

Dear Parents,

We have recently begun our Life Science Unit on plants. We are planning many interesting and engaging lessons. One topic we plan to incorporate is nutrition. By incorporating tasting days for many fruits and vegetables, we are hoping to change some of their ideas and hopefully have them begging you to buy fruits and veggies (wouldn't that be nice!).

One way we plan to involve the students by having a "Chef of the Week" each Friday. This student would be responsible for teaching the class how to make a healthy snack of their choice. The chef will be responsible for bringing the materials to prepare the snack, writing out the recipe to share, and preparing the snack for the class to sample. Each student who volunteers to be Chef of the Week will receive extra credit in science. We are hoping to have all students take a turn so we can have a healthy treat each Friday until the end of the year. We have access to a fridge and a microwave if necessary for snack preparation.

Recipe Requirements:

- must be low fat
- must include one fruit or vegetable

We have added a Healthy Habits page to the 4th grade web site to go along with this unit that we will keep throughout the year. We will post pics of our Chefs of the Week with their recipes along with great web sites we find.

Please let us know if your child has any food allergies that we need to be aware of (make sure they know about it, too). No one will be forced to taste anything they do not want, but they will be encouraged to try everything.

We are looking forward to seeing the healthy, tasty treats our young chefs will be preparing!! If you have any questions, please contact us.



