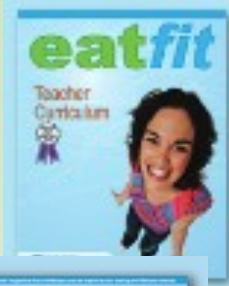


Distance Learning

Healthy Eating

EatFit (Grades 6-8) is a goal oriented education curriculum designed for middle school students to improve eating and fitness choices.



Students have access to www.eatfit.net which provides online eating analysis, recipes and exercise tips!

Physical Fitness

9 hands-on experiential lessons align with California Common Core State Standards in Math and ELA exploring the following:

- Eat Fit Foundation***
- What are you Eating?***
- Get Psyched for Fitness***
- Energy***
- Food Label Facts***
- Got Breakfast***
- Body Work***
- EatFit @Fast Food***
- Screen Time Training***



We are ready to serve your distance learning needs!

- ⇒ ***Live virtual lessons***
- ⇒ ***Pre-recorded interactive lessons***



Goal Setting



Goal setting is a powerful behavior change technique and an accessible life skill. Goal attainment is promoted using skill building experiences and social support. Guided goal setting as introduced by **EatFit**, is unique to this curriculum.

G - going to do **O** - on target **A** - attainable **L** - link your goals

Digital student workbooks with interactive activities teach and reinforce goal setting!

For more information about this curriculum or any other nutrition, garden or physical activity resources to meet your distance learning needs contact