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.