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.