

Dear Parent/Guardian:

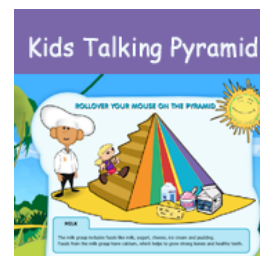
The link between nutrition and learning has been well documented. By establishing healthy habits early in life, your child can dramatically reduce their health risks and increase their chances for longer, more productive lives. Simply stated, children who learn to live healthy, live longer!



One of the ways in which our school actively helps your children perform better as students is by providing them with the nutritional knowledge and the skills necessary to grow and develop. As part of that commitment, we implemented a nutrition education program and our using games and print materials created” by Nourish Interactive ([www.ChefSolus.com](http://www.ChefSolus.com) or [www.nourishinteractive.com](http://www.nourishinteractive.com)). Their games use animation to guide your child through challenges, obstacles and problem solving that teach basic concepts of nutrition and the importance of exercise.

The Nourish Interactive website was created by healthcare providers and educators with the vision to teach families the importance of healthy eating and physical activity based on the USDA’s current recommendations. We have chosen this nutrition education website as part of nutrition education curriculum because it offers creative activities and games that children will want to play over and over again. It is a perfect fit for children between kindergarten and fifth grade providing multiple levels of difficulty based on the child’s individual ability.

Please support what your child is learning in school by taking time to visit Nourish Interactive children section. There are several mini games that your child can play and activities for them to explore. Don’t forget to visit the parents’ section too - there are helpful tools for the whole family.



### Parent’s Section Website Highlights

- Create a balanced meal based on your child’s age and activity level
- Find out if your child is at a healthy weight by calculating their BMI score
- Read nutrition and fitness articles that give practical suggestions to help your child develop healthy eating and exercise habits
- Print out nutrition tips sheets that are colorful and perfect to hang on the refrigerator for the whole family to see

### Children’s Section Website Highlights



- Food Groups Nutrition Puzzles. Simply put together a jigsaw puzzle and a healthy nutrition message will appear
- Visit the Interactive My Plate or Food Pyramid where Chef Solus teaches your child about the different food groups as they scroll over the different parts of the pyramid
- Does your child know what makes a balanced meal? Try Kevin’s Build a Meal Game which visits a school cafeteria, a kitchen and grocery store to make the perfect meal

*Note: You will find two versions of every tool: one for the child and one for the parents.*

Together, as a team, we can positively influence your child’s eating habits beyond the classroom by being a role model for good nutrition. To learn more about how Nourish Interactive promotes nutrition education, visit [www.ChefSolus.com](http://www.ChefSolus.com).