

Parent Connection

The subject that we are studying right now is Sleep and Relaxation and how they affects Nutrition and Health.

Sleep Web

Visit the following website at home or at the public library to learn more about the importance of sleep. <http://www.nhlbi.nih.gov/health/public/sleep/starslp/>

RELAXING MUNCHIE!

Make a list of healthy snacks that would be good in the evening. Then create a new healthy snack from your list. Bring in your new recipe and share it with your class.



