

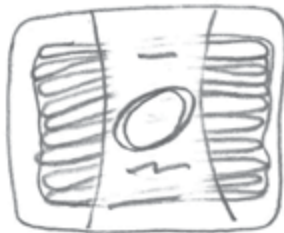
Summer Adventures Transportation

Want to feel shipshape? Try these simple, tasty

BURRITO BOATS



MAKES
6-8 burrito boats



1 lb. ground turkey



Shredded low fat
cheese

INGREDIENTS



Tomato



Salsa



Lettuce



1 package low sodium
taco seasoning



3/4 cup water

INSTRUCTIONS

Put on your helmet!

1. Now, brown the ground turkey in a pan.
2. Add the taco seasoning and water, then simmer for 5 minutes.
3. Use a lettuce leaf as a boat, then load it up! Add a 1/2 cup of taco meat, then your choice of fixings like tomatoes, cheese and salsa.
4. Set sail for a healthy meal!



DON'T FORGET TO GET 60!

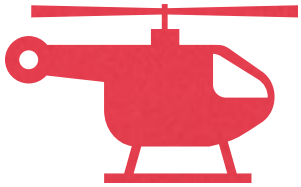
Bike, scooter, skateboard or rollerblade around the neighborhood to get 60 minutes of activity! It's a wheelie fun way to get moving.

Find more super-duper healthy summer adventures at

Shape Your Future
Summer Adventures
Transportation

WORD JUMBLE

Unscramble the words below to reveal different modes of transportation you can use to get away from tobacco!



ETOSCOR _____

ARC _____

TABO _____

RRLLEO DSBALE _____

CELBIYC _____

RPANELAI _____

USB _____

INRAT _____

XAIT _____

KRBATSDEOA _____

KRUTC _____

GAWNO _____

Scooter, Car, Boat, Roller Blades, Bicycle, Airplane, Bus, Train, Taxi, Skateboard, Truck, Wagon



For more healthy activities, travel over to

ShapeYourFutureOK.com

