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*
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 themself.

*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.*