



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

Healthy Body

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

Healthy Mind

I will stay positive and optimistic when faced with challenges.

Enjoyment & Challenge

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

Building Skills

I will practice juggling skills.



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 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.