Learning Module: Juggle Nutrition for Health
High School Weeks 17-20

Healthy Body
I will recognize foods that promote good health and be able to build balanced meals and snacks.

Healthy Mind
I will stay positive and optimistic when faced with challenges.

Enjoyment & Challenge
I will identify physical activities that I like and that are challenging.

Building Skills
I will practice juggling skills with at least 1 advanced juggling trick.

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 combine foods into balanced snacks and meals that are enjoyable.
- Practice juggling as a physical activity that is both challenging and fun.
- Enjoy learning about how to keep my body healthy and active.
Students and families:
During the next 4 weeks we will be learning about MyPlate and the 5 food groups, as well as developing basic juggling skills. To learn juggling we will use videos from the National Circus Project. To learn about nutrition, we’ll use resources from Nutrition From The Hart. Keep both of these websites handy just in case you need to look for a file or video.

Also, keep this page in a safe place. It’s a checklist of everything that you will need to complete during this 4-week Juggling Nutrition experience! But, if there’s ever a time when you need a copy of our learning materials, you can visit: OPENPhysEd.org to download activity pages, assignments, and watch video demonstrations of the learning activities that we’ll be using in physical education class.

<table>
<thead>
<tr>
<th>Grades 9-12 Physical Education Checklist for Juggling Nutrition</th>
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PHYSICAL EDUCATION OBJECTIVES:
- I will be able to identify the 5 food groups of MyPlate.
- I will be able to discuss the health benefits of a variety of foods.

SOCIAL AND EMOTIONAL OBJECTIVES:
- I will give active effort in improving my basic juggling skills.
- I will use positive self-talk words during challenging activities.

WELLNESS OBJECTIVES:
- I will be physically active every day for at least 60 minutes.
- I will try to eat a variety of foods from all 5 food groups.

CONTENT-SPECIFIC PRIORITY OUTCOMES

Physical Education Priority Outcomes:
DEMONSTRATES FITNESS KNOWLEDGE: NUTRITION
Students demonstrate the knowledge and skills required to achieve and maintain a health-enhancing level of personal fitness.
- (HS) Routinely creates/consumes meals and snacks that are based on healthful nutrition as a part of a lifestyle that enhances personal wellness.

Social and Emotional Learning Priority Outcomes:
SELF-AWARENESS: EMPOWERMENT
- (Secondary): Recognizes the role of emotion within the context of past experiences and applies that learning to create a path toward self-improvement and personal achievement.
JUGGLE NUTRITION
Weekly Learning Targets

WEEK 2 of 4 STUDENT LEARNING OBJECTIVES (HS)

PHYSICAL EDUCATION OBJECTIVES:
• I will be able to sort foods into the correct food group.
• I will be able to discuss how to build balanced snacks and meals.

SOCIAL AND EMOTIONAL OBJECTIVES:
• I will give active effort in improving my basic juggling skills.
• I will use positive self-talk words during challenging activities.

WELLNESS OBJECTIVES:
• I will be physically active every day for at least 60 minutes.
• I will try to eat a variety of foods from all 5 food groups.

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Social and Emotional Learning Priority Outcomes:
SELF-AWARENESS: EMPOWERMENT
• (Secondary): Recognizes the role of emotion within the context of past experiences and applies that learning to create a path toward self-improvement and personal achievement.
PHYSICAL EDUCATION OBJECTIVES:
• I will be able to build balanced snacks and meals.
• I will be able to discuss how to build balanced snacks and meals.

SOCIAL AND EMOTIONAL OBJECTIVES:
• I will give active effort in improving my basic juggling skills.
• I will use positive self-talk words during challenging activities.

WELLNESS OBJECTIVES:
• I will be physically active every day for at least 60 minutes.
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SELF-AWARENESS: EMPOWERMENT
• (Secondary): Recognizes the role of emotion within the context of past experiences and applies that learning to create a path toward self-improvement and personal achievement.
PHYSICAL EDUCATION OBJECTIVES:
• I will be able to discuss ways to better balance meals that I enjoy.
• I will be able to compare and contrast the nutrition value of different foods.

SOCIAL AND EMOTIONAL OBJECTIVES:
• I will give active effort in improving my basic juggling skills.
• I will use positive self-talk words during challenging activities.

