**Physical Activity & Personal Health**

**Question Set 1**

1. Can you name the 5 food groups?
2. What do you know about each food group?
3. Why is it important to eat a variety of foods from each food group?

**Question Set 2**

1. What does identify mean?
2. How many foods from each food group can you identify?
3. What are some ways we can identify nutritious foods?

**Question Set 3**

1. What is MyPlate?
2. What does MyPlate show us?
3. How can you use MyPlate to help you eat more nutritious meals?

**Question Set 4**

1. How can you identify a balanced meal?
2. What would you include on a list about balanced meals that you enjoy?

**Social & Emotional Health**

**Question Set 1**

1. What do you know about juggling?
2. What can you do to improve your juggling skills?

**Question Set 2**

1. What is optimism?
2. Can you create a list of optimistic words?
3. How is optimism related to self-talk?

**Question Set 3**

1. What are things you can do when faced with a challenge?
2. What is grit? How is grit related to challenge?

**Question Set 4**

1. What do you know about growth mindset?
2. How is effort related to growth mindset?
3. How can you work to develop a growth mindset?