



Education & Training Guidelines

Background

The **kids teaching kids**® Healthy Lifestyles program was created to help children and their parents build a lifetime of healthy habits through nutrition education and wellness activities. Each school year the program hosts the *21-Day Snacking Challenge*. It engages high school Career and Technical Education (CTE) students to teach elementary school students healthier snacking habits while providing other wellness and activity education.

Objective

Creating the script for a wellness video on an assigned topic. We encourage the Education and Training students to work with the district's lead counselor on the scenario/direction of the video. Once approved, the Audio/Visual department will produce the video with the direction of the Education & Training teacher and students.

Wellness Video Guidelines

- Develop a script for a short video (2 minutes or less)
- Coordinate with A/V students to create the final video
- Consent form needed. This includes voiceover
- Click [HERE](#) for a Wellness video example

Wellness Video Submission

- **Deadline: January 31st, 2025:**
 - Save the video file as: **Wellness Topic Name_District Name_Instructor Name**
 - Submit [HERE](#)
- **Contest Criteria:**
 - Judging criteria is based on: *relevance, originality, and quality*
 - The top 10 videos will be selected across all districts to be published in the 2025-2026 KTK Texas Recipe Book
 - If selected to be in the book, the classroom will receive funding.
 - Additional funds awarded if the wellness video is selected in the top three.