WELLNESS OBJECTIVES:
• I will be physically active every day for at least 60 minutes.
• I will try to eat a variety of foods from all 5 food groups.

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SELF-AWARENESS: EMPOWERMENT
• (Secondary): Recognizes the role of emotion within the context of past experiences and applies that learning to create a path toward self-improvement and personal achievement.
**TOSS**: To throw something lightly.

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

**Scarf Juggling Basics**: [YouTube]
Today we start our juggling practice by learning how to toss 1 scarf up and across our bodies. Then, 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.

*No scarves? Try plastic shopping bags.*

**3 Scarf Juggling**: [YouTube]
Ready to try juggling with 3 scarves? The National Circus Project video will help you progress to the next level.

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

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

**Scarf Juggling Challenges**:

- **2 in 1 Hand** [YouTube]
  Try this Scarf Juggling Trick with 2 scarves in 1 hand.

- **1 up 2 up Scarf Juggling** [YouTube]
  Try this Scarf Juggling Trick with 3 scarves in columns.
OPTIMISM: Hopefulness about the future or the success of something.

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

Scarf Juggling Basics: [YouTube]
Today we start our juggling practice by learning how to toss 1 scarf up and across our bodies. Then, we’ll work on a throw-throw-catch-catch pattern with 2 scarves. Use the video from the National Circus Project to help you learn this fun skill.

3 Scarf Juggling: [YouTube]
Ready to try juggling with 3 scarves? The National Circus Project video will help you progress to the next level.

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.

Basic 3 Ball Juggling: [YouTube]
Let’s practice juggling with 3 tennis balls (or another safe tossable available).

Apply the same toss and catch patterns you learned last week with scarves.

Start with 1 ball and work your way up. Stay focused and positive. Use encouraging self-talk to optimistic.
**Brain & Body Warm-Ups**

WEEK 3 of 4

**CHALLENGE:** A task that tests a person’s abilities.

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

3 Scarf Juggling: [YouTube]

Ready to try juggling with 3 scarves? The National Circus Project video will help you progress to the next level.

Basic 3 Ball Juggling: [YouTube]

Let’s practice juggling with 3 tennis balls (or another safe tossable available).

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**Purposeful Practice**

WEEK 3 of 4

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

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

**Build Balanced Meals:** [YouTube]

Build a dinner plate and lunch bag with foods from each food group. Click on the file below and then complete the activity.

Click for the file format you want: [Google Slide; PDF File, PowerPoint]

Find more nutrition games at NutritionFromTheHart.com

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**Just for Fun (and health)**

WEEK 3 of 4

**GRIT:** Determination and excitement for long-term goals.

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

**Basic 3 Ball Juggling:** [YouTube]

Kepp practice juggling with 3 tennis balls (or another safe tossable).

*Let’s try some juggling tricks!*

**1 Up 2 Up Ball Juggling:** [YouTube]

Juggle 3 balls in a column pattern.

Use encouraging self-talk to optimistic. Demonstrate grit!
Brain & Body Warm-Ups

WEEK 4 of 4

EFFORT: Focused and purposeful work.

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

3 Scarf Juggling: [YouTube]
Ready to try juggling with 3 scarves? The National Circus Project video will help you progress to the next level.

Basic 3 Ball Juggling: [YouTube]
Let’s practice juggling with 3 tennis balls (or another safe tossable available).

Purposeful Practice

WEEK 4 of 4

BALANCED: Having different parts in the correct amounts.

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

Food Group Pizza Goals: [YouTube]
Let's compare and contract 2 pizzas and see which one gives us a more balanced meal.

Answer the questions on each page of the Pizza Goals file.

Click for the file format you want: [Google Slide; PDF File; PowerPoint]

Find more nutrition games at NutritionFromTheHart.com

Just for Fun (and health)

WEEK 4 of 4

GROWTH MINDSET: The belief that 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.*

More juggling tricks.
*Not ready? That’s okay! Work on basic juggling until you’re ready to move forward.*

Elbow Bumps: [YouTube]
Super-advanced trick.

Juggle 2 In 1 Hand: [YouTube]
The foundation for 4 ball juggling.

