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| **Physical Education: Nutrition Unit** | | |
| Objective | Activities | Resources |
| Identify the 5 food groups and provide examples for each group | **Activity**:   1. Log onto Seesaw and find the assignment entitled “Food Groups.” 2. Click the link in the assignment and watch the video for today. 3. After you watch the video, click Add Response to find the worksheet to complete.   a. Click and drag the food emojis to their correct sections on the plate.  b. Click the drag the benefits to their associated food group.  c. Record yourself answering the question at the bottom. | Device with camera and connection to internet |