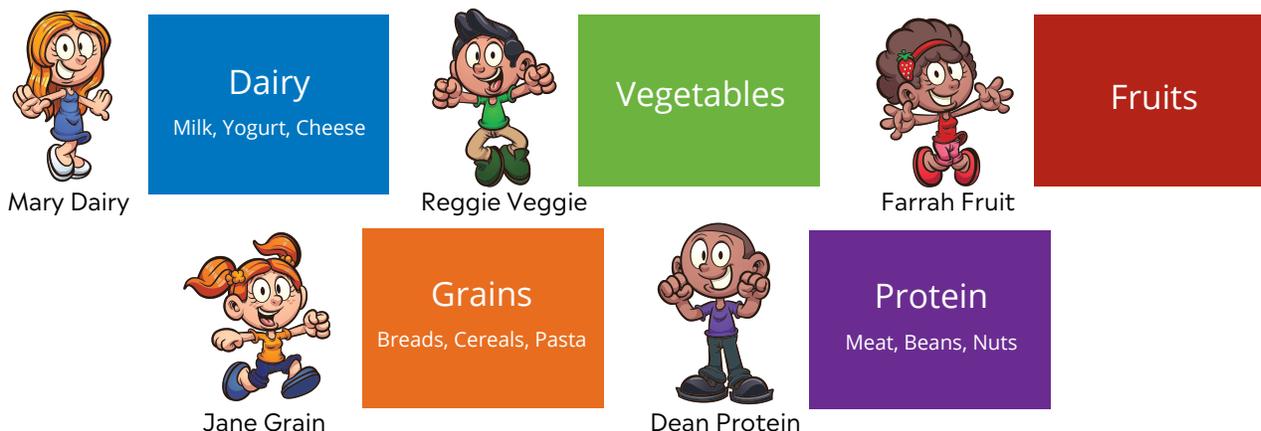# A Note to Families

Dear Family Member,

Your child's class is starting a program called **Let's Eat Healthy** to learn about healthy eating. Your child will be learning to:

- Identify foods in the 5 food groups and health benefits of each group.
- Demonstrate the skill to choose healthy breakfasts and snacks for themselves.
- Understand the steps involved in getting food from farm to table.
- Recognize that places, people, and activities can influence food choices.
- Understand better beverage choices that they can make each day.

The following characters have been introduced to help your child remember the names and foods that belong to each food group.

Mary Dairy	**Dairy** — Milk, Yogurt, Cheese	**Vegetables** — Reggie Veggie	**Fruits** — Farrah Fruit
Jane Grain	**Grains** — Breads, Cereals, Pasta	Dean Protein	**Protein** — Meat, Beans, Nuts

Choosing to eat foods from the food groups is a healthy habit to practice together each day. Encourage your child to identify the foods eaten each day with these 5 food-group friends. Ask your child to share what the class is learning about where food comes from, how to build a super snack, better beverage choices, and healthy options for breakfast.

You are an essential part of your child's good health! You are a role model that has significant influence over the attitudes your child develops around healthy eating patterns as well as acceptance of a wide variety of different, nutritious foods. We encourage you to involve your child in all aspects of the eating experiences in your home, from shopping to meal preparation to cleanup. Take the time to eat together as a family as many times during the week as you can manage. Aim to make mealtimes a positive experience, with a focus on lively conversation and fun!

Resources will be sent to you through your teacher or you can go directly to the resources at HealthyEating.org/2ndGrade. You will find tips and videos to help your family build healthy eating patterns together.

The nutrition information in this program aligns with the Dietary Guidelines for Americans, as reflected in the *USDA's MyPlate* food icon. Food-group characters and names used in this program adapted from USDA's Team Nutrition, *Discover MyPlate.*