

# Healthy Eating 2014

**September 15<sup>th</sup>-18<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!**

**NO NUTS of any Kind!!!! NO PEANUT BUTTER! (ALLERGIES)**

**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 (9/17), Liquids and Fruit (9/18). If you need help look at the guide on pages 22-23 in the book. Students will receive a grade of 30 points!**

**Creative Students (even printing off nutritional facts) will earn extra credit!!!!**

## **Neal**

**9/15 Caleb B., Clint, Sydney, Hunter, Sam, Joseph**

**9/16 Jaelyn, Benjamin, Lauren, Hensley, Stella**

**9/17 Mallorie, Mason, Savannah, Ariana, Joshua, Shea**

**9/18 Caleb P., Matthew, Vivian, Mia, Camden**

## **Montgomery**

**9/15 Hannah, David, Taylor, James, Blake, Isabella**

**9/16 Jade, Kaleb, Gage, Khloe, Kelly, Kaleigh**

**9/17 Trei, Hayden, Delaney, Caitlyn, Forrester, Nakota**

**9/18 Parker, Caroline, Morgan, Sheldon, Grace**

