



# Shape Your Future

## Lunch Box Joke Cards

Cut these out and pack them into your kid's lunch. You can even add your own personal note to the back! Find more fun, healthy ideas at [ShapeYourFutureOK.com](http://ShapeYourFutureOK.com).

<p><b>What do you call a joyful pea?</b></p> <p><i>Hap-pea!</i></p>  <p>No joke: Fruits and veggies help you grow happier and healthier!</p>	<p><b>Why did the melon jump in the pool?</b></p> <p><i>It was a watermelon.</i></p>  <p>No joke: Fruits and veggies will help you make a splash in school!</p>	<p><b>What's a ghost's favorite fruit?</b></p> <p><i>Boo-berries.</i></p>  <p>No joke: Fruits and veggies are scary good for you!</p>	<p><b>What's the strongest vegetable?</b></p> <p><i>A muscle sprout!</i></p>  <p>No joke: Fruits and veggies give you tons of strength!</p>
<p><b>How do you fix a broken pumpkin?</b></p> <p><i>With a pumpkin patch.</i></p>  <p>No joke: Fruits and veggies will pump you up!</p>	<p><b>What's a taxi driver's favorite vegetable?</b></p> <p><i>A cab-bage!</i></p>  <p>No joke: Fruits and veggies can help you drive your grades up!</p>	<p><b>Why did the banana go to the doctor?</b></p> <p><i>It wasn't peeling well.</i></p>  <p>No joke: Fruits and veggies protect your body from illnesses!</p>	<p><b>Why did the apple do sit-ups?</b></p> <p><i>To improve his core.</i></p>  <p>No joke: Fruits and veggies and physical activity help you do better on tests!</p>
<p><b>What fruit do twins eat?</b></p> <p><i>Pears.</i></p>  <p>No joke: Fruits and veggies make a great pair. Eat them at every meal!</p>	<p><b>Why did the orange stop sprinting?</b></p> <p><i>It ran out of juice.</i></p>  <p>No joke: Fruits and veggies boost your energy!</p>	<p><b>What did the lettuce say to the celery?</b></p> <p><i>Quit stalking me!</i></p>  <p>No joke: Healthy habits — like eating fruits and veggies — will follow you for life!</p>	<p><b>What do you give a lemon that's been hurt?</b></p> <p><i>Lemon-aid.</i></p>  <p>No joke: Fruits and veggies improve your health!</p>