

# Making Healthy Food Choices Family Letter

Dear Family,

Today we studied the USDA Food Pyramid and learned about the different food groups. At your house, you may find copies of the food pyramid on boxes of crackers or cereal and other packages. Ask your child to tell you what he or she learned about making healthy food choices.

Tonight, as you eat dinner, discuss the foods that you are eating and relate them to the categories on the food pyramid. We will be using the information at school, and the children need to be prepared to discuss the foods from their evening meals.

Sincerely,

