of skim milk mozzarella cheese on a tooth pick or skewer
- ♥ Pink Smoothies: Blend together low-fat yogurt, cranberry juice, frozen strawberries or raspberries, banana &/or soy milk
- ♥ Edible Valentines: Spread a whole wheat tortilla with low-fat cream cheese and decorate with dried cranberries, raisins, dried coconut, strawberries... for a delicious treat
- ♥ Pink Valentine Punch: Seltzer with a splash of cranberry juice and a sprinkling of frozen raspberries
- ♥ Valentine's Day Cider: warm a mixture of apple and cranberry juice with a cinnamon stick and a handful of cranberries. Garnish with apple slices.

Step2: Send a note home to parents telling them that you will be having a Healthy Heart party. Assign specific students to bring recipe ingredients.

Step3: Teach a lesson about the circulatory system and how aerobic exercise strengthens the heart:

Recommended Lessons from District Adopted Curricula for <i>Physical Activity Promotion</i>						
Curriculum	Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
<i>Daily Quality Physical Education</i> (SFUSD adopted Physical Education Curriculum)	←←← All Levels →→→ Remember: State Law mandates 200 minutes of P.E. every 10 days!					
<i>Actions for Health</i> (ETR)	Lessons 25, 26	Lesson 10	Lessons 13, 14	Lesson 10	Lessons 10-12	Lessons 4,5,11,12,16

Step 4: Teach students how to find their pulse or have younger students feel their heartbeat through their chest. Have students count the number of heart beats in 30 seconds and have them write down the number. Then play some upbeat music and encourage student to either dance or do some calisthenics. Have them measure their heart rate afterwards. Talk to them about the importance of aerobic exercise.

Sample Letter



January 25, 2010

Dear Families,

This year on Friday, February 13, Room 106 is planning a *Healthy Heart* Valentine's Day Party. In class we are learning about healthy eating and the importance of daily physical activity. The students have decided that this year we will not have any candy, cookies, cake, soda or chips at our party! Instead, we voted to make the following recipes:

Edible Valentines & Valentine's Day Cider

Please help out by sending the recipe ingredient circled below, by Wednesday, February 11!

Ingredients & supplies:

- One dozen whole wheat tortillas
- One tub whipped low-fat cream cheese
- 8 oz. dried cranberries
- 16 oz. raisins
- 12 oz. dried coconut
- 1 pint fresh strawberries
- 64 oz. bottle apple juice
- 32 oz. bottle cranberry juice
- One bag cranberries
- 4 red apples
- 4 cinnamon sticks
- 24 plastic cups
- 24 paper plates
- 48 napkins
- 24 plastic knives

Thank you for helping keep the students in Room 106 happy, healthy & fit!