

Week 2



Dear Parents,

This week, your student has learned about plant science and nutrition science. We also included a reading connection to the award-winning children's book, *Tops & Bottoms*. Some of the main concepts included:

- Plants are made up of different parts, such as roots, stems, and leaves.
- We can eat many different parts of plants.
- Some vegetables that we eat do not come from the part of the plant that we thought they did!
- Plants provide many of the nutrients that our bodies need.
- We need to eat different kinds of foods to get all the nutrients that our bodies need to live, grow, learn, and play.

Would you like to know more about what we learned? You might ask your child these questions:

- ★ Who were the main characters of the *Tops & Bottoms* story?
- ★ What was the story about?
- ★ Which of the nutrients below did your group make a poster about and share with the rest of the class?

Carbohydrates Protein Fats Vitamins Minerals Water

- ★ Tell me one thing you remember about the nutrient your group spoke about.

Do you know what parts of a plant our food comes from? Spinach and lettuce are examples of leaves, corn is the seed of the plant, and tomatoes are the fruit of the plant.

What about a potato? How about an onion? The potato is actually a type of stem, and an onion is a type of leaf!

Thanks for your interest! If you want to learn more about our Learn, Grow, Eat & Go! project and things your family can do at home, visit www.jmgkids.us/LGEG.

Be sure to look for next week's update letter!

Sincerely,

