

GREAT THE BODY SHOP

Come in and learn about your body!

FAMILY CONNECTION

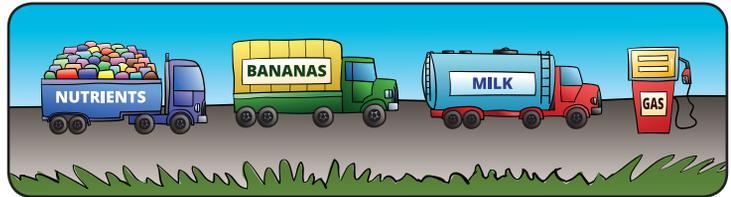
Hello Kids,

I hope you are all well and taking care of your great bodies!

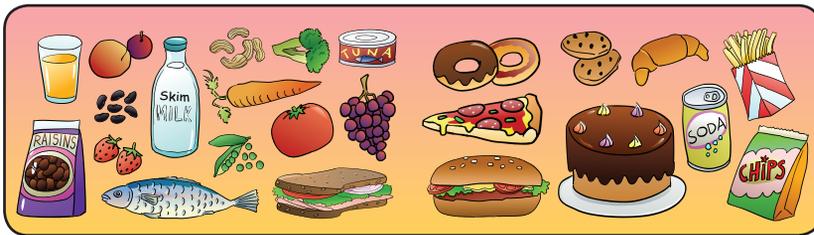
The last time that I spoke with you, we talked about the importance of sleep. Today, we are going to talk about another important daily behavior—eating healthful foods to fuel your body. I know that you learned about this with your teacher back in November. But a little reminder is always helpful.

Let's review some of the things that you know:

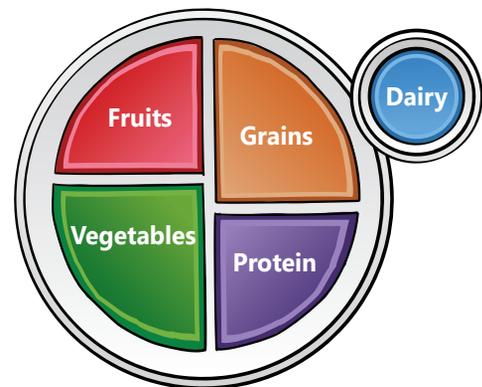
Food is Fuel: You know that food for your body is like fuel for a car. A car will not work without fuel, just like your body will not work without healthful foods.



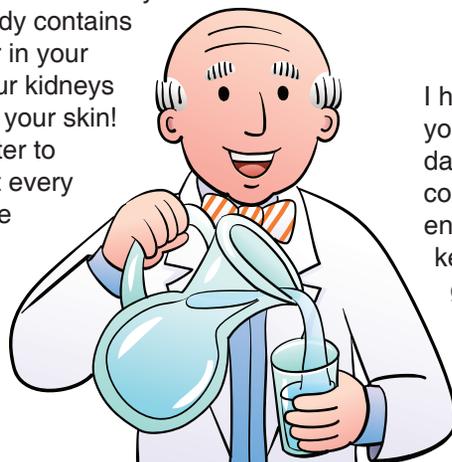
Healthful vs. Less Healthful Food: How do you know if a food is healthful? Whole foods (foods that have never been processed or changed) such as fruits and veggies, are always a good choice. When picking packaged food, pay attention to the nutrition label. Look for items that are rich in vitamins and minerals and low in sugar, fat and salt. Choose bread, pasta and cereals made with whole grains instead of regular flour.



Choose a Variety: A healthful diet is a well-balanced diet. This means eating a variety of foods every day. A healthful diet should include fruits, vegetables, whole grains, lean protein, and low-fat dairy products. Some families eat and drink non-dairy products like almond or soy milk instead of dairy products. This is healthful, too. For help planning a healthy, varied diet check out: www.choosemyplate.gov/resources/MyPlatePlan



Water is Important: Almost every part of the human body contains water. There is water in your blood, your brain, your kidneys and even the cells of your skin! Your body needs water to function properly, but every time you sweat or use the bathroom, you lose fluids. Drinking an average of 8 cups of water a day will help you stay well-hydrated.



I have another challenge for you. This one requires that you track healthful eating habits, including starting the day with a healthful breakfast. I also encourage you to continue to practice proper handwashing and getting enough sleep. Think about a person who can help you keep track of your health habits (mom, dad, grandma, granddad, older siblings) and ask that person for help. I hope you complete this challenge!

Your Friend, *Dr. Smartstuff*

THE GREAT BODY SHOP

The Children's Health Market, Inc.

Dear Families/Guardians: In THE GREAT BODY SHOP, we learned that healthful food provides our bodies with the fuel (energy) we need to grow, learn, and play. To keep the body fueled, we need to eat healthful food at mealtimes and snacks. We have also learned about the importance of drinking water every day. Water helps our bodies function properly.

Please help your child monitor his or her health habits for one week. The focus of this challenge includes starting the day with a healthful breakfast, selecting healthful snacks, and drinking at least three glasses of water each day (working toward the recommended 8). Please help to reinforce past messages by asking your child to continue to monitor proper handwashing and sleep patterns. Thank you.

Health Habits Chart

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
I started my day with breakfast.							
I ate a healthful snack today.							
I drank at least three glasses of water today.							
I washed my hands before meals and after using the bathroom.							
I slept for at least 10 hours.							

