

# JUGGLE NUTRITION

## Teacher Talk

### [Juggle Nutrition Week 1 Sample Script]

#### 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.

