**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.*