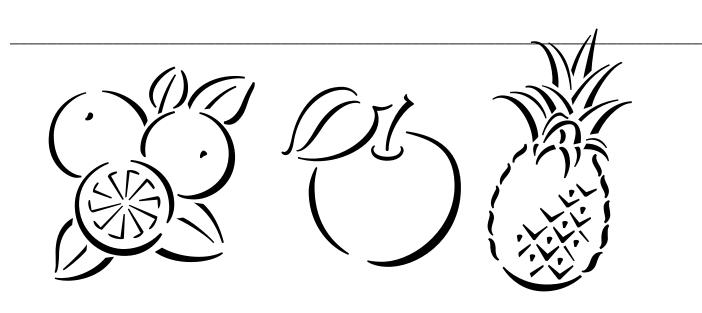


Parent Connection

The subject that we are studying right now is Food Groups and how they affect Nutrition and Health.

Produce Colors

What colors do you see in the produce part of the grocery store? Make a list of the colors and the foods.



DID YOU EAT FRUIT?

Think about what you ate yesterday. Did you eat any fruit? If you did, write it down :

	CHAPTER 2- FOOD GROUPS
	My Personal / Food Group Goals
ck a big goal that's related to making sure you have all five food groups in your diet ry day. Now make a couple smaller goals that will help you reach your big goal by the of the school year.	
	My Family's Goals: