

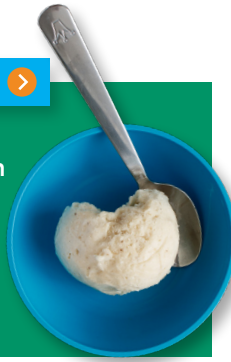
SHAPE YOUR FUTURE HEALTH AND NUTRITION TOOLKIT



Looking for ways to keep your students healthy and engaged in class or while they're on break? Use this FREE Shape Your Future Nutrition Toolkit for your virtual classroom. It's full of brain-boosting snack ideas, kids' activities, comics, coloring pages, conversation starters about vaping and more.

HEALTHY SNACK IDEAS >

Healthy snacks keep us full and energized. From Banana Ice Cream to Baked Onion Rings, our hub of healthy snacks has something for everyone... whether you want sweet or savory!



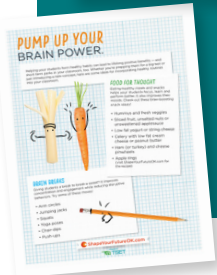
BRAIN GAMES >

From word searches to crossword puzzles, these activity sheets stimulate your students' creative minds and teach them about healthy nutrition habits — like eating plenty of fruits and veggies.



BRAIN BOOSTERS >

Forming healthy habits leads to lifelong positive benefits. This PDF is full of fresh ideas to help students implement healthy routines in and out of the classroom.



COLORING PAGES >

Teach your students the ins and outs of good nutrition in a colorful, creative way with these coloring sheets!



HEALTHY HABITS REWARD CARD >

Making healthy choices is more fun when it's a competition with cool prizes! This colorful reward card is a great way to instill healthy habits within your students.



EDUCATIONAL COMIC BOOKS >

Every kid needs a healthy role model. In this educational comic book, kids will learn how nutritious foods work together to keep them feeling healthy and strong — all day long.



VAPING FACTS & CONVERSATION STARTERS >

LESSONS & ACTIVITIES ON VAPING >

Often, the most difficult conversations are the most necessary — and it's never too early to start. Here's how to talk to your students about vaping, whether they're 5 or 18. Once you've opened a dialogue, go even deeper with these lessons and activities.



ShapeYourFutureOK.com

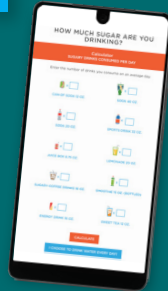


SHAPE YOUR FUTURE HEALTH AND NUTRITION TOOLKIT



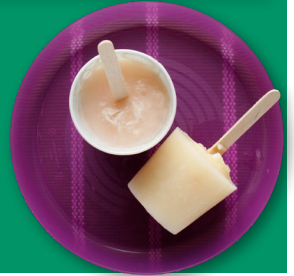
SUGAR CALCULATOR >

A fruit juice with breakfast. A sports drink with lunch. A soda after school. It may not seem like much, but it all adds up. Show your students why water is the only truly healthy choice with this sugar calculator.



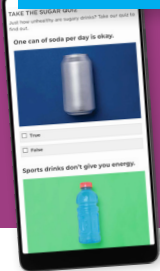
HEALTHY RECIPE: YOGURT POPS >

Skip the sno-cone stand and celebrate summer in a healthier way with these refreshing yogurt pops! Healthy swaps are what it's all about when it comes to making sustainable changes.



SUGARY DRINK QUIZ >

Put your students' knowledge to the test with this sugary drink quiz. You can use it as a pre-test before a lesson or as an assessment afterwards!



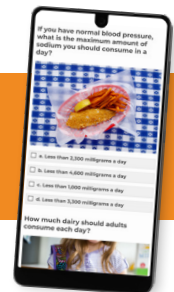
HEALTHY RECIPE: PAINTED TOAST >

Teach your students that healthy eating can be vibrant and fun with this Painted Toast recipe. Best part? It also doubles up as an art project!



NUTRITION QUIZ >

Transform every student into a nutrition whiz with this nutrition quiz! It covers topics like sodium, cholesterol, the perks of drinking water and more!



ShapeYourFutureOK.com

A Program of
TSET