**Nutrition and physical activity both play an important role in overall good health.** In this module you will:

* Learn how to recognize foods that give you energy and promote good health.
* Practice juggling as a physical activity that is both challenging and fun.
* Enjoy learning about how to keep my body healthy and active.

Learning Module: **Juggle Nutrition for Health**

Elementary Weeks 17-20

I will practice tossing and catching safely and with control.

I will identify physical activities that I like and that are challenging.

I will recognize that physical activity is good for emotional and mental health.

I will recognize foods that promote good health.