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**GLOW FOODS and OUR HEALTH**  
**CIRCULAR NO. GR07-10\_2017\_02**

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\_\_\_\_\_, 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:

- encouraging your adolescent to eat fruits and vegetables that have a wide variety of colors, and making sure these are available at home.
- allowing your child to apply what he or she knows by involving him or her in meal planning.

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

..... REPLY SLIP .....

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\_\_\_\_\_ 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