

NUTRITION ESSENTIALS

Each lesson is designed to be short (5-10 minutes) and includes an activity to reinforce learning. The lessons flow logically, building knowledge gradually while encouraging users to apply what they learn.

Lesson 1: Why Nutrition Matters

- What is nutrition?
- How food fuels our body
- Why eating well supports long-term well-being

Activity (5 min)

- Self-Reflection: "What does healthy eating mean to you?" (User types a response)
- Quick Journal Prompt: "List 3 foods you eat often. Do you consider them nutritious? Why or why not?"

Lesson 2: The Six Essential Nutrients

- [CONTENT](#)
- Overview of macronutrients: Carbs, Proteins, Fats
- Overview of micronutrients: Vitamins, Minerals
- The importance of water

Activity (5 min)

- Quick Quiz: Match nutrients to their primary function (e.g., "Which nutrient is the body's main energy source?")

Lesson 3: Understanding Food Labels

- How to read a nutrition facts label
- Key things to watch for: Added sugars, sodium, unhealthy fats
- The importance of serving sizes

Activity (10 min)

- Kitchen Scavenger Hunt: Look at 3 food labels in your kitchen and write down:
 - Total sugar vs added sugar
 - Sodium content
 - Type of fat (saturated, trans, etc.)
- Reflection: "Are you eating more sugar or sodium than you thought? How do you feel about what you discovered?"

Lesson 4: Building a Balanced Plate

- The basics of a Balanced Plate (MyPlate)
- Nutrient-dense vs. calorie-dense foods
- The importance of variety
 - [Example visual](#)

Activity (8 min)

- Mini Meal Plan: User builds a meal by choosing foods from different groups.
- Scenario Question: "You're in a hurry and need a quick meal. Which of these options is the most balanced?" (Multiple choice)

Lesson 5: How Nutrition Affects Energy & Mood

- How food impacts energy levels
- Blood sugar spikes and crashes
- Foods that support brain health
- Impact of food choices on sleep etc
 - Stories as examples of how food can impact negatively or positively

Activity (5 min) - do one of the following:

- Food Mood Tracker: "Write down what you ate today and how you felt afterward. Did you feel energized or sluggish?"
- Small Change Challenge: "Tomorrow, swap one processed snack for a whole food option. Pick one: 🍎🥑🌽"

Lesson 6: Making Healthy Eating Enjoyable

- Eating healthy doesn't mean boring!
- Tips for exploring new foods

- Mindful eating and savoring flavors

Activity (5 min) - do one of the following:

- Try Something New: "Pick one new fruit, vegetable, or whole grain to try this week. Type it here so you remember!"
- Mindful Bite Challenge: Next time you eat, slow down, chew thoroughly, and describe the taste & texture in the app.

Lesson 7: Overcoming Common Barriers

- Eating healthy on a budget
- Quick & easy meal ideas
- Navigating social situations and cravings

Activity (5 min)

- Pick a Strategy: "Which of these challenges do you face the most?" (Cost, Time, Picky Eating, etc.)
- Customized Tip: Based on their choice, they receive a tailored tip or habit suggestion.

Lesson 8: Small Changes, Big Impact

- Recap of key nutrition takeaways
- You don't need a full diet overhaul! The power of small, consistent changes.
- SMART goals
- Eating Patterns?

Final Activity: Ready to make a change? (5 min)

- Commit to ONE Change: "What's one small change you could make starting today?" (User types response)
- Create a SMART goal (optional)
- Test Drive (optional): Encourage daily check-ins for 1-week (trackers)
- At the end ask, would you like to turn this into a habit? (Choose Your Own Adventure ... future version)

Other ideas:

Intake quiz assesses users level of knowledge; outcome reassesses and measures increase in understanding

Users can revisit past lessons.

Encourage users to share their insights or meal ideas in a community forum. Provide extra resources (e.g., recipe ideas, grocery shopping tips).