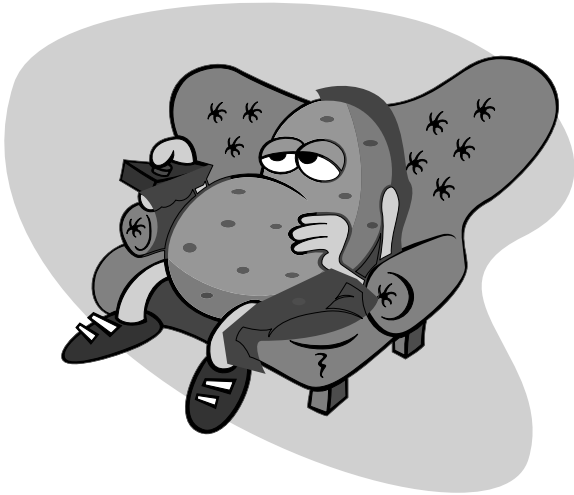


Parent Connection

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



Potato Powered Fuel?

Fruits and vegetables have so much energy that many of them can produce battery power! With your parent's involvement, research online to find out how to make a battery from an orange or a potato. Bring your research to class for sharing.

Metabolism Menu

Work with your parents to create a healthy lunch and a few healthy snacks for your school day. Plan your meal so that your metabolism will keep running. Only plan the number of snacks you feel that you need for your body.

Mid morning snack _____

Lunch _____

Mid afternoon snack _____

After school snack _____

