



## EATFIT

### MIDDLE SCHOOL: 6TH, 7TH AND 8TH GRADE CLASSROOMS

**Description:** The EatFit Program consists of six to nine lessons that teach students basic nutrition concepts and physical fitness, with a focus on personal goal-setting. The EatFit curriculum includes self assessment tools, recipes and a workbook for each student.

**Goal:** To motivate teens to strive to reach their potential by making healthy food choices, setting personal fitness goals, improving self-image and gaining a stronger sense of independence.

#### **Benefits to the Classroom:**

- Lessons are taught by a trained nutrition professional.
- Program contributes to a well-rounded health education curriculum.
- All lessons are fun, interactive, and are accompanied by student worksheets.
- All materials are provided for the classroom.
- Nutrition lessons align with the Maine Learning Results for Health Education.

#### **Topics:**

- Personal goal setting
- Making physical activity fun & easy
- Making healthier food choices when eating out
- Reading the Nutrition Facts on food labels
- Recognizing appropriate portion sizes and the importance of eating breakfast

**For more information, contact your local Healthy Maine Partnership,  
visit: [www.maine.gov/snaped](http://www.maine.gov/snaped) OR call 221-4560.**