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

* Learn how to identify food groups and combine foods into balanced meals.
* 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**

Middle School Weeks 17-20

I will practice juggling skills.

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

I will stay positive and optimistic when faced with challenges.

I will recognize foods that promote good health and be able to build balanced meals and snacks.