

School and Home Connection



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

This week we learned about **dairy foods** and how **calcium** helps us build strong bones and teeth. We also learned about **reducing screen time** and replacing it with other activities we enjoy!





**What is this week’s goal?**

Eat or drink 3 servings of dairy every school day this week.





**Review with your child:**

1. What is the special nutrient in dairy foods? (Calcium)
2. What does calcium do in our bodies? (Builds strong bones and teeth)
3. How many servings of dairy should we have every day? (3)
4. How many hours should we try to limit our screen time to in our free time every day? (2 hours)
5. What is an activity you like to do that doesn’t involve a screen?



**Take action:**

Take note of the kinds of milk, cheese, and yogurt that you get at the grocery store. For this week, try making a change to a lower-fat cheese or yogurt or try changing your milk down by one percentage (2% to 1% or 1% to skim) and see what you think!