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?