

# Parent Connection

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

## *Plan A Meal*

Together, as a family, plan a nutritious meal using the chart of nutrients below.

<b>Nutrient</b>	<b>How It Helps Your Body</b>	<b>Foods Where Nutrient Is Found</b>
<b>Vitamin A</b>	Helps your eyesight Helps keep you from getting sick Helps your body heal when you are hurt	milk, mangoes, dried apricots, egg yolks, carrots, cantaloupe, spinach
<b>Vitamin C</b>	Helps keep you from getting sick. Helps your body fight colds and other diseases. Helps your bones grow and stay strong	oranges, tomatoes, broccoli, strawberries, melons, leafy greens
<b>Vitamin D</b>	Helps your bones and teeth grow and stay strong	milk, eggs, fish, (You also get vitamin D from sunlight)
<b>Calcium</b>	Helps build strong bones	Milk, yogurt, cheese, almonds, navy beans, leafy greens
<b>Potassium</b>	Helps your muscles grow and stay strong Helps your brain send messages to other body parts	carrots, potatoes with skin, peanut butter, oranges, raisins, bananas, strawberries
<b>Iron</b>	Helps your brain work Helps your brain and nerves send messages Helps with muscle strength	tuna fish, raisins, eggs, beans, potatoes with skins, cereal, beef
<b>Protein</b>	Helps all the organs and systems that make up your body Helps blood take oxygen all over your body	fish, chicken, beef, cheese, eggs, beans, nuts and seeds
<b>Carbohydrates</b>	Helps give your body energy to grow, work, and stay healthy	milk, fruit, bread, cereal, crackers, spaghetti
<b>Unsaturated Fats</b>	Helps give your body energy to grow and work Helps keep your brain healthy	tuna fish, olives, peanuts, vegetable oils

