



School and Home Connection



What are we learning about this week?

This week we learned about **food labels** and what to look for on those labels. We reviewed what we learned about physical activity so far this semester and played some of our favorite games!



What is this week's goal?

Be active for 60 minutes every day!



Review with your child:

1. What kind of information can you find on a food label? (What is in the food)
2. For which things do you want a high number on your food label? (Calcium, Vitamin A, Vitamin C, fiber, protein)



Take action:

Look at a food label together this week and ask your child to point out some of the things on the label that they remember from this week's lesson.