Consider using food-themed Valentine messages to decorate the cafeteria, serving areas, bulletin boards, classrooms, etc.

MY PUNNY VALENTINE

I 'loaf' you a lot (bread)
Don't be 'jelly'. You're my favorite
I'm 'nuts' about you
We're the perfect 'pear'
I only have 'fries' for you (French Fries)
Here's the 'scoop'. You're so 'cool' (ice cream)
Don't go 'bacon' my heart
I really 'carrot' about you
I'm happier than I've ever 'bean'
Will you 'peas' be my valentine
My love 'pho' you is real (pho soup)
You mean a great 'dill' to me (pickle)
I love you 'berry' much (strawberry)
'Nacho' average Valentine
I love you a whole 'bunch' (grapes)
You are 'egg-squisite'
You're one in a 'melon'
You've got a 'pizza' my heart
You make my heart 'beet'
I'm 'bananas' for you
I love you from my head to my 'tomatoes'
Words cannot express 'hummus' I love you
I like you a 'waffle' lot
This may sound 'cheesy' but I think you're 'grate'
(cheese/grater)
You make me 'melt' (grilled cheese)
You're my main 'squeeze' (citrus)

HEALTHY ACTIVITIES

Valentine's Day Taste Test
Conduct a taste test using red fruits and vegetables. Will it be love at first bite?!

February is Heart Health Month
Highlight and discuss foods that support a healthy heart.

Love for Fitness
Have daily classroom/cafeteria activity breaks.

Taco 'bout a Good Friend

- Make taco shells out of yellow cardstock.
- Cut circles and fold in half.
- Use red paper and cut small paper hearts
- Use green paper and cut small strips.
- Have hearts and green 'lettuce' strips coming out of the 'taco shell'.

DAIRY fun activities your students will

at feedmyschool.org or thedairyalliance.com