

Dear Parents/ Guardians:

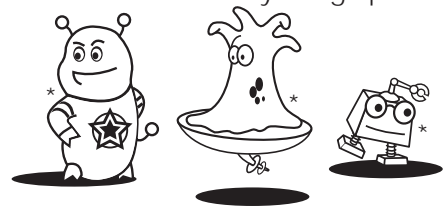
This year, our class will be embarking on *MISSION NUTRITION**, an exciting education program created by Canadian Dietitians to promote children’s healthy growth and development.

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 2-3

MISSION 1 - APPRECIATING YOU AND ME

DUE DATE: _____

Students will be asked to look through some pictures of themselves from the time they were born to the present and choose 5 or 6 favourites that show how they have changed. Please make sure they choose pictures you do not need back. They will use these pictures in class to create a photo poster and timeline showing the year they were born to present.

MISSION 2 - GREAT GOALS FOR HEALTH

DUE DATE: _____

Students will create their own “Family Health Habits” booklet. They will be asked to personalize the booklet they made in class by drawing an activity they do independently or with their family under each heading. Students will then share their ideas of things they can do to be healthy.

MISSION 3 - FOOD TO GROW, GO AND GLOW

DUE DATE: _____

Each student will be asked to pick a food that is eaten in another part of the world to show and tell about. Examples could include tortillas, naan, jack fruit, lychee and perogies. After researching their food at home they will each have a chance to show a picture or drawing of their food in class and talk about where it comes from, how it is eaten and what food group(s) it belongs to.

MISSION 4 - VARIETY FOR VITALITY

DUE DATE: _____

Students will be asked to choose a healthy snack idea, write out the ingredients, amounts, and preparation instructions and illustrate it. Their snack ideas should include foods from the four food groups including Vegetables and Fruit, Grain Products, Milk and Alternatives and Meat and Alternatives. We will compile their snack ideas to create a class “Healthy Snack Ideas” book.

MISSION 5 - READING FOOD LABELS

DUE DATE: _____

Students will be asked to find one or two empty food packages with a Nutrition Facts table that they can bring to school. Please be sure the containers are well cleaned before sending them to school.