*WEEK 1 of 4*

**FOOD GROUP:** A category of foods that share something in common as they relate to nutrition.

*The 5 basic* ***food groups*** *are Fruits, Vegetables, Grains, Protein Foods, Dairy.*

**MyPlate Social Media Profile Activity: [**[**YouTube**](https://youtu.be/N1dKaT22t28)**]**

Learn about the 5 food groups by completing fun social media profiles for foods from each group.

Click for the file format you want: [[Google Slide](https://docs.google.com/presentation/d/1a1n52DIGxDz16FG7XxO-2t-zGlK87h5KR8A2AGwMcDY/copy); [PDF File](https://healthfoodmomcom.files.wordpress.com/2021/01/01c-612-myplate-social-media-profile-nutritionfromthehart.com_.pdf); [PowerPoint](https://healthfoodmomcom.files.wordpress.com/2021/01/01c-612-myplate-social-media-profile-nutritionfromthehart.com_.pptx)]

Find more nutrition activities at [NutritionFromTheHart.com](https://nutritionfromthehart.com/2021/01/04/myplate/)

*WEEK 1 of 4*

**CATCH:** To take hold of an object previously in motion.

*Kory reached out her hand to* ***catch*** *the falling scarf.*

**Scarf Juggling Challenges:**

**2 in 1 Hand [**[**YouTube**](https://youtu.be/AuXZWR2fEgc)**]**

Try this Scarf Juggling Trick with 2 scarves in 1 hand.

**1 up 2 up Scarf Juggling [**[**YouTube**](https://youtu.be/MjQiXqN64i4)**]**

Try this Scarf Juggling Trick with 3 scarves in columns.

*WEEK 1 of 4*

**TOSS:** To throw something lightly.

*Jenna* ***tossed*** *the beanbag gently into the air.*

**Scarf Juggling Basics: [**[**YouTube**](https://youtu.be/ve2FKNctOBg)**]**

Today we start our juggling practice by learning how to toss 1 scarf up and across our bodies. Then, we’ll work on a throw-throw-catch-catch patter with 2 scarves. Use the video from the National Circus Project to help you learn this fun skill.

*No scarves? Try plastic shopping bags.*

**3 Scarf Juggling:** **[**[**YouTube**](https://youtu.be/uWiZ4fNqu5c)**]**

Ready to try juggling with 3 scarves? The National Circus Project video will help you progress to the next level.