



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

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

Children love to share what they learn in school with their families, especially when the topic is nutrition. Reinforce nutrition messages at home by practicing the skills your child learned in class.

1. Ask your child to show you his/her completed student workbook. Ask your child to share what he/she has learned.
2. Review the Post-Assessment with your child. Have your child complete the questions if it was not done in class.
3. Together, write one goal to make healthy eating choices at home.

Our family's healthy eating goal is:

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**Encourage your child to plan and prepare meals at home. Start with this easy and fun recipe!**

**Apple Bagel Sandwich**

Enjoy a unique blend of flavors—Cheddar cheese, green apples, and cinnamon—for a satisfying breakfast or midday snack.

Total preparation time: less than 15 minutes.  
Cook time: less than 15 minutes. Serves 1.



**Ingredients:**

- ½ whole-wheat Bagel
- 1 slice Cheddar cheese
- 1 Apple
- a dash of Cinnamon

**Preparation:**

1. Slice apple into round apple slices.
2. Put the slice of cheese on the top of the bagel, then place the apple slice(s) on top of the cheese and sprinkle some cinnamon on top of the apple.
3. Place bagel on a cookie sheet and bake at 350 degrees for 5 to 10 minutes or until cheese is melted.