*WEEK 1 of 4*

**FOOD GROUP:** A category of foods that share something in common as they relate to nutrition.

*The 5 basic* ***food groups*** *are Fruits, Vegetables, Grains, Protein Foods, Dairy.*

**Food Group Decoders: [**[**YouTube**](https://youtu.be/N1dKaT22t28)**]**

Let’s use a fun Decoder game to help us remember the names of the 5 food groups and learn new vocabulary.

Match the food picture with the correct letter to unlock the coded words.

Click for the file format you want: [[Google Slide](https://docs.google.com/presentation/d/16fuI9vL7xDnfmEd5kPxxzbFr2QuwTAirrpz7PeeG3K4/copy); [PDF File](https://healthfoodmomcom.files.wordpress.com/2021/01/01b-35-myplate-decoders-nutritionfromthehart.com_.pdf); [PowerPoint](https://healthfoodmomcom.files.wordpress.com/2021/01/01b-35-myplate-decoders-nutritionfromthehart.com_.pptx)]

Find more nutrition games at [NutritionFromTheHart.com](https://nutritionfromthehart.com/2021/01/04/myplate/)

*WEEK 1 of 4*

**CATCH:** To take hold of an object previously in motion.

*Kory reached out her hand to* ***catch*** *the falling scarf.*

**Scarf Juggling Basics: [**[**YouTube**](https://youtu.be/ve2FKNctOBg)**]**

Today we start our juggling practice by learning how to toss 1 scarf up and across our bodies.

Next, we’ll work on a throw-throw-catch-catch patter with 2 scarves.

Use the video from the National Circus Project to help you learn this fun skill.

*If you don’t have scarves, try plastic shopping bags.*

*WEEK 1 of 4*

**TOSS:** To throw something lightly.

*Jenna* ***tossed*** *the beanbag gently into the air.*

**Claps Counter: [**[**YouTube**](https://youtu.be/-uv000YoB4Q)**]**

Clap as many times as you can while self-tossing.

* Toss the object into the air and clap as many times as you can. The number of claps only counts if the object is caught.
* Challenge: Spin in a circle (after tossing the object) while performing the claps.