



Quick-Start Guide

Five online lessons empower teens to make small steps toward healthier eating habits through technology. Learn more at HealthyEating.org/EMW.

STEP 1. Register for *Eat Move Win* at HealthyEating.org/EMW

STEP 2. Set Up Classes

- * Go to **My Classes** and select **New Class** to enter one class at a time.
- * If students do not have access to electronic devices, select “None” under **Student Devices**.
- * Follow the instructions on the screen to generate student logins.

New Class

Class Name

Class Period

Class Start Date

Class End Date

Class Term

Student Devices Individual/Group None

of Students

Classes

Sort Reverse

Class	Period	Term	Start Date	End Date	Student Devices	Is Active
Life Skills	1st	Fall	08/29/2017	12/15/2017	Indiv/Group	Yes
Health	4th	Spring	01/08/2018	06/15/2018	Indiv/Group	Yes

- * Click on each class to view student logins. To print, click the **Passwords-PDF** button (pop-ups must be enabled to view the file).

Students

Sort Reverse

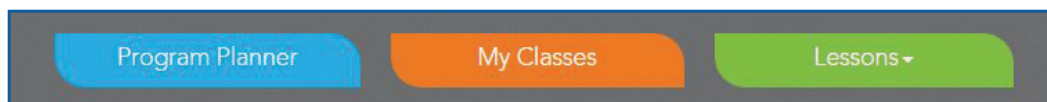
First Name	Last Name	Username	Password	Lesson 1 Quiz	Lesson 2 Quiz	Lesson 3 Quiz	Lesson 4 Quiz	Lesson 5 Quiz
Student1	2nd Period	Student1-2218	b54jd-iuse	--	--	--	--	--
Student10	2nd Period	Student10-2218	dq8rf-wqae	--	--	--	--	--

STEP 3. Students Log In at EatMoveWin.org

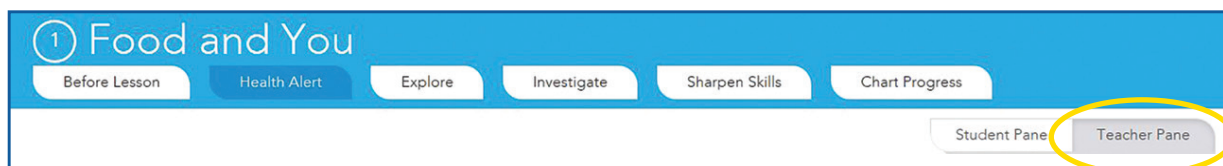
- * Provide each student with his or her personal computer-generated username and password.
- * Direct students to log in at **EatMoveWin.org** where they should:
 1. Change the assigned password to one they can remember. Remind them teachers can see their passwords.
 2. Add first and last name to their profiles so you can match students in the grade book with their quiz scores.

STEP 4. Prepare for the Lessons

- * Under **Lesson** on the top navigation bar, select a lesson and review the **Before Lesson** tab. This tab is viewable only to the teacher to help plan the lessons. It provides learning outcomes and links to resources that enhance learning. Reviewing the lesson components and hyperlinks ahead of time ensures your school allows access to what you need.



- * For teaching tips and instructions, click on the **Teacher Pane** in each lesson. The Teacher Pane button is found in the Health Alert, Explore, Investigate, Sharpen Skills and Chart Progress sections. Students do not have this button.



- * For additional planning tips, visit the **Program Planner** section on the top navigation bar.

STEP 5. Teach the Lessons

- * Lessons were developed to fit within one class period. For a stronger impact, teach 1 to 2 lessons per week. Healthy behavior changes are more effectively accomplished over a period of time.
- * To gain class time, the following components can be assigned as pre-work outside of class:
 - Students can read and annotate the **Health Alert** and **Backstory**.
 - Students should complete the **Self Survey** food and daily activity logs outside of class (found under the **Explore** tab).
- * After completing Lesson 5, students can apply knowledge in the **Performance Task**, found under the **Lessons** tab after Lesson 5. Students should be encouraged to apply the same SMART strategy for improving their food environments in and out of school.

STEP 6. Assess Student Learning

- * Conclude lessons with 10-question multiple choice quizzes. Activate the quizzes for each lesson under **My Classes**. Students will not see the quiz until you activate it for each class and lesson.
- * Direct students to the quizzes under the **Chart Progress** tab in Lessons 1–5. These auto-graded assessments allow students to demonstrate their understanding.
- * The **Teacher View** of **Chart Progress** shows the quiz answers.

Stay in touch with new program developments on the Facebook group for Eat Move Win at [Facebook.com/Groups/EatMoveWin](https://www.facebook.com/Groups/EatMoveWin).

Quizzes

Select Quiz to Activate:

✓ Lesson One

Lesson Two

Lesson Three

Lesson Four

Lesson Five