

# Healthier Me

## Wellness Fundamentals for Elementary School

### Course Outline

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

