

# Healthy Eating

**September 15<sup>th</sup>-20<sup>th</sup>**

**We are studying about proper nutrition in class these next 2 weeks. Each student should try to bring in a food item in the food category below. Help your child enjoy this chapter. Fix a medium amount (small plate) for their class only; we should have plenty each day. Keep it simple but be creative. Supply spoons or small cups if possible.**

**We want to make sure we are sanitary and healthy so please wrap individual items (Ziploc) or put them in cups for each person!!! This will help is stay clean!**

**We look forward to our Wii Get Fit Competition for the next several weeks! Part of the competition is to eat healthy too!**

**Food Categories: Protein (9/15), Fats (9/16), Carbohydrates (9/19), Liquids and Fruit (9/20). If you need help look at the guide on pages 22-23 in the book. Students will receive a grade of 30 points!**

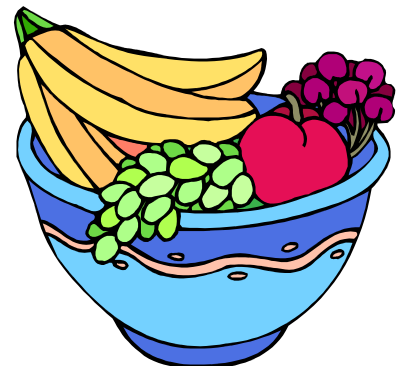
## **Neal**

**9/15 Avreigh, Gracie, Taylor, Logan, Zachery, Bella, Jackson**

**9/16 Leah, Samantha, Morgan, Will, Kayla, Callie**

**9/19 Sophia, Ethan, Natalie, Eliza, Kaitlyn, Claire**

**9/20 Andrew, Rachel, John Robert, Hannah, Kara, Wyatt**



## **Montgomery**

**9/15 Caitlyn, Noah, Hunter, Luke, Alex, Claudia, Tori**

**9/16 Madelyn, Brittany, Ryland, Caroline, Dylan, Faith**

**9/19 Madison, Thiago, Vianca, Dominic, Reagan, Camryn**

**9/20 Jillian, Kendall, Amirrah, Sydney, Ashley**