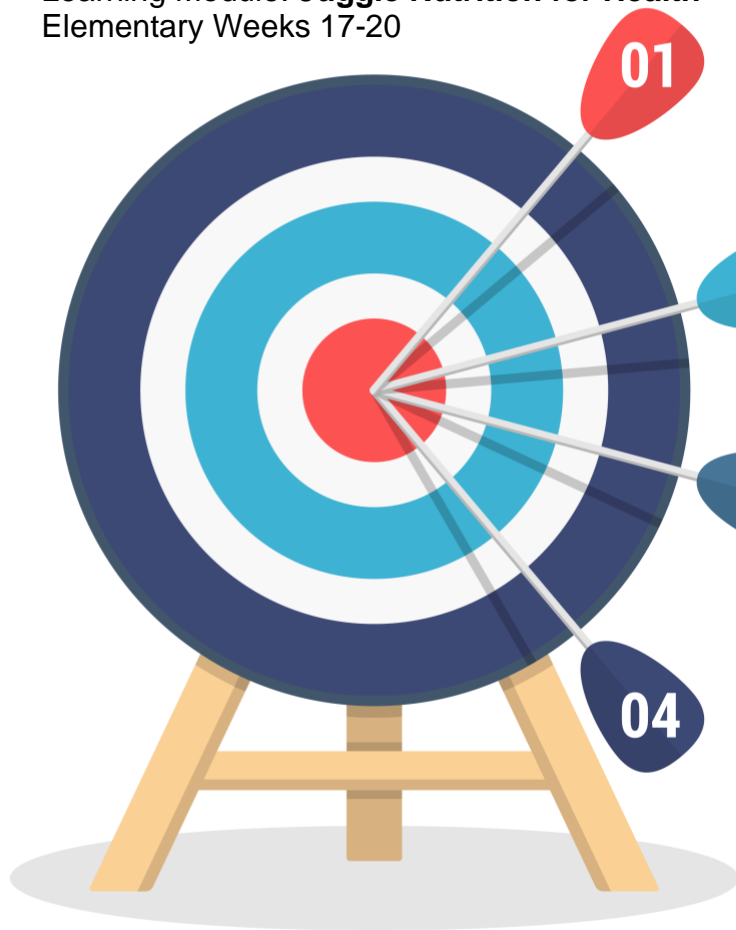




Learning Module: **Juggle Nutrition for Health**  
Elementary Weeks 17-20

### Healthy Body

I will recognize foods that promote good health.



### Healthy Mind

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

### Enjoyment & Challenge

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

### Building Skills

I will practice tossing and catching safely and with control.

## 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 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.