*WEEK 3 of 4*

**My Plate:** The USDA nutrition guide that shows correct amounts of each of the 5 basic food groups.

***My Plate*** *helped Benji learn to fill half of his meal plate with fruits and vegetables.*

**Build Balanced Meals: [**[**YouTube**](https://youtu.be/7gIqfYARIOo)**]**

Build a dinner plate and lunch bag with foods from each food group. Click on the file below and then complete the activity.

Click for the file format you want: [[Google Slide](https://docs.google.com/presentation/d/1UKgB-mXKUVi0XhPNEmu-1KKF0U_UOrDxM_IVFFHaxL8/copy); [PDF File](https://healthfoodmomcom.files.wordpress.com/2021/01/new-03c-612-build-balanced-meals-nutritionfromthehart.com-1.pdf), [PowerPoin](https://healthfoodmomcom.files.wordpress.com/2021/01/03c-612-build-balanced-meals-nutritionfromthehart.com_.pptx)t]

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

*WEEK 3 of 4*

**GRIT:** Determination and excitement for long-term goals.

*Brigitte showed* ***grit*** *as she kept working to improve her juggling skills.*

**Basic 3 Ball Juggling: [**[**YouTube**](https://youtu.be/2adm_33hGmU)**]**

Let’s practice juggling with 3 tennis balls (or another safe tossable available).

Apply the same toss and catch patterns you learned last week with scarves.

Start with 1 ball and work your way up. Stay focused and positive. Use encouraging self-talk to optimistic. Demonstrate grit!

*WEEK 3 of 4*

**CHALLENGE:** A task that tests a person’s abilities.

*Kendra enjoyed the* ***challenge*** *of learning a new skill.*

**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.

**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.