



## School and Home Connection



### What are we learning about this week?

This week we learned about **balanced lunches** and why they are important. We also learned about **cardio activity** and why it is important to keep our heart strong through physical activity.



### What is this week's goal?

Build a balanced lunch every school day this week. Try to make sure that your plate from the lunchline or lunchbox from home has foods from at least 3 groups on MyPlate.



### Review with your child:

1. What is an example of a balanced lunch with at least 3 food groups?
2. What is one example of a cardio activity? (play sports, ride a bike, etc.)
3. Why is important to choose cardio activities? (They keep our hearts strong)



### Take action:

Ask your child to see if they can choose 3 different cardio activities to try this week!