



GLOW FOODS and OUR HEALTH
CIRCULAR NO. GR04-06_2017_02

_____, 2017

Dear Parents,

Starting this week, our children will be learning the following key concepts about Glow foods:

- Glow foods contain many vitamins and minerals that our bodies need to make our skin, eyes and hair healthy. These vitamins and minerals also help our bodies to prevent sickness, like colds and cough.
- Fruits and vegetables belong to this food group. According to the Pinggang Pinoy® guide, approximately half of our plate should consist of fruits and vegetables in every meal.
- We should make our plate as colorful as possible by eating many different colors of fruits and vegetables. The more colors we have on our plate, the more vitamins and minerals we get.

We ask that you support your child's learning by:

- serving your child meals with fruits and vegetables that have a wide variety of colors.
- discussing the importance of eating different fruits and vegetables each day.
- asking your child to share what he or she knows about the nutrients our bodies get from different colors of fruits and vegetables.
- preparing fruit and vegetable dishes that your child will find appealing in order to encourage them to develop this important habit.

Thank you for continuing to partner with us in developing healthy eating habits in your family!

 REPLY SLIP

CIRCULAR NO. GR04-06_2017_02: Glow Foods and Our Health

_____ We have received and read this circular, and WE COMMIT to supporting our child's learning of healthy eating habits.

_____ We have received and read this circular, but WE CANNOT COMMIT to supporting our child's learning of healthy eating habits for the following reason: _____

 Name and grade level of student

 Parent's name and signature

 Date