

Healthier Me

Wellness Fundamentals for Elementary School

The health-related choices students learn to make when they're young can have a lasting impact on their lifetime well-being, happiness, and academic success, yet 96% of elementary schools are unable to provide daily physical education. *Healthier Me* is an innovative digital course that arms elementary school students with the tools to make healthy, informed decisions when it comes to nutrition and fitness.

In *Healthier Me*, students embark on fun wellness adventures through interactive games and a spunky monster sidekick named Chester. From choosing how to get to school to creating a well-balanced cafeteria lunch, students experiment with true-to-life scenarios to achieve positive wellness outcomes.

Course Highlights



Interactive, gamified activities that reinforce key learning objectives in nutrition and fitness



Just-in-time instruction that provides guided practice and targeted feedback



Content and visuals tailored for emerging literacy

Course Topics

- ▶ Making healthy decisions
- ▶ Eating well-balanced meals
- ▶ Nutritional properties of foods
- ▶ Benefits of physical activity
- ▶ Balancing strength, endurance, and flexibility



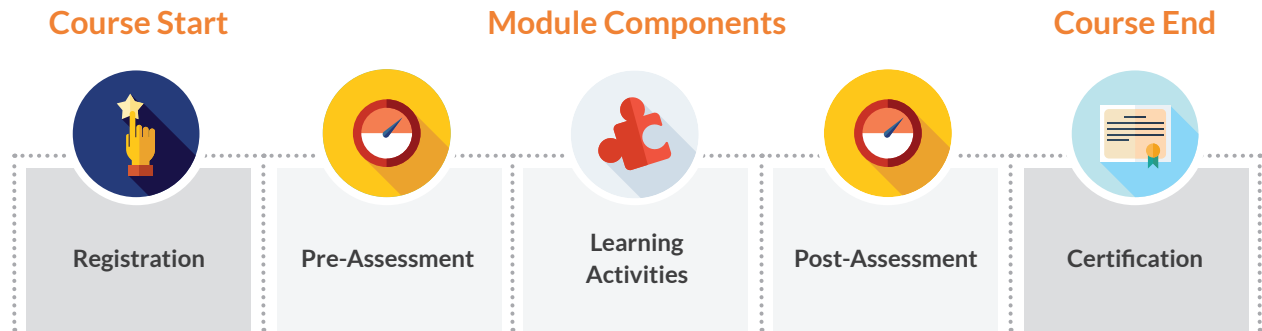
Recommended Grade Level: 1-4

Total Time: 20-25 minutes

Subject Fit: Health

Standards Alignment: National Health Education Standards (NHES), USDA Dietary Guidelines

Course Flow



97% of elementary school teachers believe nutrition education is important

"Improving Nutrition Education in US Elementary Schools: Challenges and Opportunities," Journal of Education and Practice, 2015

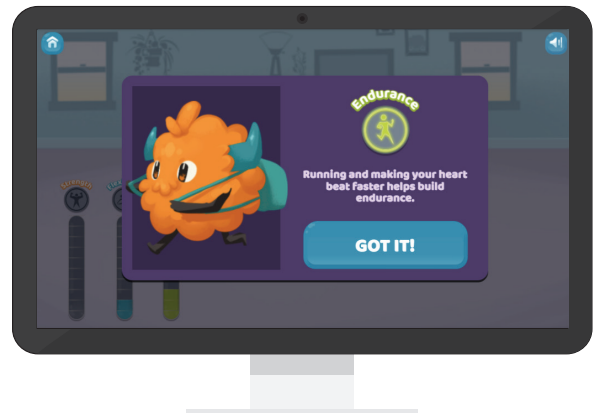
Learning Module Highlights

Meal Builder

Whether at home, at school, or out at a restaurant, young students need to learn to create healthy meals based on their available options. In this activity, students help their pal Chester eat well by creating three balanced and healthy meals over the course of a day. To succeed, they must learn about food groups (fruits, vegetables, grains, proteins, and dairy) and build colorful meals that meet the U.S. MyPlate dietary guidelines.

Fitness Adventure

For elementary-aged students, being physically fit means making small choices throughout the day that add up a fun and active lifestyle. Through an interactive storybook of their day, students help Chester prepare for a lively game of "beastball" with his friends. By choosing anything from a living room obstacle course to carrying a friend's books to class, Chester needs enough strength, endurance, and flexibility to beat out the competition.



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