

Dear Parent or Guardian,

Your teen's health class is currently studying nutrition. In scientific terms, nutrition is concerned with the way the body uses food to function properly. However, students will also consider the social dimension of food—that is, the relationships between food, human behavior, and environment. Students will have an opportunity to learn which foods they should eat to stay healthy, to grow, and to have the energy they need for daily living. In addition, we will discuss how wise consumers make healthy food choices at supermarkets and restaurants.

Some questions your teen will explore as we study this chapter are: *How do nutrients help the body function? Why do I prefer certain foods and dislike others? What nutrients are necessary, and how do I get them? Why do I have to make sure that I get certain nutrients daily? How can I maintain a healthy weight? How can food labels help me make healthy food choices?*

To support and extend our classroom work, please plan to complete one or more of the following activities with your teenager:

- Ask your son or daughter to explain factors that influence teens to choose the foods they eat. If necessary, remind him or her to consider such factors as peer pressure, ease in preparation, and cost.
- Ask your teen to calculate his or her ideal fat intake and explain the role of fat in the diet. Let your son or daughter explain the dangers of too much fat and identify specific ways of reducing fat intake.
- The next time you and your teen go to a fast-food restaurant, ask your teen to identify the healthier menu selections a customer might make.
- Ask your teen to accompany you when you go grocery shopping. Let him or her read the labels on the food items you buy. Discuss any misleading labeling your teen discovers.

Please plan other activities you think will help your son or daughter develop and maintain healthful eating habits. Thank you for supporting our classroom work. Feel free to contact me if you wish to discuss your child's health education.

Sincerely,

Health Teacher