

# Healthier Me

## Wellness Fundamentals for Middle 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 middle school students with the tools to make healthy, informed decisions when it comes to nutrition.

In *Healthier Me*, students embark on fun wellness adventures through interactive games with a spunky sidekick named Pepper. From completing the grocery shopping to creating a well-balanced cafeteria lunch, students work through true-to-life scenarios to achieve positive wellness outcomes.

### Course Highlights

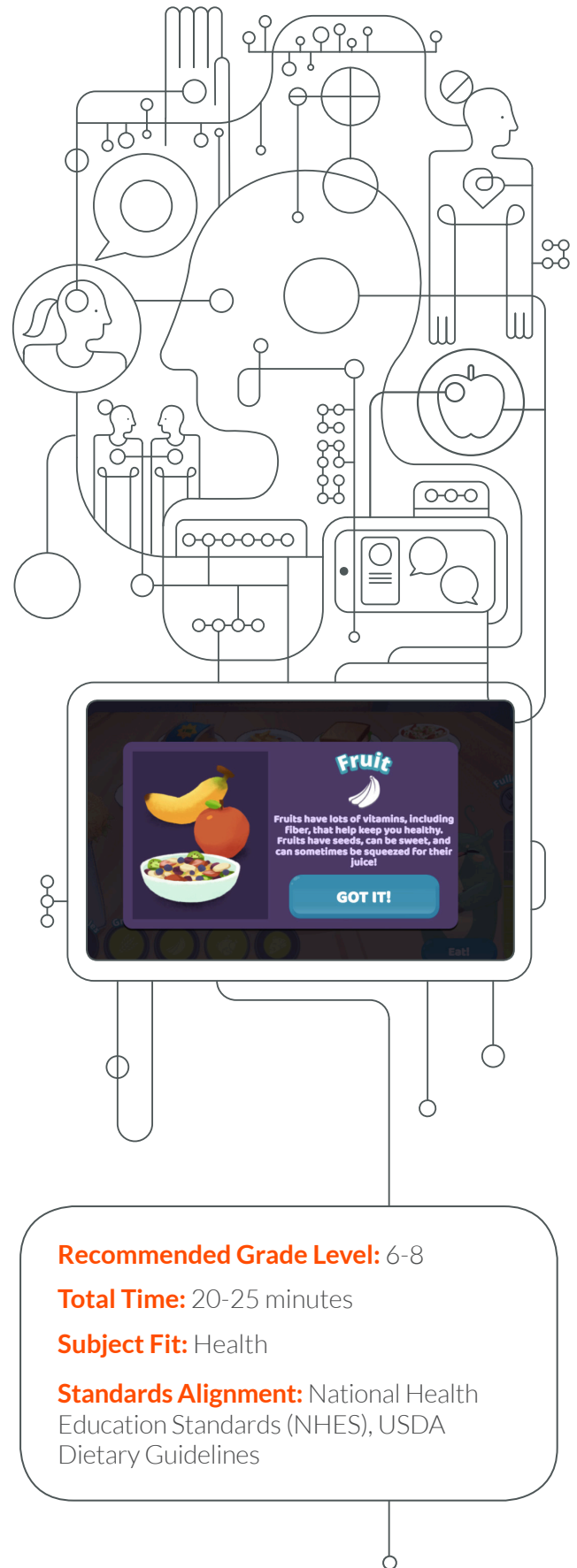
- Interactive, gamified activities that reinforce key learning objectives around nutrition and healthy choices
- Just-in-time instruction that provides guided practice and targeted feedback
- Clear visuals to reach students at lower literacy levels

### Course Topic Areas:

- Interpreting & analyzing nutrition labels
- Eating well-balanced meals
- Nutritional properties of foods
- Setting goals to increase healthy habits

### 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



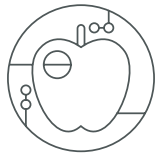
**Recommended Grade Level:** 6-8

**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**  
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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1. Perera et al (2015)