



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.