

JUGGLE NUTRITION

Class Discussion Questions

Physical Activity & Personal Health

Question Set 1

- 1) What is a food group?
- 2) Can you name the 5 food groups?
- 3) What do you know about each food group?

Question Set 2

- 1) What does identify mean?
- 2) How many foods from each food group can you identify?

Question Set 3

- 1) What is MyPlate?
- 2) What does MyPlate show us?

Question Set 4

- 1) What would you include on a list about each food group?
- 2) How does knowing about food groups help you follow MyPlate?

Social & Emotional Health

Question Set 1

- 1) What do you know about juggling?
- 2) What can you do to improve your tossing and catching skills as you learn how to juggle?

Question Set 2

- 1) What is optimism?
- 2) Can you create a list of optimistic words?
- 3) How is optimism related to self-talk?

Question Set 3

- 1) How can you tell if something is challenging?
- 2) What are things you can do when faced with a challenge?
- 3) What is grit? How is grit related to challenge?

Question Set 4

- 1) What is effort?
- 2) What do you know about growth mindset?
- 3) How is effort related to growth mindset?

