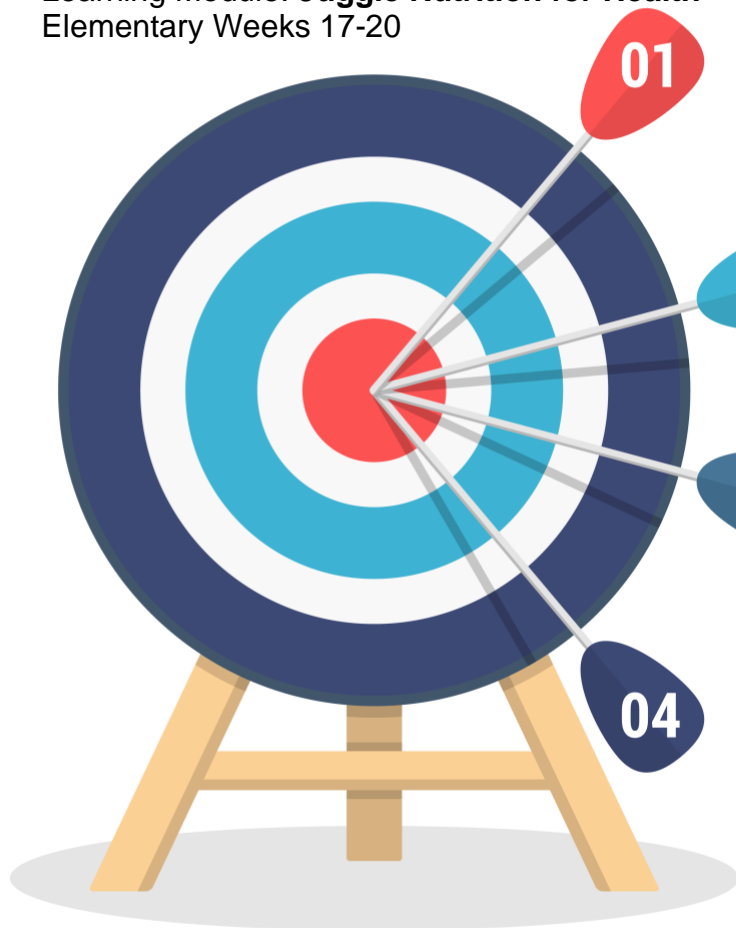




Learning Module: **Juggle Nutrition for Health**
Elementary Weeks 17-20

Healthy Body

I will recognize foods that promote good health.



Healthy Mind

I will recognize that physical activity is good for emotional and mental health.

Enjoyment & Challenge

I will identify physical activities that I like and that are challenging.

Building Skills

I will practice basic juggling skills.

Why are we learning this?

Nutrition and physical activity both play an important role in overall good health. In this module you will:

- Learn how to recognize foods that give you energy and promote good health.
- Practice juggling as a physical activity that is both challenging and fun.
- Enjoy learning about how to keep my body healthy and active.