



You are your child's most important role model, and your help is needed to continue to help them be successful.

Therefore, we have created fun and informative activities that you and your child can do together.

1. Try a new food from one, or all of the food groups.
2. Ask family members what their favorite foods are from each food group.
3. Plan a meal with at least one item from each food group.
4. Compare foods from the different food groups to common geometric shapes, for example, a ball is like an apple or a piece of bread is a square.
5. A pyramid shape is strong and sturdy just like our food choices should be. Try building a pyramid using blocks, juice boxes or paper cups.
6. Sort the foods in the pantry into their appropriate food groups.

www.chefsolus.com

A free nutrition education web site.

The fun way to learn about nutrition!

Dear Parents,

Congratulations! Our group has been learning about nutrition this week by playing a nutrition game.

Your child has just completed the Food Pyramid Level of the Chef Solus and the Food Pyramid Adventure.

While playing the Food Pyramid Level, your child explored the Food Pyramid and learned these important facts:

- ★ The Food Guide Pyramid organizes food into five food groups: Grains, Vegetables, Fruits, Milk & Milk Products, and Meat, Beans & Nuts.
- ★ Each food group in the pyramid has their own color: Grains (Orange), Vegetables (Green), Fruits (Red), Milk & Milk Products (Blue), Meat, Beans & Nuts. (Purple).
- ★ The thin yellow stripe on the pyramid represents oils. While it is not a food group, it is an essential part of our diet. Oils that have healthy fats include plant oils, nuts and some fish. Choose small amounts of oils each day. The larger stripes, such as the grains, fruits and vegetables group should be chosen more often.
- ★ Part of staying healthy is keeping fit. The stairs on the side of the pyramid is to remind you to be physically active at least 60 minutes every day.
- ★ Remember to eat many different foods from each food group every day to obtain the nutrients our bodies need to stay healthy.

Your child will have a certificate for the level. Help remind your child that nutrition is important and fun by posting it for the family to enjoy.

For more information and nutrition tools, found on **Parent's Tools Page**

Encourage your child to eat foods from all five food groups every day by using our fun **agreement sheet**.

Put the **tracking sheet** on the refrigerator to see their successes!

Found on the [Parents' Healthy Tips page](#).

