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

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**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.

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**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.