



## School and Home Connection



### What are we learning about this week?

This week we learned about **combination foods** and how many foods we enjoy cover more than one food group. We also learned about our muscles and different **strength and flexibility** exercises we can do to keep them strong!



### What is this week's goal?

Choose 2 activities to do this week that help you build strong muscles or improve your flexibility!



### Review with your child:

1. What is an example of a combo food that you like to eat? (Sandwich, pizza, mac and cheese, tacos, etc.)
2. How many different food groups can you find in a pizza?
3. What is an example of a strength or flexibility activity? (Push-ups, lifting weights, stretching, yoga, etc.)



### Take action:

Encourage your child to show you some of the yoga poses and stretches they tried in GOAL University!