

# INTRODUCTORY LETTER

Dear \_\_\_\_\_,

In school I'm learning about healthy eating with Arianna Bones and Marcus Muscleman. To grow and be healthy, I need to eat foods from all Five Food Groups. I'm bringing home a chart called **Eat the Five Food Group Way!**™ This chart tells you all about the Five Food Groups. This chart could hang on our refrigerator.

Each food group has lots of different foods. Here are my favorites:

■ My favorite Grain Group food is \_\_\_\_\_.

■ My favorite Vegetable Group food is \_\_\_\_\_.

■ My favorite Fruit Group food is \_\_\_\_\_.

■ My favorite Milk Group food is \_\_\_\_\_.

■ My favorite Meat Group food is \_\_\_\_\_.

To do my best at school, I need to eat foods from the Five Food Groups every day.

Will you help me become my best self?

Love,

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