



GROW FOODS and OUR HEALTH
CIRCULAR NO. GR07-10_2017_03

_____, 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:

- encouraging your adolescent to get protein from a wide variety of sources, and making sure the meals you prepare have a variety of protein sources.
- 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

CIRCULAR NO. GR07-10_2017_03: Grow 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