

Week 4



Dear Parents,

This week, the students are learning more about what plants and people need to grow. We learned how to choose a garden site that will help give plants what they need. For people, we learned that eating a variety of foods from all five food groups helps us meet our needs.

Starting a vegetable garden

Would you like to plant a small garden at home? Our class judged and chose the location at school that would best meet our plants' needs. You can do the same near your home. Find a spot that would provide these necessities:

- *Enough sunlight.* Vegetable gardens need at least 6 hours of sunlight every day.
- *A water source nearby.* It will make it easier to water the garden when it gets dry.
- *Good, well-drained soil.* You might already have an area with good soil. If not, you could improve an area by adding soil or creating a raised bed. Or, you could plant vegetables in potting soil in a container.

For more information about starting a small garden, visit www.jmgkids.us/LGEG.

Eating a variety of vegetables and fruits

Our class also learned about different food groups. We learned that to live, grow, learn, and play, our minds and bodies need different types of nutrients. The only way to get all of these nutrients is to eat a variety of foods from the different food groups.

Thanks for your interest! For more information about our Learn, Grow, Eat & Go! project and things your family can do at home, go to www.jmgkids.us/LGEG.

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

Sincerely,

If you would like to hear more about our lessons, you might ask your child to match the food groups to the examples of foods in the group:

Food group	
Vegetables	bok choy
Fruits	bread
Grains	broccoli
Protein	cantaloupe
Dairy	cauliflower
	cereal
	cheese
	chicken
	crackers
	fish
	grapes
	hamburger
	ice cream
	kiwi
	lettuce
	milk
	peanuts
	pinto beans
	rice
	spaghetti
	strawberries
	watermelon
	yogurt

(Have your child draw lines connecting the food to the correct group.)