

Parent Letter and Activities

Dear Parent or Guardian,

Your child's health class is studying nutrition and fitness. The topics include understanding the importance of both a balanced diet of healthy foods and a regular exercise program.

Questions your child will consider include *How can I plan a healthy diet? How can I control my weight and stay healthy? How can exercise help me? How can I get the most benefit out of my exercise?* and many others. I urge you to explore these questions with your child so that your child can proceed with confidence and find answers that will help him or her make healthy decisions.

To support and extend our classroom work, please set aside some time during the next few weeks to complete one or more of the following activities with your child.

- Work with your child to plan balanced meals that provide the suggested amounts of breads and cereals; fruits; vegetables; meat, fish, dry beans, or eggs; and milk or milk products.
- Help your child avoid snack foods that are high in fat, salt, sugar, and caffeine. Spend time together making and enjoying more nutritious snacks, including popcorn, raw vegetables, and fruit.
- Help your child set aside time for a daily exercise program. If time permits, join your child in aerobic exercises or a brisk walk or jog. Follow necessary safety procedures to avoid injuries, always beginning exercise periods by warming up and ending them by cooling down.

Please engage in any other activities that you feel will help your child develop healthy eating and exercise habits. Thank you very much for your attention. As always, please feel free to contact me.

Sincerely,

Health Teacher