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**GROW FOODS and OUR HEALTH**  
**CIRCULAR NO. GR01-03\_2017\_03**

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\_\_\_\_\_, 2017

Dear Parents,

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

- Grow foods provide our bodies with protein. Protein is made of different building blocks called amino acids which our bodies need to grow big and strong, and to help wounds and injuries heal.
- According to the Pinggang Pinoy® guide, approximately one-fourth of our plate should consist of proteins.
- There are many different sources of protein: meat (pork, beef, chicken), seafood and fish, eggs as well as plant sources (*tokwa*, nuts, beans, legumes).
- It is important that we get our protein from all of these different sources, and not just one or two, because different sources have different kinds of amino acids and other nutrients. If we only eat one kind of protein, like only chicken or only fish, then our bodies will not get all the different kinds of amino acids that it needs.

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

- serving your child meals that have a wide variety of protein sources.
- discussing the importance of eating different sources of protein.

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