

Healthier Me

Wellness Fundamentals for Middle School

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.

