

Chapter**5****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 following a balanced food plan and engaging in regular physical activity.

Questions your child will consider include: *How does the food I eat keep my body healthy? How can I maintain a healthy weight? How can physical activity help me? How can I get the most benefit out of physical activity?* 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, and sugar. Spend time together making and enjoying more nutritious snacks, including popcorn, raw vegetables, and fruit.
- Help your child set aside time daily for physical activity. 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 physical activity habits. Thank you very much for your attention. As always, please feel free to contact me.

Sincerely,

Health Teacher