

School and Home Connection



**What are we learning about this week?**

This week we learned about **protein** and how it builds up strong **muscles** in the body. We learned about different protein food choices and did some exercises to strengthen our muscles.



**What is this week’s goal?**

Eat three servings of protein every day this week.



**Review with your child:**

1. We need plenty of protein foods to build up strong \_\_\_\_. (Muscles)
2. What are some protein foods that you like? (Any meats, nuts, beans, eggs)
3. Can you name and point to one of the muscles you learned about today?
4. What’s the special kind of muscle you learned about today in your chest? (Heart)



**Take action:**

Ask your kids what they learned about strength and flexibility exercises this week and take a few minutes at the end of the day to stretch with them!