

Dear parents,

This week, we are learning about the importance of eating different colored fruits and vegetables - the more colors we eat, the more nutrients our bodies get.

Please help your child learn this important principle by serving him or her fruits and vegetables of different colors. For the next few days, have your child draw all the different fruits and vegetables he or she ate, in the correct row according to color.

For example, if your child ate a red apple on Monday, he or she should draw an apple in the row marked RED, under the column of Monday.

Please have your child bring this chart on _____.
(date)

Also, please let your child bring a(n) _____ to our next class.
Thank you!

GLOW CHART

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Red							
Yellow							
Orange							
Green							
Purple							

Name: _____

Section: _____

