

Week 8



Dear Parents,

This week we learned that sometimes we make decisions about what we like based only on its appearance. Or, sometimes we think we like a food only if we are already familiar with it.

Our class judged three types of apples. First, they chose the best apple based on appearance (using our sense of sight). Then we peeled the apples and voted for the best apple based on taste (and our other senses).

Did the apple that the class chose as the best-looking also taste the best? Ask your child what the class decided and which was his or her favorite.

We also read a book called *The Ugly Vegetables*. It tells a story about a woman and her daughter growing vegetable plants in their garden. The child in the story is embarrassed because she thinks the Chinese vegetables that her mother planted are ugly compared to the flowers and other plants that their neighbors are growing.

But when the mother cooks with those vegetables and the delicious smells drift through the neighborhood, the girl (and her neighbors) comes to love the unusual-looking vegetables. They even decide to grow those vegetables in their own gardens the next season!

This week's challenge

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.

In class, we are making a paper chain. Each child can add a link to the chain every time he or she tries a new food. By trying a new food in your house this week, you can help our class make a chain that stretches across the classroom!

To find some easy-to-make and kid-friendly recipes, go to www.jmgkids.us/LGEG. The site has recipes and videos of how to make some tasty dishes using the vegetables that are growing in our garden.

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

Sincerely,

