

Dear Family,

In my class today we made a collage of healthy foods.

Did You Know?

- During their first years of life, children grow rapidly and steadily. Food and physical activity help children grow with strong bones and more muscle. The body uses energy during rest and during movement. Energy comes from the food we eat. Some foods provide many nutrients and energy, while other foods have fewer nutrients. Fruits, vegetables, grains, meats, and dairy products provide many important nutrients for growth and energy.
- Food can be divided into five groups. People need food from each group to stay healthy. Protein foods such as meats, nuts, seeds, and beans and legumes are important for a healthy diet. Grains supply energy for our bodies; we need energy to move and think. Vegetables have lots of fiber and vitamins, which help keep our eyes and bodies healthy. Fruits have lots of vitamin C, which is important for keeping our skin and hair strong. Dairy products such as milk, cheese, and yogurt help our bodies store energy and keep our bones and teeth strong. Other foods like sweets have oils, fats, and sugar and should be eaten only as a special treat. Butter, oils, and salad dressings are foods that we only need a little bit of, so we need to be careful not to eat too much of them.

Ask Your Child:

- What did you use to make your collage?
- How did you choose the foods you put in your collage?
- Tell me about healthy foods.

Activities To Do With Your Child:

- With your child, compare the ingredients and nutritional information on boxes of foods from your kitchen.
- The next time you go to the grocery store, have your child help you shop for healthy foods.
- Allow your child to help you plan a meal; include healthy foods of their choosing.

Vocabulary To Use With Your Child: food, healthy, body, collage, grow, energy