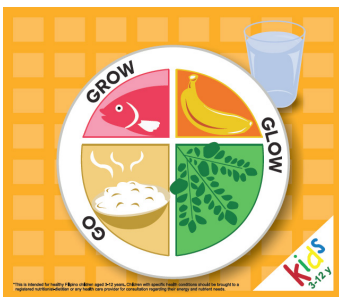


Dear Administrators and Teachers.

It has been three years since we first introduced the Nestle Wellness Campus Nutrition Modules, and each year we look forward to making our students' learning experience deeper and even more engaging than the last.

This year we continue our goal of educating our students on the following nutrition principles related to FNRI's Pinggang Pinoy®:



• Pinggang Pinoy® is an easy-to-understand food guide that reminds us of what our meal should look like every day to get the energy and nutrients our bodies need to be healthy.

- Approximately one-half (1/2) of our plate should consist of Glow foods, one-fourth (1/4) should consist of Go foods, and one-fourth (1/4) should consist of Grow foods in every meal.
- We should make our plate as colorful as possible by eating many different colors of Glow foods. This ensures that we are getting a variety of vitamins and minerals in our diet.
- We should get our protein from different types of Grow foods to ensure that we get the different kinds of amino acids, and other nutrients, that our bodies need.
- We should eat Go foods that not only provide energy, but vitamins, minerals and fiber as well.
- It is important to drink enough water every day. Children and adolescents should drink the recommended amount of water daily:
 - 6-9 years old - 6 glasses or more each day
 - 10-12 years old - 8 glasses or more each day
 - 13-18 years old - 9 to 12 glasses of water or more each day
- Furthermore, we should include nutritious beverages with our meals to receive even more nutrients.

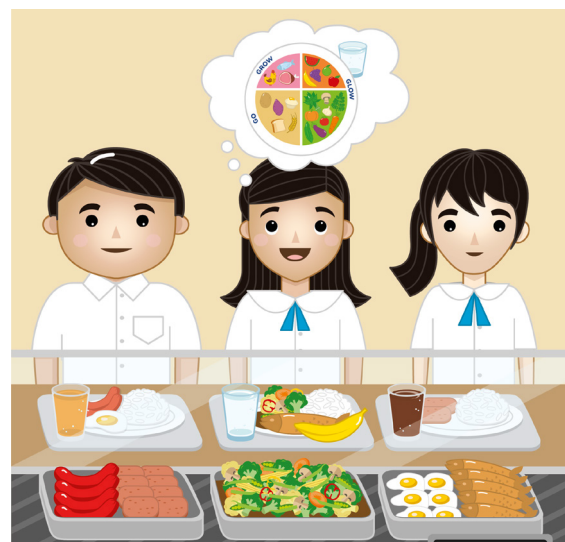
Aside from teaching these basic principles, this year's modules were designed to further enhance cognitive skills and thinking habits that are important to academic achievement.

By using these materials, your students will have opportunities to practice:

- organizing information
- comparing new knowledge with prior knowledge
- monitoring one's own progress and learning
- thinking critically and reflecting on one's own thinking skills
- articulating ideas and formulating questions

All these skills are transferable to other subject areas, and are essential to life-long learning.

Like you, we know that the next generation of responsible citizens must be taught more than facts and figures related to health, we must encourage them to think critically and to take responsibility for their health, and to pursue healthy lifestyles.



REMINDERS

This program consists of five modules and a culminating activity at the end of the program.

- **PROGRAM DURATION**

The first four modules include activities that span four weeks (i.e. four once-a-week meetings), while the last module includes activities that span two weeks. To maximize your students' learning, do not try to squeeze these activities into a much shortened period.

- **HEALTH PORTFOLIO**

Students should keep their work in a portfolio so that they can easily refer to previous lessons and reflect on their learning throughout the course.

- **FAMILY INVOLVEMENT**

Many of the activities in this program encourage parents to be involved. Teachers are reminded to instruct their students to talk about what they've learned with their family members. Circulars to parents are included and should be distributed to parents at the start of each module. These circulars will help you to share the program's objectives with the parents, and offers tips for them to support their child's learning at home.



- **CULMINATING ACTIVITY / SHOWCASE**

As a culminating activity we propose that you bring together the entire school community in a day- or week-long celebration where students can showcase all they have learned and accomplished throughout the program. Specific suggestions for each grade level are included along with the module guides.



Last but not least, we cannot thank you enough for partnering with us in our goal to influence a generation of young Filipinos who will always make responsible meal choices! We look forward to continuing this strong partnership through the years.