

Dear Parents/ Guardians:

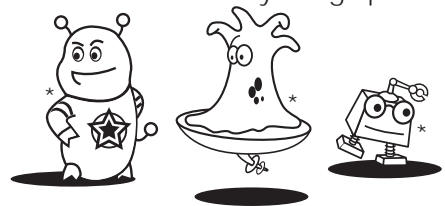
This year, our class will be embarking on *MISSION NUTRITION**, an exciting education program created by Canadian Dietitians to promote children’s healthy growth and development.

Elementary school children are at an ideal age to learn healthy living habits that can last a lifetime. *MISSION NUTRITION** encourages children to eat well, be active and feel good about themselves. This unique program supports educators and parents with fun activities to engage children at school and at home.

I would like to invite you to get involved in *MISSION NUTRITION** activities with your child at home. A notice about each home activity will be sent home. Please support your child in these activities.

You can find out more about the *MISSION NUTRITION** program, fun family activities and healthy living tips at www.missionnutrition.ca

Wishing you and your family good health!



MISSION NUTRITION* Home Activity Notices for Grades K-1

MISSION 1 - ONE OF A KIND AMAZING BODIES

DUE DATE: _____

Students will be asked to look through some of their baby pictures and choose a baby picture to bring to class. Please make sure they choose one you do not need back. We will showcase their pictures in class.

MISSION 2 - START YOUR DAY THE HEALTHY WAY

DUE DATE: _____

Each student will be asked to draw a picture of himself/herself doing something he/she enjoys doing to stay healthy such as eating breakfast or a healthy snack or playing a favourite active game. We will use their pictures to create a display that celebrates healthy living.

MISSION 3 - BLAST OFF WITH HEALTHY EATING

DUE DATE: _____

Students will be asked to use grocery flyers and old magazines to cut out pictures of some foods they like to eat for breakfast based on our healthy eating discussion. They can also draw pictures of foods they enjoy. They will use the pictures they bring to class to create a breakfast collage.

MISSION 4 - FLYING WITH THE FAB FOUR

DUE DATE: _____

Students will be asked to collect empty food packages of some foods they enjoy for healthy eating to create “You are what you eat” models. Examples include juice cans, yogurt containers, cereal boxes, bean cans, raisin boxes. Please be sure to clean the containers well before sending them to school.

MISSION 5 - FINDING FOOD LABELS

DUE DATE: _____

Students will be asked to go on a “Food Package Hunt” with the help of a family member and bring two empty food packages to school. Please be sure the packages are clean before sending them to school. We will be exploring how food labels give us important information for healthy eating.