

Navigating your MyShapers Course

After Signing up, log into the site, and you will see your Course.

MYSHAPERS
MAKING HEALTHY FUN! .COM

The course you are Enrolled in.

Home Sign Up About Us Providers Contact

MyShapers for 9 to 11 year olds

This is an alternate Navigation menu. You can use either one.

Course Status: Completed

Course Content

Expand All | Collapse All

| LESSONS | STATUS |
|------------|--------|
| 1 Lesson 1 | ✓ |
| 2 Lesson 2 | ✓ |

COURSE NAVIGATION

- ➔ Lesson 1
- ➔ Lesson 2
- ➔ Lesson 3
- ➔ Lesson 4
- ➔ Lesson 5
- ➔ Lesson 6

Start with Lesson 1
Click on it and the Topics for the lesson will show under the lesson.

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Lesson 1

Welcome to Shapers Lesson 1

This lesson is all about making positive, healthy choices.

Have Fun!

Start with Lesson 1-00 this contains a Welcome letter, a medical questionnaire needed to asses the student's progress and a Pre-Knowledge quiz.

Alternate navigation helps if you get a bit lost! Completed topics will have a green icon. Topics you have not completed will have a gray icon.

| LESSON TOPICS | STATUS |
|-------------------------------------|--------|
| 1-00 Getting Started with MyShapers | ✓ |
| 1-01 Welcome to MyShapers | ✓ |
| 1-02 Role Play | ✓ |
| 1-03 Let's Talk About Food Groups | ✓ |

COURSE NAVIGATION

- ➔ Lesson 1
 - ✓ 1-00 Getting Starter
 - ✓ 1-01 Welcome to M
 - ✓ 1-02 Role Play
 - ✓ 1-03 Let's Talk Abou
 - ✓ 1-04 What Goes on
 - ✓ 1-05 Let's Go to the
 - ✓ 1-06 Got to Love thi
 - ✓ 1-07 Fruit, Nature's
 - ✓ 1-08 Got Dairy?
 - ✓ 1-09 Let's Eat Prote
 - ✓ 1-10 Healthy Oils
 - ✓ 1-11 What is a Cont
 - ✓ 1-12 Lesson 1 Revie
- ➔ Lesson 2

1-Pre Knowledge Evaluation

Click on the START QUIZ Button when it appears at the bottom of a Topic.

Since you have not started the MyShapers Lessons yet, you are not expected to know the Quiz. Just do your best! You will do better after you complete the class!

START QUIZ

Select two healthy snacks foods.

Carrots



Cookies



Pizza



Apple



After making your selections on a Quiz question, click on the NEXT button to move on to the next question.

NEXT



Orange



When you have completed all questions, click on the FINISH QUIZ button.

FINISH QUIZ



If a Topic has no Quiz, you will need to Click on the **Mark Complete** button to move on to the next Topic. The next topic link will not work until you mark the current Topic as Complete.

to, download either the Myplate for the next topic.

★ MyPlate for Boys

★ MyPlate for Girls

Mark Complete

Make sure you Download any available documents before you move on the the next topic.

Next topic link.

← Previous Topic Next Topic →

Have Fun and Be Healthy!