

Dear parents,

This week, we are learning about the different protein sources that help us GROW:

- Meat (pork, beef, chicken)
- Seafood (fish and shellfish)
- Eggs
- Plant Sources (tokwa, nuts, beans, legumes)

It is important to eat different sources of protein every week in order to get all the amino acids that our bodies need. Please help your child learn this important principle by serving him a variety of protein sources. For the next few days, have your child draw all the different GROW foods he or she ate in the chart below.

Please have your child bring this chart on _____ .
(date)

GROW CHART

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meat							
Seafood							
Eggs							
Plant Sources							

Name: _____

Section: _____