

Carrollton High School T.A.F.H.A.



Warrior Wellness

T.A.F.H.A.

Teen Advocates for
Health Awareness

Our Goal: To decrease childhood obesity by.....

- Promote healthy habits by assisting with nutrition education and classroom activities.
- Influence healthy changes to cafeteria and vending
- Promote healthy fundraisers.
- But most importantly - TAFHA wants to promote TEENAGERS as healthy role models to the younger kids.

What we've done...

Market Wellness... T-shirts



"Chomp This! For a Healthier You!"

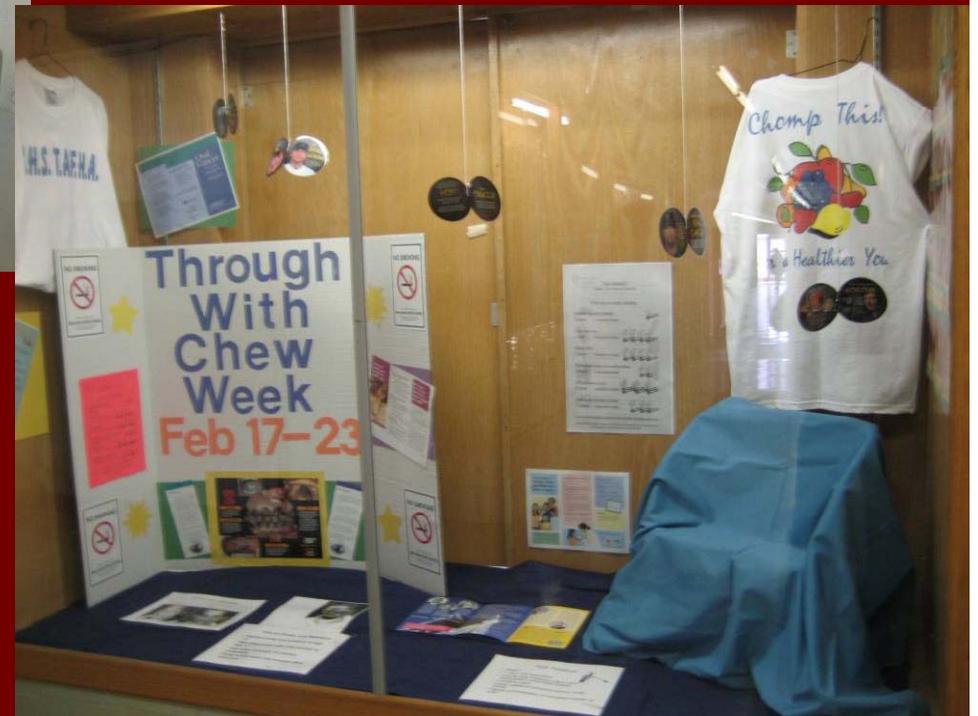
Encourage Healthier Choices in Vending Machines



TAFHA – Wellness Promotion “ Through with Chew Week”



Hand Washing activity with grades K – 2 using “glow germs!”



Healthy Fundraiser



Sub Sandwich Sale 2008 - raised **\$400**
profit in one day!

Plan, assist, and promote health fairs to 3rd graders in district

These 3rd graders are voting for their favorite food group!
Fruits won!



The children played games like the MyPyramid bean bag toss!

