

# HOME CONNECTS



## Social-Emotional Learning Objectives:

- Categorizing food by fruits, vegetables, dairy, whole grains, and protein.
- Learning healthy breakfast foods.
- Composing food riddles.

## Let's Chat Conversation Questions:

- What new foods are you willing to try?
- Describe a healthy meal.
- What is your favorite healthy treat?

## Respectful Ways Q&A:

**Q:** Name the five food groups and an example of each.

**A:** **Fruits** (apple, watermelon, raisins, cantaloupe, etc.). **Vegetables** (potato, lettuce, carrot, peppers, etc.), **Dairy** (milk, yogurt, cheese, butter, etc.), **Protein** (fish, meat, nuts, chicken, etc.), and **Whole Grain** (bread, cereal, oatmeal, rice, etc.).

**Q:** Why is breakfast an important meal?

**A:** Breakfast provides energy for the day and has nutrients to grow and develop. It helps you focus and gives you the motivation to learn.

## Home Connects Activity Ideas:

- Ask your family to list the five major food groups. Then, have them share their favorite food from each group.
- Choose a favorite healthy meal. Ask your family to prepare the meal together. Talk about the health benefits.
- You learned a short poem, plus composed food riddles in school. Read the poem and solve each riddle:

*Which food does my fridge possess?*

*Hear my clue, then take a guess.*

***I live in the water and have gills (fish).***

*Which food does my fridge possess?*

*Hear my clue, then take a guess.*

***I am used for a grilled sandwich (cheese).***



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