**RiseVT Silver Level Classroom Educational Rewards:**

* Sugary Sweetened Beverages (PreK-8) – A hand’s on activity where students learn how much sugar is in common beverages and why water is the healthiest choice.
* Sugary Sweetened Cereal (PreK-8) – A hands-on activity where student measure how much sugar is in common cereals. They learn how to make healthier choices and how to create a balanced breakfast using MyPlate.
* Tossed Salad (PreK-2) – An active lesson where students learn about common fruits and vegetables, where and how they grow, and how they fit into a balanced meal.
* Yoga Class (K-8) – A complete yoga class for your class to learn and practice poses, mindfulness and how to prepare their minds and bodies to be ready to learn.
* Flavorland (5-8) -Tobacco vaping myths vs. facts and/or a media literacy lesson for middle schoolers
* Nutringo (PreK-6) – Nutritional fact BINGO game

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