4 Ball Juggling: [YouTube]
Seriously?!?! It is possible!
Brain & Body Warm-Ups
Today is the first lesson in our Juggle Nutrition for Health physical education module. We’re going to practice tossing, catching, and juggling while we also learn about MyPlate and the 5 food groups. We’re going to start by working on scarf juggling. Scarves can help us learn the basic patterns for juggling because when we toss them, they float and fall slower than a ball does.

We’ll try both 1 and 2 scarf basics and then quickly try 3 scarf juggling. It’s okay if you don’t jump from 1 to 2 to 3 quickly. Juggling is a challenging skill that requires practice and determination. Work at your own pace. If you need to stick with the basics – it’s okay. Keep practicing and you’ll get better.

Purposeful Practice
During our Purposeful Practice time we will learn the 5 food groups and talk about ways to eat a variety of foods from each food group. A food group is a category of foods that share something in common. For example, dairy foods give our bodies the calcium it needs. The 5 food groups are Fruits, Vegetables, Grains, Protein Foods, and Dairy.

Our nutrition lessons will be done on our computers or using a printout. After you’re done with each activity, we’ll discuss your answers. Today we’ll have fun with a pretend social media profile activity. Create fun social media profiles for each of the 5 foods. What are the health benefits of each food?

Just for Fun (and health)
The final part of this Juggle Nutrition lesson is advanced scarf juggling. It’s okay if you still need to practice the basics. If you want, you can continue with that practice.

However, if you’d like to try a challenge take a look at the 2 challenge videos from the National Circus Project, and then give each trick a try.

Juggling is a very challenging skill to learn, but it is very fun and rewarding. Learning how to juggle is going to take growth mindset and grit. Stick with it! Practice as much as you can each week and your skills will improve!

We’re lucky to have great juggling videos from the National Circus Project to help us with our practice. Let’s watch the video and follow the demonstration prompts.
JUGGLE NUTRITION
Menu Activity Cards

BRAIN & BODY WARM-UP

TOSS: To throw something lightly.

Jenna tossed the beanbag gently into the air.

SCARF JUGGLING BASICS

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

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

**3 SCARF JUGGLING**

Are you ready to try juggling with 3 scarves? This [National Circus Project Video](https://www.nationalcircusproject.org) will help you progress to this next level of scarf juggling.
PURPOSEFUL PRACTICE

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.

MYPLATE SOCIAL MEDIA PROFILE ACTIVITY

Learn about the 5 food groups by completing fun social media profiles for foods from each group.

Click for the file format you want: [Google Slide; PDF File; PowerPoint]

Find more nutrition games at: NutritionFromTheHart.com
PURPOSEFUL PRACTICE

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.

RECIPE SCAVENGER HUNT
Can you find food in this fun recipe that belong in each food group?

Create lists for each food group and then answer the questions at the bottom of the page.

Click for the file format you want:
[Google Slide; PDF File, PowerPoint]

Find more nutrition games at:
NutritionFromTheHart.com
PURPOSEFUL PRACTICE

**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.

BUILD BALANCED MEALS

Build a dinner plate and lunch bag with foods from each food group. Click on the file below and then complete the activity.

Click for the file format you want: [Google Slide; PDF File, PowerPoint]

Find more nutrition games at: NutritionFromTheHart.com
BALANCED: Having different parts in the correct amounts.

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

FOOD GROUP PIZZA GOALS
Let’s compare and contrast 2 pizzas and see which one gives us a more balanced meal.

Answer the questions on each page of the Pizza Goals file.

Click for the file format you want:
[Google Slide; PDF File; PowerPoint]

Find more nutrition games at:
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CATCH: To take hold of an object previously in motion.

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

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.*

2 IN 1 HAND

Now it’s time for a challenge! You’ll be tossing 2 scarves in 1 hand, up and down, from one scarf to the other.

Follow the juggling video from the National Circus Project to work on this new juggling trick.
JUST FOR FUN (AND HEALTH)

**GRIT:** Determination and excitement for long-term goals.

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

**1 UP 2 UP SCARF JUGGLING**

Try this Scarf Juggling Trick with 3 scarves in columns.

