

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

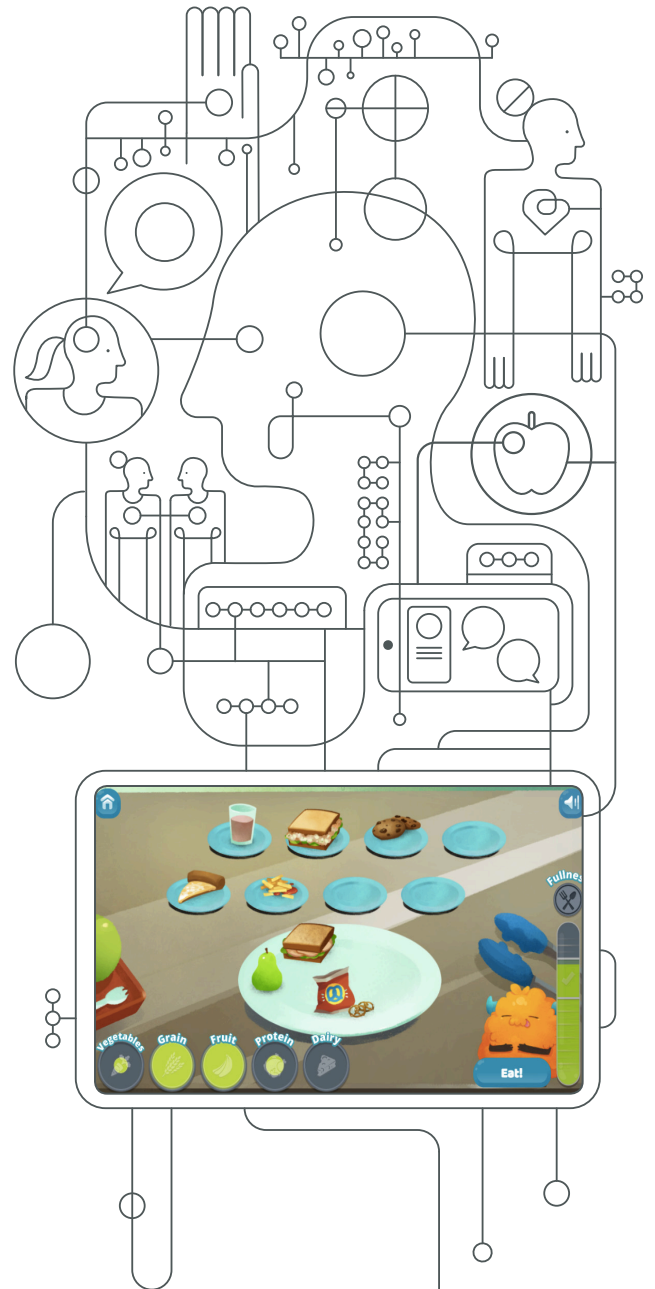
- Interactive, gamified activities that reinforce key learning objectives in nutrition and fitness
- Just-in-time instruction that provides guided practice and targeted feedback
- Clear visuals to reach students at lower literacy levels

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 important¹.

75% of schools require nutrition education as part of health curriculum².

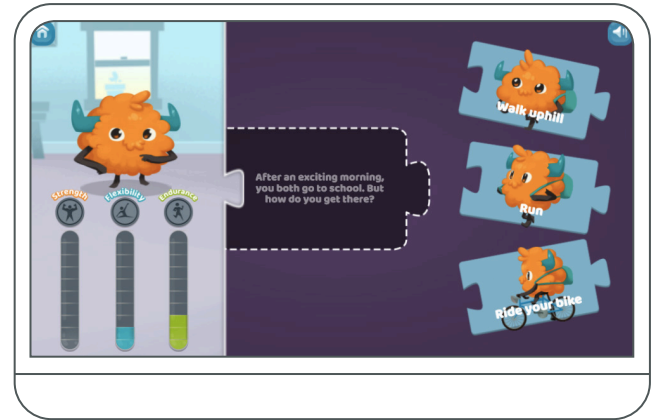
96% of elementary schools are unable to provide daily physical education³.

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



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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)

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Course Outline

Lesson	Description	Learning Objectives	Behavioral Goals
<p>Fitness Adventure</p>	<p>Students choose a variety of activities and actions throughout the day to build a balance of strength, endurance, and flexibility.</p>	<ul style="list-style-type: none"> ○ Explain how exercise is an essential part of a healthy lifestyle ○ Engage in activities that increase endurance, strength, and flexibility ○ Identify healthy physical activities ○ Identify ways to increase personal physical fitness 	<p>Students will capitalize on opportunities to introduce more physical activity into their lives in small ways throughout the day.</p>
<p>Meal Builder</p>	<p>Students build three healthy and well-balanced meals by selecting foods from each of the five food groups. They must achieve a balance and earn enough health points to succeed.</p>	<ul style="list-style-type: none"> ○ Describe the benefits of eating a nutritious diet ○ Identify situations when health-related decisions are necessary ○ Create and eat well-balanced meals ○ Describe and qualify the five major food groups ○ Classify foods into appropriate food groups 	<p>Students will evaluate and choose healthy foods out of the options available to them in order to create well-balanced meals.</p>

