

Parent Connection

The subject that we are studying right now is Junk Food and how it affects Nutrition and Health.



With your parent's involvement, read a cooking magazine or a cookbook to find a new, healthy recipe and write the recipe on a recipe card you designed. Bring the card to class and share. Ask your family to try the recipe at home and see how they like it!

My Family Goals

My Personal “Junk Food” Goals

Add these directions: Pick a big goal that’s related to watching the amount of junk food in your diet. Now make a couple smaller goals that will help you reach your big goal by the end of the school year.