Follow the [juggling video from the National Circus Project](http://www.nationalcircusproject.org) to work on this new juggling trick.
JUST FOR FUN (AND HEALTH)

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.*

**BASIC 3 BALL JUGGLING**

Let’s practice juggling with 3 tennis balls (or another safe tossable available).

Apply the same toss and catch patterns you learned last week with scarves.

This [National Circus Project Video](#) will help you progress to this next level of juggling.
JUST FOR FUN (AND HEALTH)

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.*

BALL JUGGLING TRICKS
Let’s add some challenging tricks to our practice!

**1 UP 2 UP BALL JUGGLING**
Ball Juggling with 3 balls in columns.

*Here’s a video from the National Circus Project.*

**JUGGLE 2 IN 1 HAND**
This trick is the foundation for 4 ball juggling.

*Here’s a video from the National Circus Project.*
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.*

4 BALL JUGGLING!

Seriously?!?! It is possible.

Juggle 2 balls in each hand using alternating columns.

Sounds easy right?

Good thing we have a [video from the National Circus Project](https://www.nationalcircusproject.org) to help us.
What is the *MyPlate Profile* activity? Students will create fun social media profile pages for foods from each food group.

**Why is it designed this way?**

**OPEN Priority Outcomes for Fitness / Nutrition:**
- (ES 4) Identifies a variety of foods from each food group.
- (MS 6) Identifies foods from each food group that can be combined to build balanced meals.
- (HS) Routinely creates/consumes meals and snacks that are based on healthful nutrition as a part of a lifestyle that enhances personal wellness.

**How does it work?** This is a fun exploration of foods from each of the 5 food groups. The activity is designed to allow students to research and summarize the health benefits of foods from each group as well as practice pairing foods with complementary nutritious food choices as they learn how to request and even prepare healthful meals.
Write something fun about Pineapple.

Pineapple

FUN FACTS & HEALTH BENEFITS
Write fun, interesting and helpful facts about Pineapple.

ABOUT ME
Write something fun about Pineapple.

MY BEST FRIEND
Write the name of Pineapple’s best friend along with something fun.

Describe what Pineapple is doing in this photo. Speak with the fun voice of Pineapple.

Describe what Pineapple is doing in this photo. Speak with the fun voice of Pineapple.

Food to eat w/Pineapple

Create a social media profile for this amazing food. Have fun and then share it with people you love. Can you get your friends and family to “LIKE” this food based on it’s MyPlate Social Media Profile?
Write something fun about the Peas.

Describe what the Peas are doing in this photo. Speak with the fun voice of a Pea.

Food to eat w/ Peas

Food to eat w/ Peas

Food to eat w/ Peas

NutritionFromTheHart.com

Create a social media profile for this amazing food. Have fun and then share it with people you love. Can you get your friends and family to “LIKE” this food based on it’s MyPlate Social Media Profile?
Write the name of Yogurt's best friend along with something fun.

Describe what Yogurt's friend is doing in this photo. Speak with the fun voice of Yogurt.

Describe what the Yogurts are doing in this photo. Speak with the fun voice of Yogurt.

Create a social media profile for this amazing food. Have fun and then share it with people you love. Can you get your friends and family to “LIKE” this food based on it’s MyPlate Social Media Profile?
Write something fun about Oatmeal.

Oatmeal

写一些关于燕麦的有趣的事情。

燕麦

写燕麦的最好朋友，并附上一些有趣的描述。

燕麦的朋友们也在做什么？用燕麦的有趣话语来描述。

燕麦在做什么？用燕麦的有趣话语来描述。

关于燕麦的有趣、有趣和有用的事实。

食物搭配燕麦。

食品组

Grains

MyPlate.gov

NutritionFromTheHart.com

创建一个社交媒体档案来介绍这个令人惊叹的食物。享受乐趣，然后与你爱的人分享。你能让你的朋友们和家人“点赞”这种食物吗，根据它的MyPlate社交媒体档案？
Write something fun about Tofu.

Describe what Tofu is doing in this photo. Speak with the fun voice of Tofu.

Write the name of Tofu’s best friend along with something fun.

Create a social media profile for this amazing food. Have fun and then share it with people you love. Can you get your friends and family to “LIKE” this food based on it’s MyPlate Social Media Profile?
Today’s snack is homemade salsa and chips!

