

JUGGLE NUTRITION

Physical Education Vocab

Important words for us to understand and use.

BALANCED: Having different parts in the correct amounts.

*Forrest created a dinner plate that was **balanced** with all 5 food groups.*

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

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

CHALLENGE: A task that tests a person's abilities.

*Kendra enjoyed the **challenge** of learning a new skill.*

EFFORT: Focused and purposeful work.

*Sasha demonstrated good **effort** as she focused and worked toward improving her skills.*

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.*

GRIT: Determination and excitement for long-term goals.

*Brigitte showed **grit** as she kept working to improve her juggling skills*

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GROWTH MINDSET: The belief that a person's abilities can be built and improved through dedication and hard work.

*Penelope demonstrated a **growth mindset** as she continued to practice her juggling skills each week.*

IDENTIFY: To establish, know, and understand what something is.

*Cooper can **identify** all of the foods that belong in each of the five food groups.*

MYPLATE: The USDA nutrition guide that shows correct amounts of each of the 5 basic food groups.

***MyPlate** helped Benji learn to fill half of his meal plate with fruits and vegetables.*

OPTIMISM: Hopefulness about the future or the success of something.

*Andi felt **optimism** about her goal of learning how to juggle scarves.*

SELF-TALK: The inner voice or thoughts that a person has about themselves.

*Leo used positive words in his **self-talk** in order to keep an optimistic attitude.*

TOSS: To throw something lightly.

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