

Week 7



Dear Parents,

This week, we learned more about growing and eating a variety of foods. We also used the GO, SLOW, WHOA classification skills we learned last week to give our meals a GO score. This score comes from the total number of GO foods that are on our plates.

Growing and eating a variety

In class this week, your child was given one crayon to use to write a shopping list of a whole week's worth of fruits and vegetables. But the students could write only the names of fruits and vegetables that were the color of their crayon. Our class decided that it was hard to do and that it would be boring to eat only a single color of food for a whole week!

Our garden is growing a variety of vegetables. We learned that the only way to get all the nutrients that our minds and bodies need is to eat meals with a wide variety of foods from all five food groups—dairy, fruits, grains, protein, and vegetables.

Dinner tracker assignment

Attached to this page is the *1-Week Dinner Tracker* assignment. Each evening this week, your child should add information based on what they ate at dinner:

1. Color in the food groups that were on their plate. *(The students should just make their best guess if they're not sure which group a food is in.)*
2. List the foods that are on their plate.
3. Circle the item on their food list they think are GO foods and count them. Write the number in the GO score circle on the side of the page. *(The students should just make their best guess if they're not sure if something is a GO food.)*

This page will be graded only for completion, not for the foods eaten for dinner.

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!

Sincerely,

