



GO FOODS and OUR HEALTH  
CIRCULAR NO. GR07-10\_2017\_04

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

Dear Parents,

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

- Go foods are also called energy-giving foods. They contain carbohydrates that give our bodies the energy we need to meet the demands of our active lifestyles.
- According to the "Pinggang Pinoy" guide, approximately one-fourth of our plate should consist of Go foods such as rice, bread, corn, pasta, noodles, *kakanin* and *kamote*.
- We should eat different kinds of Go foods that not only provide energy, but vitamins, minerals and fiber as well. For example:
  - Potato chips, cake, *pansit* and *kamote* are all energy-providing snacks, but *kamote* also has vitamins for good eyesight and *pansit* has vegetables for added vitamins and minerals.
  - We can eat white rice or brown rice during meals, but brown rice contains more fiber, which helps us to feel full. Fiber helps in regular bowel movement.
  - We should also go for whole grain products such as oatmeal and corn on the cob which contain fiber, vitamins and minerals.

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

- encouraging your adolescent to choose Go foods that are not just energy-giving, but rich in nutrients as well.
- encouraging your adolescent to eat a nutritious breakfast in the morning and nutritious snacks to provide needed energy to fuel his or her activities.
- involving 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\_04: Go 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