

# Parent Connection

The subject that we are studying right now is Food Groups and how they affect Nutrition and Health.

## CREATE A BALANCED MEAL

With your parent’s involvement, pick foods from grocery ads that are in each food group. (grains, meats and proteins, vegetables, fruits and dairy or milk) Your goal is to create a well balanced meal with something from each food group. Cut out the foods and glue them to a paper plate or poster board. Label the foods. Include a chart of the correct portion for each food item. Be sure to talk about the need for your parents to buy and serve healthy food choices to everyone in your family.

## Are You Fit?

Discuss a height/weight chart with your parents and answer the following questions. You can get a chart from your doctor or government website. Do you fit into the correct group? What foods might keep you fitting in that group? Which foods might you wish to change in your current diet?

## Research Time

With your parent’s involvement, research the differences between white bread and wheat bread. Explain why one type is better for your body? Bring your answers in to report to the class.

## Ads for Snacks

Watch some television shows with your parents and make a list of every commercial advertising food. Then decide which of the foods were healthy and which were unhealthy. Fill out the chart below.

Food Advertised	Is food healthy? Explain your answer.

Now, imagine that you are in charge of creating television commercials. Pick one healthy snack and create an ad that would make other kids want to eat it. Think about the words you will use to encourage them to try it. Write down your commercial and bring it to class.

# My Family Goals

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## My Personal / Food Group Goals

Pick a big goal that's related to making sure you have all five food groups in your diet every day. Now make a couple smaller goals that will help you reach your big goal by the end of the school year.

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