

Homework: Planning a Menu

Dear Family,

We have been learning about good nutrition and the food pyramid. The students have learned that our bodies require foods from each of the food groups in order to stay healthy. As a homework assignment, your child must create a complete set of menus for one day. The total food for the day should include the recommended servings for each food group.

We have discussed that the relatively small tip of the pyramid includes sweets and fats, which are used sparingly. My hope is to help the students understand that you can include small amounts of these in your daily diet as long as they do not replace foods from the other groups.

I hope you enjoy helping your child with this assignment and that it is a catalyst for family discussions on nutrition. I'm also hopeful that the students will take a greater interest in selecting nutritious foods on a regular basis.

Please use the attached papers to have your child list, draw or paste pictures of his/her selected menus. At the bottom of the page the child totals the servings for each food group in that meal.

Thanks you for your assistance. If you have any questions, please don't hesitate to ask.

Sincerely,

