

# JUGGLE NUTRITION

## Class Discussion Questions

### 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?

