



# 4 UR Health

Grades 6, 7 and 8

## Complete wellness education online.

Today, more than ever, eating healthy and getting enough exercise is a constant challenge, particularly for busy middle school students. Children's Health Education Center's *4 UR Health*, the latest BlueKids.org e-learning program designed for students in grades 6 through 8, helps students learn about eating right, staying fit and feeling good about their bodies.

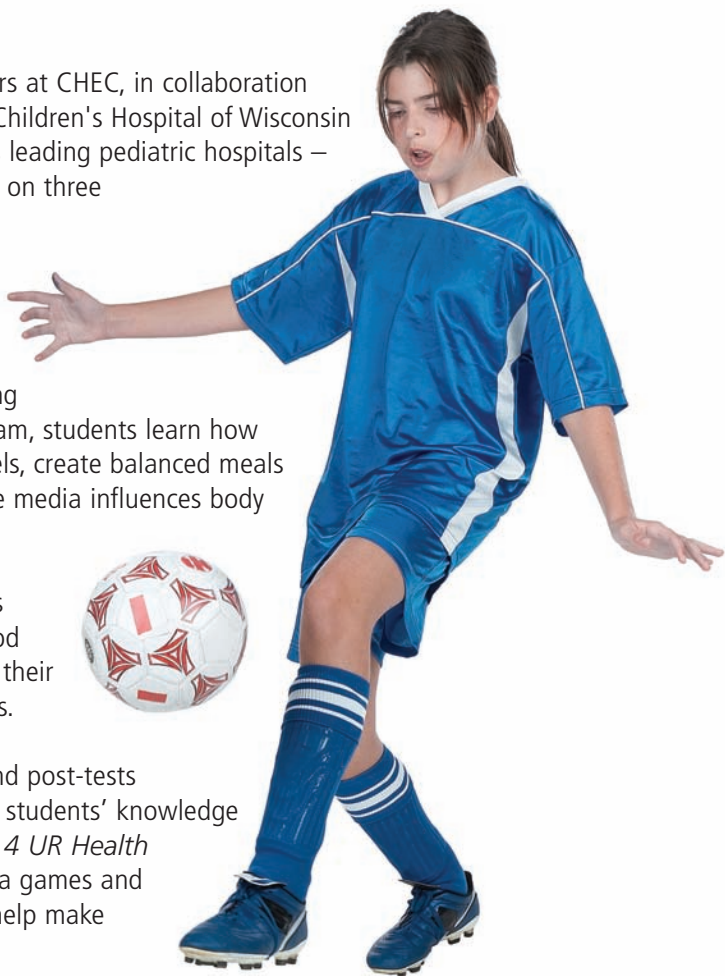
Designed by educators at CHEC, in collaboration with nutritionists at Children's Hospital of Wisconsin – one of the nation's leading pediatric hospitals – *4 UR Health* focuses on three

wellness topics:

- Nutrition.
- Physical activity.
- Body image.

During the semester-long Internet-based program, students learn how to read nutrition labels, create balanced meals and discover how the media influences body image. Goal-setting activities encourage students to find ways to make healthier food choices and increase their physical activity levels.

In addition to pre- and post-tests designed to measure students' knowledge of healthy behaviors, *4 UR Health* features exciting trivia games and other activities that help make learning fun.



**“The program provided activities that the students enjoyed so much they went home and logged on to play them!”**

*– Jennifer Day-Nelson, middle school teacher  
Dodgeville, Wis.*

*4 UR Health* can be used as a supplement to your current health education and/or your school's wellness initiative. It encourages students to use critical thinking and decision-making skills while engaging them through interactive online methods.

*4 UR Health* features a comprehensive teacher's guide that prepares teachers to use CHEC's e-learning solution in their classrooms. The guide provides:

- Details of all activities and lessons.
- Learning objectives aligned with national standards and core concepts.
- Classroom implementation strategies.
- Alternative teaching delivery methods.
- Take-home activities.
- Additional resources.

*4 UR Health* is an affordable solution. You may purchase the course on a one-time basis or by an annual license agreement through your school district. Program discounts are available to fit classroom or school district budgets. E-mail CHEC at [chec@chw.org](mailto:chec@chw.org) for more information.

### **Course name**

*4 UR Health*

### **Target age group**

Grades 6-8

### **Course content**

Nutrition, physical activity, positive body image, decision-making, goal-setting.

### **Instructional strategies**

Pre- and post-tests; interactive learning activities and games; individual activities.

### **Target course length**

12 weeks (12-15 classroom hours).

### **Technical requirements**

High-speed Internet connection, sound card, video card, headphones. PCs or Macs.

### **Aligned to the following standards**

- Health content meets the criteria of the National Health Education Standards.
- Curriculum meets technology standards as defined by the International Society for Technology in Education in the National Educational Technology Plan.

### **Support materials**

- Teacher's guide.
- Tech support.
- e-Learning consultant.

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**All BlueKids.org online curriculum is brought to you by the health education experts at CHEC. Affiliated with Children's Hospital of Wisconsin, one of the leading pediatric hospitals in the country, CHEC is committed to partnering with teachers to help students make healthy choices for life.**

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