

## Week 6



Dear Parents,

This week, we added some art to our garden that included information to teach others about what is growing there. We also used our classification skills to divide our foods into different categories.

### Garden art

Did you know that broccoli is an excellent source of vitamin C? Or that carrots can help you see better at night? Your child made a creative marker this week with information about one of the vegetables growing in our garden. The marker lists an important nutrient that the vegetable provides or a benefit that our bodies get from eating that vegetable. We will place all of the students' markers beside the plants that they describe.

If you would like to try some easy-to-make and kid-friendly recipes using the vegetables we are growing, go to [www.jmgkids.us/LGEG](http://www.jmgkids.us/LGEG). There you can find recipes and videos of how to make some tasty dishes using our garden veggies.

### GO, SLOW, WHOA classification

The students classified the foods we eat into categories based on the amount of sugar, salt, and fats contained in the food. We learned that:

- GO foods contain the least amounts of unhealthy fats, added sugars, and sodium (salt).
- SLOW foods contain fats, sugars, and salt in amounts between those of GO foods and WHOA foods.
- WHOA foods have the most unhealthy fats, added sugars, and salt.

We also learned that we should try to **eat more GO foods than SLOW foods**, and **more SLOW foods than WHOA foods**. See the attached *U R What You Eat* page that we used in class to see more examples of foods in these categories.

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

- ★ What are all of the vegetables that your class will plant this season in the school garden?
- ★ What information was on the marker that you made?
- ★ What are three GO foods that you really like?

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](http://www.jmgkids.us/LGEG).

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

Sincerely,

