



You are your child's most important role model, and your help is needed to continue to help them be successful.

Therefore, we have created fun and informative activities that you and your child can do together.

1. Make a list of all the physical activities you like to do. Add to that list throughout the month. Try to be physically active most days this month!
2. Search through the kitchen and find 4 boxes, bags, or cans of healthy foods and look at the Nutrition Facts label. Just below the serving size is the number of calories per serving. Which foods have the most calories per serving? Which foods have the least?
3. Go on a walk with your family after dinner.
4. As a family, think of ways to be more physically active in the winter months. For example, jog in place or do stretches during television commercials.

[www.chefsolus.com](http://www.chefsolus.com)

A free nutrition education web site.

The fun way to learn about nutrition!

**Dear Parents,**

**Congratulations!** Our group has been learning about nutrition this week by playing a nutrition game.

**Your child** has just completed the Activity Level of the Chef Solus and the Food Pyramid Adventure.

While playing the Activity Level, your child explored the Food Pyramid and learned these important facts:

- ★ Eat many different foods from all the food groups every day.
- ★ Physical activity burns calories, strengthens muscles and helps maintain a healthy weight. Balance your food intake with your physical activity.
- ★ Physical activity is good for the entire body. The goal is to get at least 60 minutes of physical activity every day.
- ★ "Calories" is a term used to describe the energy content of foods. Our bodies require a constant production of energy to help us walk, talk and play. The energy comes from the food we eat.
- ★ If too many calories are consumed, and not used to produce energy, they are converted into fat, which is stored in the body.

Your child will have a certificate for the level. Help remind your child that nutrition is important and fun by posting it for the family to enjoy.

For more information and nutrition tools, found on [Parent's Tools Page](#)

Encourage your child to be active every day by using our fun [agreement sheet](#).

Put the [tracking sheet](#) on the refrigerator to see their successes! Found on the [Parents' Healthy Tips page](#).

