



Adventures in learning,
created by Canadian dietitians

Dear Parents/ Guardians:

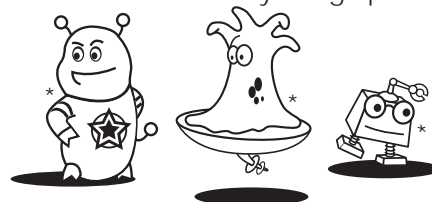
This year, our class will be embarking on *MISSION NUTRITION**, an exciting education program created by Canadian Dietitians to promote children’s healthy growth and development.

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 4-5

MISSION 1 - EXPLORING BODY FUEL

DUE DATE: _____

Students will be creating a “Healthy Living” brochure in class to share some of their ideas for healthy eating and activity with their families.

MISSION 2 - EXPLORING VITAMINS AND MINERALS

DUE DATE: _____

Students will be asked to visit the Dietitians of Canada website to do the *Nutrition Challenge Quiz*.

MISSION 3 - EXPLORING FOOD LABELS

DUE DATE: _____

Students will be asked to bring empty food packages from home to use in a label reading activity. Please ensure the containers are cleaned well before bringing them to school.

MISSION 4 - EXPLORING BODY SYSTEMS

DUE DATE: _____

Students will go on a “fibre find” search to create a list of foods they can find with fibre at home, at the school cafeteria or local grocery store. They will share their results in class and discuss ways to eat more fibre.

MISSION 5 - EXPLORING FOOD CHOICES

DUE DATE: _____

We will design a healthy eating questionnaire in class to collect information on eating habits. Students will be asked to use this questionnaire to survey family members and we will tally the results in class.

MISSION 6 - EXPLORING HEALTHY LIVING

DUE DATE: _____

Students will be creating a healthy living calendar. They will be asked to record something they can do individually or with their family to eat well, be active and feel good about themselves each day for a month.

