



LESSON 1



FOOD-GROUP FUN

# Family Connection

Name: \_\_\_\_\_

Return by: \_\_\_\_\_

Dear Family Member,

My class is starting a program to learn about healthy eating and physical-activity choices. I will be learning to:

- build balanced meals using a food grouping system.
- name the key nutrients of each food group.
- read the Nutrition Facts label on food packages.

I will also learn about:

- why breakfast is important.
- how to choose healthy beverages and snacks.
- food systems and where food comes from.

I will bring activities home that we can do together. At the end of the program, I will bring home a student workbook to show you what I learned about good nutrition and physical activity.

One thing my family is excited to learn about making healthy food choices is:

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Sincerely,

Student name: ..... Family Member Signature: .....

*You are an essential part of your child's good health! Post the following on your refrigerator as a reminder of healthy food choices. Write in 2 foods from each food group that you can add to your shopping list.*




**Dairy**  
Get your calcium-rich foods




**Vegetables**  
Vary your veggies



**Fruits**  
Focus on fruits



**Grains**  
Make half your grains whole



**Protein**  
Go lean on protein

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The nutrition information in this program is based on the Dietary Guidelines for Americans, as reflected in the USDA's MyPlate food icon.

For more information about good health for your child and your family, as well as for delicious and nutritious recipes that you can prepare together, visit [HealthyEating.org/SUMC](http://HealthyEating.org/SUMC).