

# 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. *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

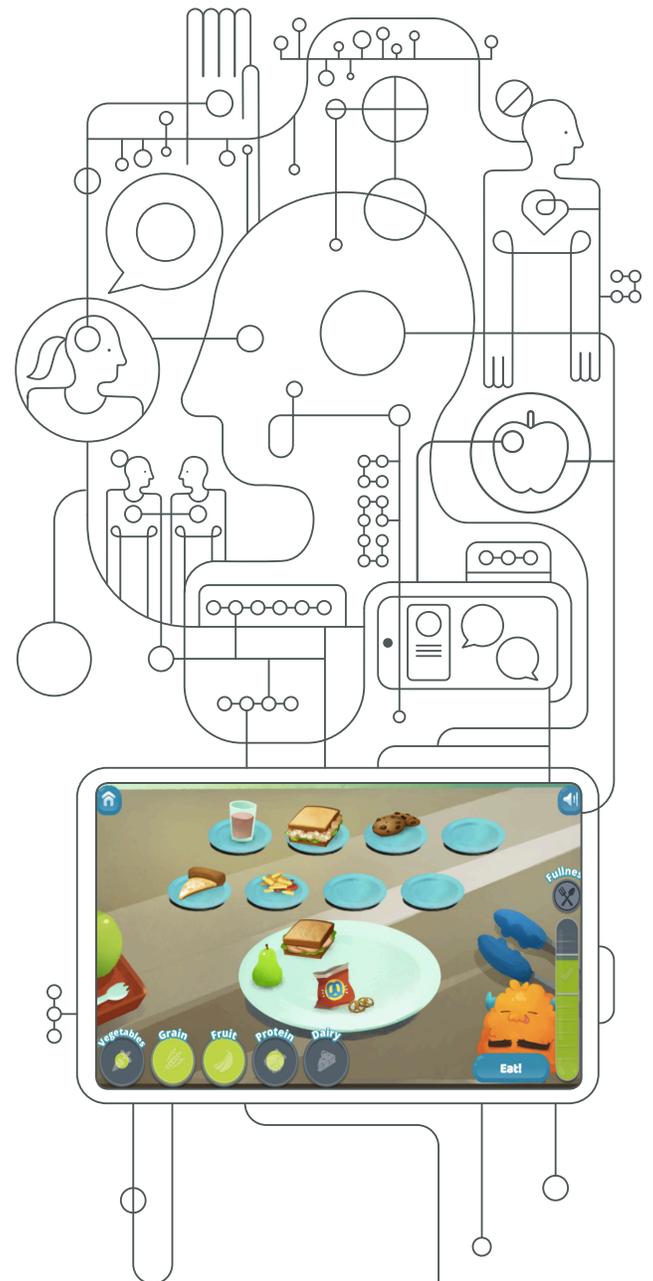
- Interactive, gamified activities that reinforce key learning objectives in nutrition and fitness
- Just-in-time instruction that provides guided practice and targeted feedback
- Clear visuals to reach students at lower literacy levels

### Course Topic Areas:

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

### As an Instructor, You'll Receive:

- Flexible implementation options and timelines
- Real-time student score reports on your teacher dashboard
- Curriculum Guide with detailed course outline
- Supplemental lesson plans
- Detailed standards alignment guide with your state-specific standards



**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



**Lesson 1**  
Meal Builder



**Lesson 2**  
Healthy Planning

**97%** of elementary school teachers believe nutrition education is important<sup>1</sup>.

**75%** of schools require nutrition education as part of health curriculum<sup>2</sup>.

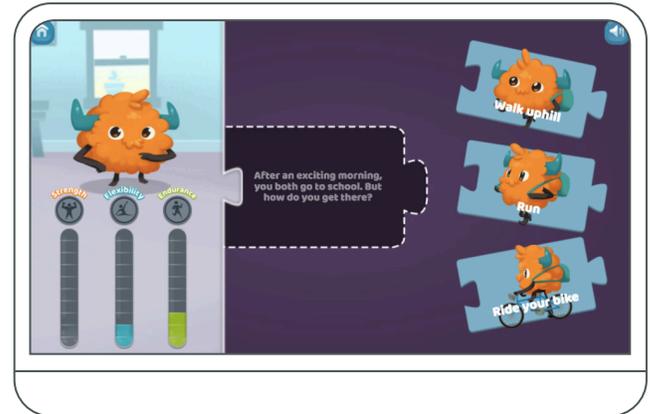
**96%** of elementary schools are unable to provide daily physical education<sup>3</sup>.

## Learning Activity 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.

**For more information about bringing this program to your school or district, visit [everfi.com/k-12](http://everfi.com/k-12)**



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1. Centers for Disease Control and Prevention (2014)

2 Perera et al (2015)

3. White House Task Force on Child Obesity (2010)