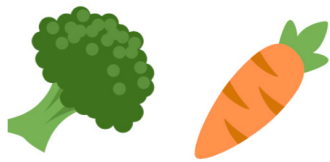


Choose Healthy is a four session series provided by the Texas A&M Agrilife Extension Service - Better Living for Texans.

This curriculum was created to teach middle-school aged kids about nutrition.



About Better Living For Texans

Vision

Creating opportunities, changing lives

Mission

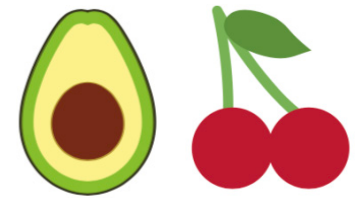
We provide research and evidence-based nutrition, health and wellness knowledge to empower individuals, families, and communities to make positive changes for healthier lives

Why implement Choose Healthy?

The information is priceless! Helping young teens develop good nutrition habits can have positive long-term effects on their health.

Teens often fail to meet dietary recommendations which can result in nutrient deficiencies leading to problems such as impaired cognitive and physical performance. **Choose Healthy** gives them the knowledge they need to prevent this.

Students will have a good time! The curriculum is designed to be interactive and engaging, ensuring that students are never bored!



How does Choose Healthy work?

It is easy! Our educators will plan and prepare each session. All they need are kids to teach and a place to teach them.

Choose Healthy series has four sessions plus an optional bonus session. Each session lasts between ~~45-60~~ minutes.
30 - 60, depending on needs

While the general topic remains the same, the specific focuses of sessions are customizable to the needs and interests of the students.

Each student will receive a Choose Healthy booklet which includes helpful resources and tasty recipes.

TEACHING MIDDLE SCHOOLERS ABOUT:

MyPlate

Energy
Balance

Making
Nutritious

Healthy
Hydration

...and so
much
more!



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