

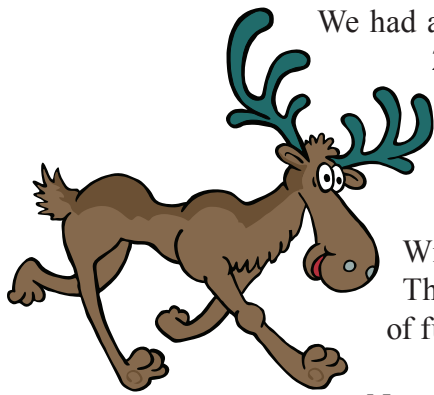


Dear Parent or Guardian,

Hi. My name is Marty Moose. Your child's second grade class and I will be exploring nutrition for the next few weeks. Today we learned about MyPlate. We discovered that the colored sections give us clues about healthy choices. Ask your child what the shapes and colors mean.

We also learned that we need to eat different kinds of food daily to stay healthy and strong. To do that, it's important to be a "Healthy Eater" like me. Look for some tips on the next page.

We talked about drinking plenty of water each day. Water keeps us cool when we romp and play. Water also carries nutrients to all parts of our bodies. Did you know water hides in many foods, like fruits and vegetables?



We had a lot of fun with our handwashing activity. We learned it takes 20 seconds to get our hands really clean. We used a special lotion called *Glow Germs*. We found that washing hands completely takes time and effort. Ask your child to show you how to properly wash your hands.

With clean hands, we were able to go "fishing" for our taste today. The recipe is on the back of this letter, if you want to try it. It's a lot of fun, and yummy too!

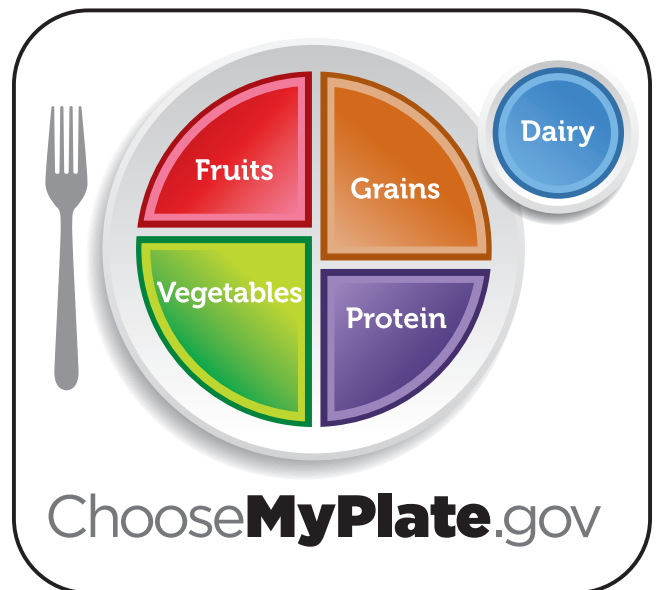
Next week, we will be talking about the grain group. I'll be sure to send you a note about our class.

Thanks for encouraging your child to make healthy choices.

Sincerely,







Marty Moose



Tips for "Healthy Eaters"

Marty wants us to eat healthy foods.
Here are some hints on what to choose from each food group.

-  Choose whole grains like brown rice, oatmeal, and whole grain crackers.
-  Choose a rainbow of fruits and veggies that are fresh, frozen, or canned in water or juice.
-  Make sure to get 2 to 3 cups of fat-free or 1% milk every day.
-  Select lean protein foods like beans, peas, and legumes at least 3 times every week.



Fishing with Marty Moose

- Bait:** 2 Tbsp. peanut butter or Peanut Butter Yogurt Dip*
- Poles:** Vegetable sticks (celery, carrots, green pepper, cucumber, etc.) and/or apple slices.
- Fish:** Fish-shaped crackers, pretzels, or different-shaped cereals.

Directions

Dip a pole into the bait and dip the baited end of the pole into the fish.
Enjoy your catch!

*Peanut Butter Yogurt Dip

- 1 cup nonfat plain yogurt
- 1 tsp. vanilla
- $\frac{3}{4}$ cup peanut butter (*or acceptable substitute*)

Combine yogurt, vanilla, and peanut butter. Mix well.

Food safety tip: No double dipping.