

Dear Grade 1 Parent / Guardian

This year we will be using a health resource called *Discover Healthy Eating!* to teach the Healthy Eating section of the *Health and Physical Education Curriculum*.

Your child will learn how to classify foods according to *Canada's Food Guide* and how to select foods from different food groups for healthy eating. This will help your child develop lifelong healthy eating habits. All four food groups are important in healthy eating but the amounts needed from each group are different; *Canada's Food Guide* recommends more servings from the outer arcs of the rainbow.

Your child will also discover that it is important to select snacks from the Vegetables & Fruit and Grain Products food groups. Research indicates that most children do not meet the minimum five servings of Vegetables & Fruit so focussing on foods from this food group as well as the Grain Products group is recommended. As well, your child will learn ways to care for his or her teeth.

As part of this section of the Curriculum we may use food samples. Please indicate on the attached form if your child has any specific food restrictions, e.g., allergies or intolerances. We would also like to know about any specific food-related requirements your family has, e.g., vegetarianism or religious practices. Tear off and return the attached form with your child.

Please call me if you have any questions.

Sincerely

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### Discover Healthy Eating!

My child (name) \_\_\_\_\_ cannot eat the following foods:  
(please print)

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Reason (circle): allergy intolerance religion vegetarianism

Parent/Guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_

Dear Grade 2 Parent / Guardian

This year we will be using a health resource called *Discover Healthy Eating!* to teach the healthy eating section of the *Health and Physical Education Curriculum*. *Discover Healthy Eating!* is designed to meet the specific expectations for each grade of the Curriculum. The activities will cover concepts from *Canada's Food Guide* and will help your child develop lifelong healthy eating habits.

Through interactive and fun activities, your child will learn to identify a balanced diet and apply decision-making skills to create menus for healthy eating.

He/she will begin to form an understanding of the relationship between healthy eating and health and will be able to describe the importance of food to the body (e.g., for energy and growth).

Your child will also be able to explain the negative effects of poor nutrition on healthy teeth and the importance of regular brushing and visits to the dentist.

As part of this section of the Curriculum we may use food samples. Please indicate on the attached form if your child has any specific food restriction, e.g., allergies or intolerances. We would also like to know about any specific food-related requirements your family has, e.g., vegetarianism or religious practices. Tear off and return the attached form with your child.

Please call me if you have any questions.

Sincerely

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### Discover Healthy Eating!

My child (name) \_\_\_\_\_ cannot eat the following foods:  
(please print)

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Reason (circle): allergy intolerance religion vegetarianism

Parent/Guardian signature: \_\_\_\_\_

Date: \_\_\_\_\_

Dear Grade 3 Parent / Guardian

This year we will be using a health resource called *Discover Healthy Eating!* to teach the Healthy Eating section of the *Health and Physical Education Curriculum*. *Discover Healthy Eating!* is designed to meet the Specific Expectations for each grade of the Curriculum. These activities will cover the concepts from *Canada's Food Guide* and will help your child develop lifelong healthy eating habits.

Your child will learn how to classify foods from various cultures according to the food groups in *Canada's Food Guide*. Eating habits are unique and people from different parts of the world can choose different, but equally healthy, meals.

Your child will also learn the benefits of healthy food choices, physical activity, and healthy bodies. The class will discuss how they feel more energetic and able to concentrate when they eat breakfast. As well, your child will learn about how to prevent tooth decay.

As part of this section of the Curriculum we may use food samples. Please indicate on the attached form if your child has any specific food restrictions, e.g., allergies or intolerances. We would also like to know about any specific food-related requirements your family has, e.g., vegetarianism or religious practices. Tear off and return the attached form with your child.

Please call me if you have any questions.

Sincerely

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### Discover Healthy Eating!

My child (name) \_\_\_\_\_ cannot eat the following foods:  
(please print)

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Reason (circle): allergy intolerance religion vegetarianism

Parent/Guardian signature: \_\_\_\_\_

Date: \_\_\_\_\_

Dear Grade 4 Parent / Guardian

This year we will be using a nutrition and health resource called *Discover Healthy Eating!* to teach the healthy eating section of the *Health and Physical Education Curriculum*. *Discover Healthy Eating* is designed to meet the specific expectations for each grade of the curriculum. The activities will cover concepts from *Canada's Food Guide* and will help your child develop lifelong healthy eating habits.

Your child will learn about the benefits of choosing “everyday foods” and of eating fewer “sometimes foods”. “Everyday foods” are those which are high in nutrients, such as whole grain and enriched cereals and breads, rice, pastas, dark green and orange vegetables and orange fruit, lower fat milk products, leaner meats, poultry and fish as well as dried peas, beans and lentils. “Sometimes foods” such as cookies, cakes, fruit drinks, fruit leathers, fried foods, pop and chips are low in nutrients.

Your child will also discover some of the factors that influence his/her food choices such as culture, family traditions, friends, TV and individual preferences. Your child will complete a one day food record, analyze his/her food selections and determine whether or not they are making wise food choices.

He/she will learn that children come in many shapes and sizes, and that body size and shape is determined largely by heredity. He/she will learn about other factors that influence body shape and size such as growth, and eating and physical activity habits.

Please call me if you have any questions.

Sincerely

Dear Grade 5 Parent / Guardian

This year we will be using a nutrition and health resource called *Discover Healthy Eating!* to teach the healthy eating section of the *Health and Physical Education Curriculum*. *Discover Healthy Eating* is designed to meet the specific expectations for each grade of the curriculum. The activities will cover concepts from *Canada's Food Guide* and will help your child develop lifelong healthy eating habits.

Through the coming year, your child will learn how to analyse information that has an impact on healthy eating practices. For example, your child will be learning about the purpose and function of calories and the major food nutrients; how to identify important information on food labels and how to use food labels to make healthy food choices.

Your child will also learn about the influence of media on body image and self-esteem and that changes in our bodies sometimes affect our eating habits.

Please call me if you have any questions.

Sincerely

Dear Grade 6 Parent / Guardian

This year we will be using a nutrition and health resource called *Discover Healthy Eating!* to teach the healthy eating section of the *Health and Physical Education Curriculum*. *Discover Healthy Eating* is designed to meet the specific expectations for each grade of the curriculum. The activities will cover concepts from *Canada's Food Guide* and will help your child develop lifelong healthy eating habits.

Your child will learn that children come in many shapes and sizes, and that body size and shape is determined largely by heredity. He/she will learn about other factors that influence self-esteem, body shape and size such as growth, peers, and eating and physical activity habits.

Your child will discover some of the factors that influence his/her food choices such as culture, family traditions, friends, TV and individual preferences. Your child will analyze his/her food selections at home, in school and in restaurants and determine whether or not they are making wise food choices.

Your child will learn about the benefits that healthy eating brings to a healthy active lifestyle.

Please call me if you have any questions.

Sincerely