



Activate Your Heart!



Educate your students about foods that promote heart health. Discover new ways to keep your heart physically and emotionally fit!

For Yourself: Keep your heart healthy and create a plan for sustaining health and wellness. Easy changes can help you feel better and live longer.

➤ Visit http://www.healthiersf.org/Nutrition/Action6/3-Keep_Healthy/plan.html for:

- Wellness Questionnaire
- Self Care Worksheet
- Personal Action Plan
- More information!

For Your Students: This Valentine's Day, leave the candy and sugary snacks out of the classroom! Teach students and parents/caregivers about the importance of having heart healthy snacks and being physically active.

➤ Visit http://www.healthiersf.org/Nutrition/Action6/1-Teach_Students/classroom.html for heart healthy Valentine's Day party ideas.

➤ Plan a month full of activities to celebrate Physical Activity Awareness Month: take a weekly walk, do regular classroom physical activity breaks and, of course, teach the required PE lessons.

➤ Sample the *Harvest of the Month* (HOTM) with your students:

February's HARVEST OF THE MONTH: Broccoli

TASTING QUARTET!

Try this easy classroom activity with only 4 ingredients...

Bodacious Broccoli Slaw

Makes 35 servings, Prep time: 5 minutes

INGREDIENTS:

- 1 pkg. (10 oz.) shredded broccoli
- 3 oz. raisins
- 2 oz. dry roasted sunflower seeds
- 2 pkgs. (1.5 oz.) Asian Sesame dressing



PREPARATION:

1. Pour all ingredients into a large mixing bowl.
2. Mix thoroughly until evenly coated.
3. Place into bowls for each group.
4. Have students spoon 2 tablespoons of salad into a small cup.
5. Eat immediately.

Plan a Healthy Valentine's Day party with your students and serve Bodacious Broccoli Slaw!

Physical Activity Tips

Looking for a way to get your students moving on rainy days? Check out this month's new Physical Activity Tip:

- Instant Recess

Instant Recess is an easy way for you to do simple physical activities in the classroom. The exercises require no equipment and students can do all the exercises standing next to their desk. NFL athlete, Allen Rossum, leads all the exercises with enthusiasm and humor, while sharing interesting nutrition facts.

Check out the website below for a link to the *Instant Recess* video:

- <http://www.networkforahealthycalifornia.net/pa/InstantRecess.html>

For more HOTM resources, including grade level talking points, activity sheets & materials for pre-school and special education... visit:
http://lapublichealth.org/nut/LACOLLAB_Files/documents/HOTM/HOTM%20Resources.htm