



## School and Home Connection



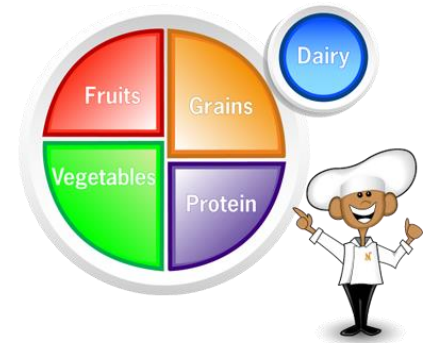
### What are we learning about this week?

Today we reviewed what we learned last year in GOAL University. We learned about **MyPlate** and how it can help us make healthy choices at mealtime. We also learned that we should all be active for at least **60 minutes** every day!



### What is this week's goal?

Be active for 60 minutes every day this week!



### Review at home:

1. What is MyPlate? (A guide that shows us how to build balanced meals)
2. Can you name one food you like from each food group?
3. How many minutes should we be active every day? (60)



### Take action:

Try to set aside some time one day this week to do something active together as a family that everyone can enjoy!