Let’s breakdown the ingredients into the 5 food groups. Remember, our daily goal is to eat a variety of nutritious foods from all food groups.

**Fruit and Veggie Salsa**

1 cup diced tomato (fresh or canned)
1 cup canned black beans, rinsed and drained
1 cup canned pineapple tidbits, drained
½ cup diced orange or yellow bell pepper
½ cup finely diced red onion
1 Tablespoon chopped fresh cilantro, parsley, or a combination of the two
1 jalapeno
½ teaspoon salt, or to taste

**Directions**
1. Wash jalapeno. Wearing disposable gloves, slice open, remove and discard seeds.
   Finely dice jalapeno and place in a medium mixing bowl.
2. Add remaining ingredients and stir well.
3. Refrigerate for at least half an hour before serving to allow flavors to blend.

Serve with Baked Tortilla Chips (see recipe below) or your favorite tortilla chips. Makes about 3 ½ cups.

**Recipe Scavenger Hunt**
(Snack Edition)

Today’s snack is homemade salsa and chips!
Let’s breakdown the ingredients into the 5 food groups. Remember, our daily goal is to eat a variety of nutritious foods from all food groups.

1. **List all fruits:**
2. **List all vegetables:**
3. **List all grains:**
4. **List all protein foods:**
5. **List all dairy foods:**

What food group is missing from this snack?
What can you do to add this missing group?

**Baked Tortilla Chips**

2 tablespoons olive or canola oil
Salt, to taste
6 corn tortillas

**Directions**
1. Preheat oven to 350 degrees Fahrenheit.
2. Prepare a cookie sheet by cutting a piece of parchment paper to fit.
3. Brush both sides of each corn tortilla with oil and stack on top of each other.
4. Using a pizza cutter or knife, cut stack into 6 triangles.
5. Spread tortilla pieces on cookie sheet so they do not overlap. Sprinkle with salt.
6. Bake for 10 minutes. Flip over each chip using a spatula or tongs and continue to bake for about 3-5 minutes (or until crisp).
7. Check them frequently as they can quickly burn once cooked.
8. Allow to cool and serve.

Serve with your favorite salsa, guacamole or other dip. Makes 36 chips.

NutritionFromTheHart.com
BUILD A BALANCED LUNCH

Let's build a balanced lunch! Pack this reusable lunch bag with nutritious food from all 5 food groups.

First, write your name on the bag. Next, in the boxes, draw pictures or write the names of lunch foods from each group.

Don’t forget recess! Take 15 minutes before or after your lunch to get some fun physical activity! What did you do for recess today?

Activity Name | Activity Time
-------------|-------------

NutritionFromTheHart.com
BUILD A BALANCED DINNER

Let's build a balanced dinner! Fill your plate with nutritious food from all 5 food groups.

First, write your name on the line. Next, in the boxes, draw pictures or write the names of foods from each group.

Your Name

Dairy
FOOD HERE

Fruit
FOOD HERE

Grain
FOOD HERE

Vegetable
FOOD HERE

Protein
FOOD HERE

Fruits
Vegetables
Grains
Protein
Dairy

MyPlate.gov

nutritionfromthehart.com
## FOOD GROUP FOOD LISTS (YUM!)

We started each list. Now add your favorite foods in each food group! Don’t forget the physical activity. List your favorite games and activities.

### Fruits
- Blackberries, Cantaloupe, Pineapple, Raisins, Red grapes

### Vegetables
- Broccoli, Celery, Collard greens, Green Pepper, Sweet potato

### Grains
- Brown rice, Corn tortilla, Oatmeal, Popcorn, Whole wheat bread

### Protein Foods
- Eggs, Hamburger, Pinto beans, Tofu, Tuna

### Dairy Foods
- Cottage cheese, Lowfat milk, Mozzarella cheese, Soy milk, Yogurt

### Activities
- Bike riding, Jumping rope, Sledding, Swimming

[Visit NutritionFromTheHart.com](http://NutritionFromTheHart.com)
PIZZA GOALS

THE GOAL: To eat a variety of foods from different food groups. Answer the questions below and decide which pizza gets us closer to the goal.

