

Week 5



Dear Parents,

We are all busy sometimes. This week, our class learned that we must make specific plans to care for our garden to make sure that our plants' needs are met even when we are busy!

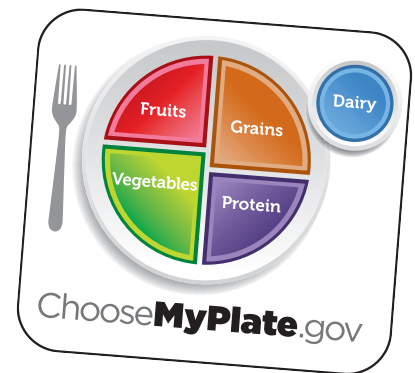
We also discussed that we can make plans for meals ahead of time so that during busy times we can still get the different foods and have our own needs met.

Garden planning

Our class will work as a team to water, weed, and feed our garden. We made plans so that different groups of students have certain responsibilities to do on specific days during the month.

Meal planning

This week, the students learned about using MyPlate to help plan a meal. The MyPlate picture helps us see how much space on a plate that each food group should take. This helps us be sure to get all the different types of foods and nutrients that our bodies need.



At school, each student planned one meal by coloring in the space of the attached paper plate with foods they like.

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

- ★ Without looking at the MyPlate picture, can you tell me what the five food groups are? (dairy, fruits, grains, protein, and vegetables)
- ★ What are two examples of foods that you like from each group?

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, go to www.jmgkids.us/LGEG.

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

Sincerely,

