

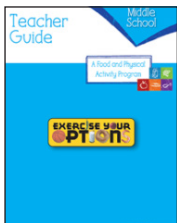
Let's Eat Healthy Education Resources (7-12)



Join the Movement at
HealthyEating.org

MIDDLE SCHOOL CURRICULUM

The middle school nutrition program aligns to education standards and gives students the knowledge they need to begin practicing healthy choices. All lesson plans and accompanying resources are free for California educators, available to order or download. The [overview](#) is to help educators use the middle school grade curriculum.



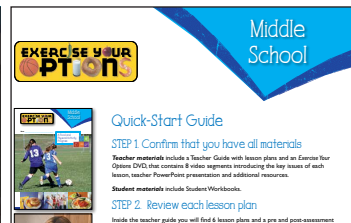
Teacher Guide + Student Workbook

[Order](#)



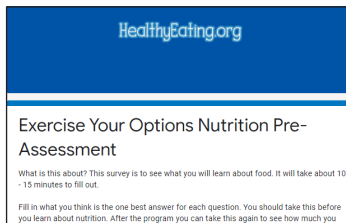
Quick Start Guide

[Download](#)



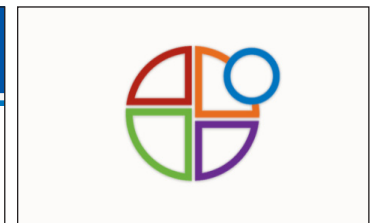
Pre+Post Assessment

[Download](#)



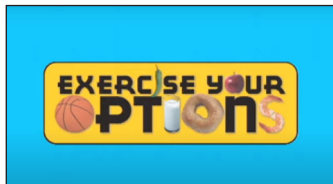
Nutrition Primer Teacher Resource

[Read](#)



ONLINE RESOURCES

Referenced in the curricula to complement lessons or to be used on their own.



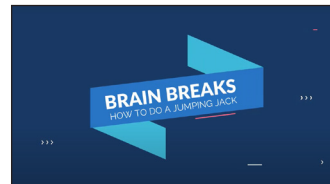
Curriculum Video Playlist

[Download](#)



Games + Activities

[Play](#)



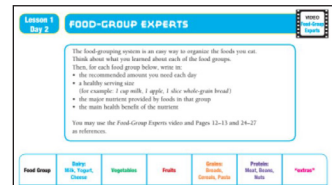
Brain Breaks

[View](#)



Free Farm to You Virtual Field Trip

[Register](#)



Fillable Workbook Slides

[Download](#)

Let's Eat Healthy Education Resources (7-12)



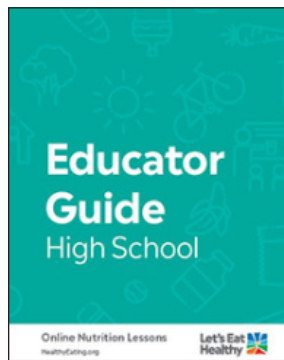
HIGH SCHOOL CURRICULUM

An entirely digital program with interactive components. These online lessons and accompanying resources are free for California educators, available to order or download. The [Educator Guide Tutorial](#) is to help educators get started, and the [Let's Eat Healthy Tutorial](#) is to help educators adapt the lessons for Google Classroom.



Online Teen Lessons

[Order](#)



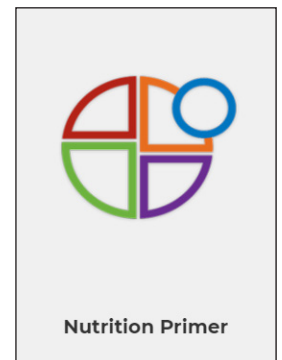
Online Lesson Educator Guide

[Order](#)



Healthy Tips for Teens

[Order](#)



Nutrition Primer Teacher Resource

[Read](#)

PARENT RESOURCES

Share these resources with families to continue the learning at home.



Nutrition Booklets

[Order](#)



"Ask a Nutritionist" Vlog Series

[View](#)

HAVE QUESTIONS?

Find your local community nutrition adviser at HealthyEating.org/CNA.