List the ingredients for the cheese pizza. What food groups do the ingredients belong to?

List the ingredients for the veggie & protein pizza. What food groups do the ingredients belong to?

Which pizza helps us eat a variety of foods from different food groups?
PIZZA GOALS

THE GOAL: To eat a variety of foods from all food groups.
Answer the questions below and decide which pizza gets us closer to the goal.

PIZZA'S NAME:

BONUS QUESTION!
What nutritious ingredients would you add to the cheese pizza so that it helps meet our goal? Can you name the food group that each ingredient belongs to?

Cheese Pizza

Veggie & Protein Pizza
PIZZA GOALS

THE GOAL: To eat a variety of foods from different food groups.
You can use this list of ingredients to help you answer pizza questions.

Cheese Pizza

Ingredients:
- White Flour Crust
- Mozzarella Cheese
- Tomato Sauce

Veggie & Protein Pizza

Ingredients:
- Whole Wheat Crust
- Mozzarella Cheese
- Tomato Sauce
- Fresh Tomatoes
- Sliced Onions
- Green Peppers
- Diced Ham (or diced vegetarian bacon*)

* Yes, there is such a thing as vegetarian bacon LOL.
# Juggle Nutrition

At Home Choice Board

Hang this choice board near your safe physical activity space. Choose an activity, get active, and have fun!

<table>
<thead>
<tr>
<th>Brain &amp; Body Warm-Ups</th>
<th>Purposeful Practice</th>
<th>Just for Fun (and health)</th>
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<td><strong>Scarf Juggling</strong></td>
<td><strong>MyPlate Social Media</strong></td>
<td><strong>2 in 1 Hand</strong></td>
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<tr>
<td>Basics [YouTube]</td>
<td>Learn about the 5 food groups by completing fun profiles</td>
<td>Juggle 2 scarves in 1 hand.</td>
</tr>
<tr>
<td>Practice with 1 and 2 scarf juggling.</td>
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<tr>
<td><strong>Recipe Scavenger Hunt</strong></td>
<td><strong>Build Balanced Meals</strong></td>
<td><strong>1 Up 2 Up</strong></td>
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<tr>
<td>[YouTube]</td>
<td>Learn about the 5 food groups by completing fun profiles</td>
<td>Juggle 3 scarves in columns.</td>
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<tr>
<td>Find food from the food groups in a</td>
<td>Build a dinner plate and lunch bag with foods from each</td>
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<td>fun recipe.</td>
<td>food group.</td>
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<tr>
<td><strong>3 Scarf Juggling</strong></td>
<td><strong>Food Group Pizza Goals</strong></td>
<td><strong>Juggling Tricks</strong></td>
</tr>
<tr>
<td>[YouTube]</td>
<td>Learn about the 5 food groups by completing fun profiles</td>
<td>Keep Practicing!</td>
</tr>
<tr>
<td>Follow along to the National Circus</td>
<td>Compare and contrast 2 pizzas. Which one gives us a</td>
<td><strong>1 Up 2 Up (Ball)</strong></td>
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<tr>
<td>Project video.</td>
<td>more balanced meal?</td>
<td>Juggle 3 balls in a column pattern.</td>
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<td><strong>Juggle 2 In 1 Hand</strong></td>
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<td>The foundation for 4 ball juggling.</td>
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<td>4 Ball Juggling [YouTube]</td>
<td>Yes, it is possible!</td>
</tr>
</tbody>
</table>

@OPENPHYSED  OPENPHYSED.ORG
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.*
Physical Activity & Personal Health

**Question Set 1**
1) Can you name the 5 food groups?
2) What do you know about each food group?
3) Why is it important to eat a variety of foods from each food group?

**Question Set 2**
1) What does identify mean?
2) How many foods from each food group can you identify?
3) What are some ways we can identify nutritious foods?

**Question Set 3**
1) What is MyPlate?
2) What does MyPlate show us?
3) How can you use MyPlate to help you eat more nutritious meals?

**Question Set 4**
1) How can you identify a balanced meal?
2) What would you include on a list about balanced meals that you enjoy?

