

Engaging Families to Use the Student Planner

Improving Learning through Healthy Eating Physical Activity



Eat:

- 2 Fruits and 3 vegetables daily by making half of every plate fruits and vegetables
- Different colors of fruits and vegetables to fill our bodies with the variety of nutrients that we need daily
- Whole-grain foods such as brown rice and whole-wheat bread
- Eat more fish, beans, peas, lentils, and nuts; eat less meat

Drink:

- Water with every meal, between meals and when exercising
- Less sugary drinks
- Low-fat dairy products

Move:

- 60 minutes a day
- To stay physically fit
- To improve learning, memory, classroom behavior, and attendance

Your child's student planner (*Get Ready! Get Set! Go!* for grades 1-2 or *Choosing Healthy Habits* for grades 3-5) is full of helpful hints that encourage your family to eat healthier and move more. As a family, complete all of the healthy eating challenges for each month. Ask your child how the family can adopt the health tips in the planner!

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