



# Course Flow



**Lesson 1**  
Meal Builder



**Lesson 2**  
Reading a Nutrition Label



**Lesson 3**  
Healthy Planning

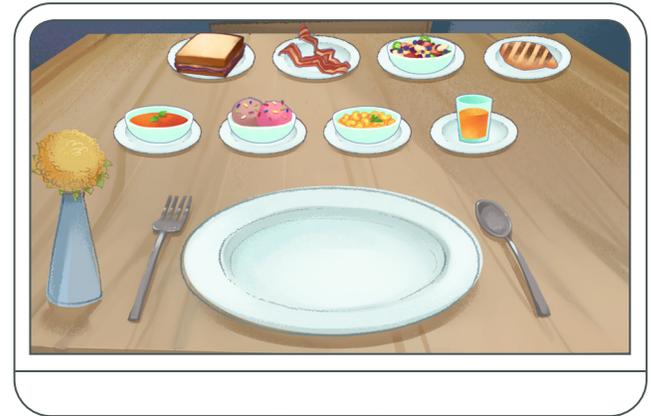
**75%** of schools require nutrition education as part of health curriculum<sup>1</sup>.

## 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 Pepper 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.

**Grocery Shopper** - Middle school students are at the point where they're starting to have more control over their health-related choices. In this activity, students take on the responsibility of grocery shopping for the family, comparing various products along the way. They analyze food package and nutrition labels, learning about everything from the importance of whole grains to the convenience of frozen vegetables.

**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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