Social & Emotional Health

**Question Set 1**
1) What do you know about juggling?
2) What can you do to improve your juggling skills?

**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) What are things you can do when faced with a challenge?
2) What is grit? How is grit related to challenge?

**Question Set 4**
1) What do you know about growth mindset?
2) How is effort related to growth mindset?
3) How can you work to develop a growth mindset?
**WEEK 1:** Use this activity log to track your physical activity minutes. Have an adult sign their initials next to each day that you complete 60 minutes.

**Go Be Great Goal:** Get 60 minutes (or more) of physical activity every day.

<table>
<thead>
<tr>
<th>Initials</th>
<th>Day</th>
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<th>Activity 3</th>
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**Physical Activity Enjoyment Meter**
Rate your physical activity enjoyment for the week.

- Circle if you had **GIANT ENJOYMENT**
- Circle if you had **AVERAGE ENJOYMENT**
- Circle if you had **SO-SO ENJOYMENT**

**Check-In Chat**
*Respond to the question below with 2 or 3 sentences.*

> What was the biggest benefit of your physical activity choices this week?
WEEK 2: Use this activity log to track your physical activity minutes. Have an adult sign their initials next to each day that you complete 60 minutes.

**Go Be Great Goal:** Get 60 minutes (or more) of physical activity every day.

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Circle if you had **GIANT ENJOYMENT**
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Circle if you had **SO-SO ENJOYMENT**

**Check-In Chat**
*Respond to the question below with 2 or 3 sentences.*
> Think about the food that you ate this week. What was your favorite nutritious whole food and how did your body benefit from you eating that food?
WEEK 3: Use this activity log to track your physical activity minutes. Have an adult sign their initials next to each day that you complete 60 minutes.

Go Be Great Goal: Get 60 minutes (or more) of physical activity every day.

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Physical Activity Enjoyment Meter
Rate your physical activity enjoyment for the week.

Circle if you had GIANT ENJOYMENT
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Check-In Chat
[Respond to the question below with 2 or 3 sentences.]

> What barrier to being physically active did you overcome over the past 3 weeks? How did you overcome it?
WEEK 4: Use this activity log to track your physical activity minutes. Have an adult sign their initials next to each day that you complete 60 minutes.

**Go Be Great Goal:** Get 60 minutes (or more) of physical activity every day.

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**Check-In Chat**

[Think – think some more – and then express yourself through writing, art, or with a selfie video.]

> There are many reasons to be physically active. Can you make a list of your reasons for being active?
Universal Design for Learning (UDL) is a strategy for eliminating instructional and environmental barriers for every member of a learning community in order to meet the needs of all students across the continuum of physical, intellectual, and emotional abilities.

The table below offers UDL adaptations and suggestions.

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Rules</th>
<th>Environment</th>
<th>Instruction</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Use large, brightly colored organizational markers to help students maintain safe distances from their peers.</td>
<td>• Change directions and expectations to reflect equity of skill acquisition, mobility, and fitness level.</td>
<td>• Visually mark/define space in activity area with visual markers like cones, spot markers, visual signs/cues.</td>
<td>• Be flexible. Adjust as needed. One size doesn’t fit all.</td>
</tr>
<tr>
<td>• Use different colored cones or spots to identify activity and lap areas.</td>
<td>• Vary movement expectations to increase equity. For example, allow different tossing and catching alternatives.</td>
<td>• Adjust lighting (e.g., brighter or lighter).</td>
<td>• Establish consistent, predictable routines.</td>
</tr>
<tr>
<td>• Use spot markers to create travel routes.</td>
<td>• Adapt body positioning to student needs. For example, modify the activity to move while sitting, lying, or prone.</td>
<td>• Visual pathways for travel using spot markers, floor markings, wall markings, and other visual cues.</td>
<td>• Be concise. Speak slowly &amp; clearly with a well-defined beginning &amp; end.</td>
</tr>
</tbody>
</table>

When UDL adaptations are not enough for accessing and developing equitable learning activities and assessments, and you feel that you need to do more for individual students, reach out to providers on the students’ IEP Teams. You can also reach out to your school’s curriculum resource department in order to see how else you can modify instructional delivery to meet students’ needs. Students who have an IEP or a 504 will oftentimes have specific modifications and accommodations in their IEP based on individual needs.