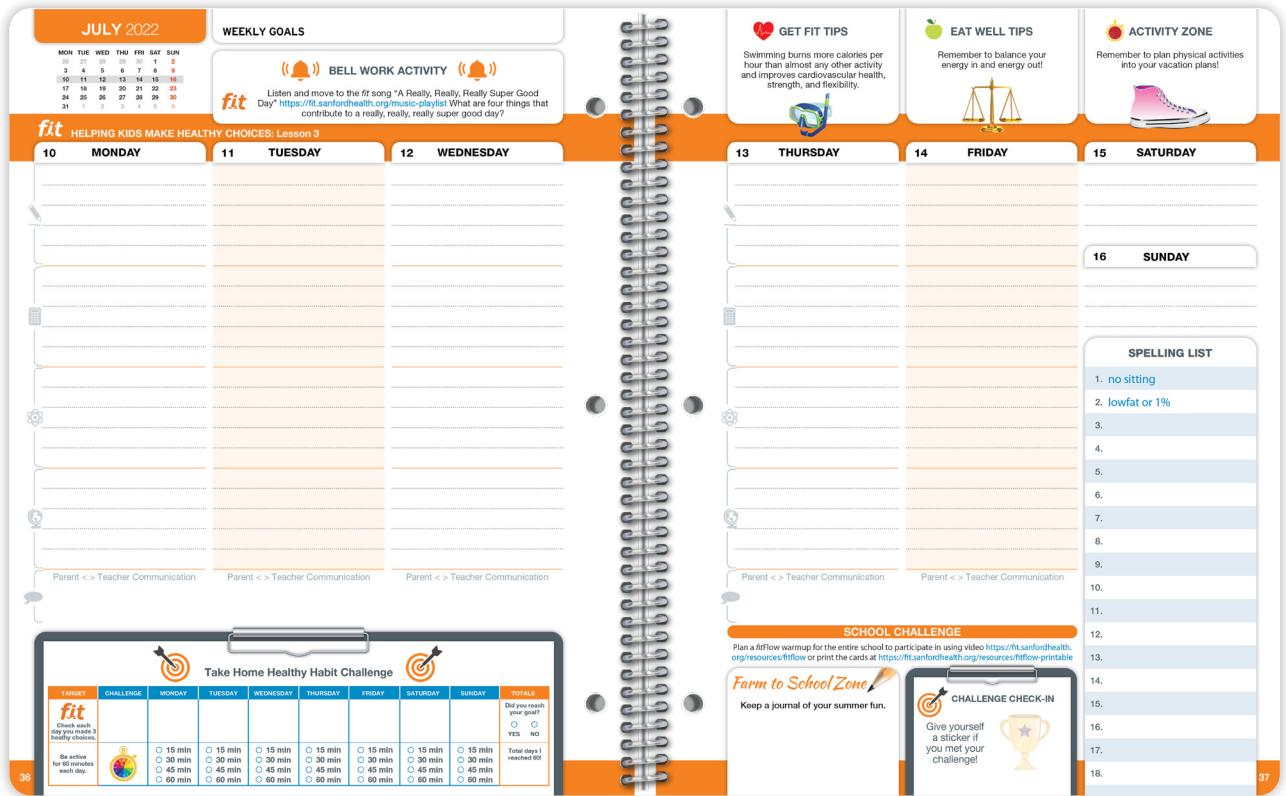




CHOOSING HEALTHY HABITS engages students with daily health-related activities at school, home, and in their communities – seamlessly integrating healthy habits into your students' day!



STANDARD CARDSTOCK COVER

WEEKLY FEATURES INCLUDE

Vertical Layout • Overview Calendar • Get Fit Tips • Eat Well Tips
Bell Work Activity • Activity Zone • Technology Activity • Eating & Activity
Logs • Doodle Zone • Monthly Health Themes • Goal Check-In
Home/School Communication • Spelling List (18 Words) • Book Club

HEALTH RESOURCES:

USDA MyPlate, Physical Activity Pyramid, Food Labels, & more!

EDUCATIONAL RESOURCES:

Life Skills, Language Arts, Math, Science, Maps, a Sticker Page, & more!

SNAP-ED DOLLARS:

Field tested and used successfully in SNAP-Ed schools.

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