

FINAL LETTER

Dear _____,

We have finished our unit on healthy eating. I have learned a lot from Arianna and Marcus. The most important thing I learned is that I need to eat the recommended daily servings of foods from all Five Food Groups every day. Eating from the Five Food Groups helps me grow, feel good and perform at my best.

One of the ways I can get enough servings from all the food groups is by eating healthy snacks. I'm bringing home a handout today called **Smart Snacking**. It's filled with ideas for nutritious snacks for our whole family.

Thank you for helping to make sure I eat foods from the Five Food Groups every day. Thank you for helping me to grow up to be my best.

Love,



"Eating from the Five Food Groups is important to me because

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