

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

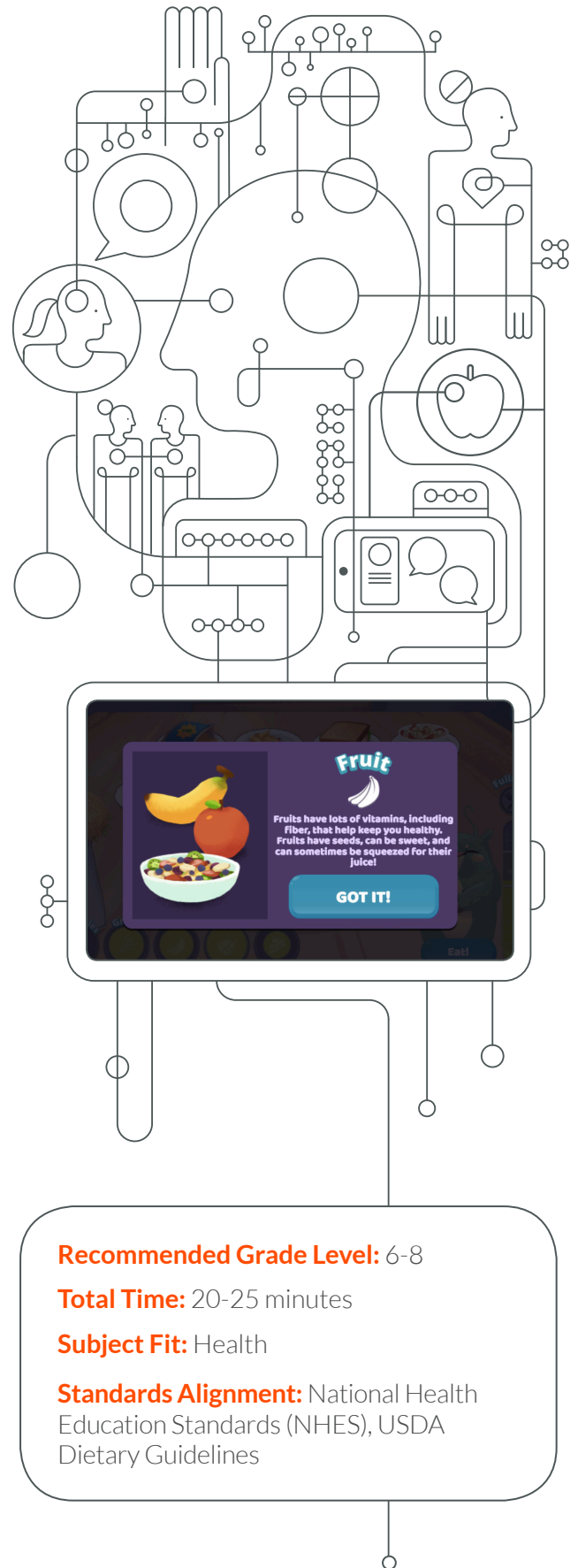
- Interactive, gamified activities that reinforce key learning objectives around nutrition and healthy choices
- Just-in-time instruction that provides guided practice and targeted feedback
- Clear visuals to reach students at lower literacy levels

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



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 curriculum¹.

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



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1. Perera et al (2015)

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Course Outline

Lesson	Description	Learning Objectives	Behavioral Goals
Meal Builder	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.	<ul style="list-style-type: none"> ○ Create and eat well-balanced meals ○ Describe and qualify the five major food groups ○ Classify foods into appropriate food groups 	Students will evaluate and choose healthy foods out of the options available to them in order to create well-balanced meals.
Grocery Store	Students are tasked with shopping for healthy foods, exploring each area of a grocery store and comparing nutrition labels to make smart choices.	<ul style="list-style-type: none"> ○ Interpret and analyze food and nutrition labels to make healthy choices 	Students will carefully observe nutrition label information to select better-for-you foods in each food group.
Goal Setting	Based on what they've learned, students create a plan for their food habits moving forward by setting and adjusting goals.	<ul style="list-style-type: none"> ○ Identify ways to increase and track healthy eating habits 	Students will become more mindful of their eating habits and use their goals to make healthy shifts.

