

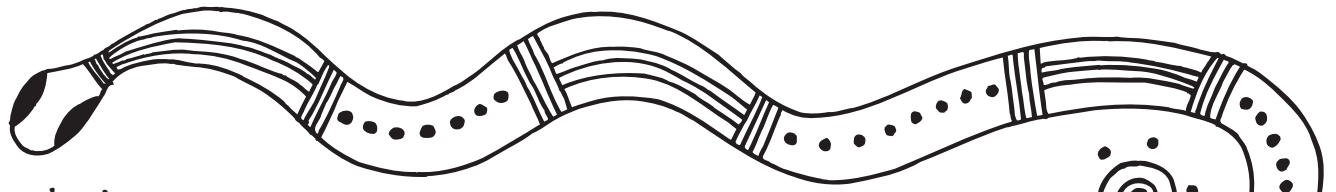
# Grow, Glow, Go

Grow

Glow



Go



In the boxes,  
draw pictures of  
the foods we need to ...

# We need food

## Grow

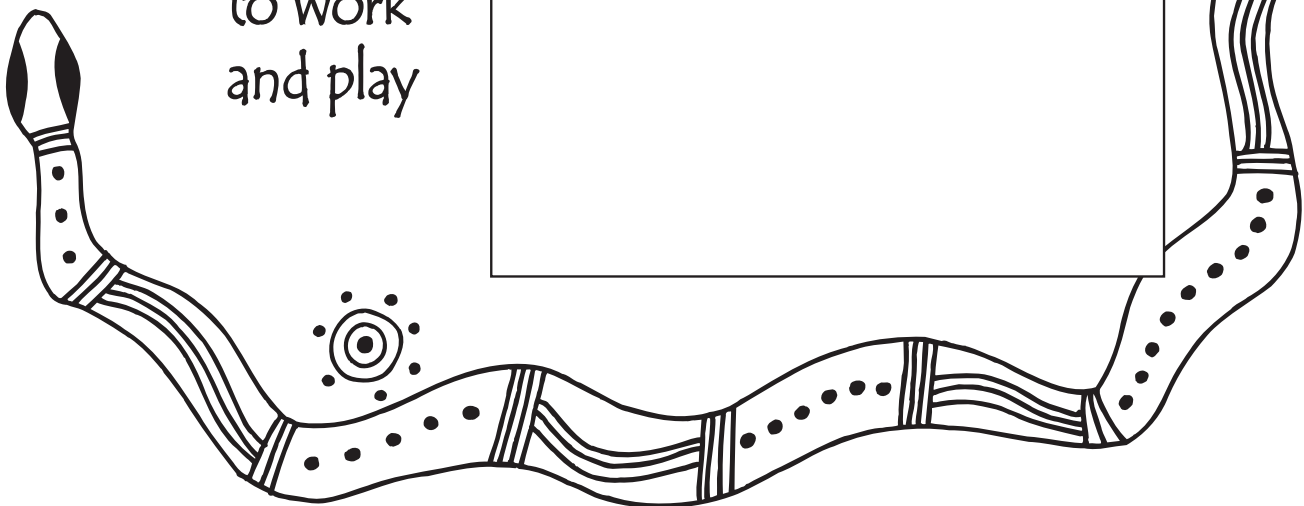
To grow  
and repair  
the body

## Glow

For  
protection  
against  
sickness

## Go

For energy  
to work  
and play



.....

## Dear Parent/guardian

We are studying a food and nutrition program at school called *Health jarjums make healthy food choices*. In this program we are learning about everyday foods and sometimes foods.

Breakfast is a very important start to the day and most breakfast foods are everyday foods.

As part of the school program we would like to encourage all children to have breakfast on \_\_\_\_\_ the \_\_\_\_\_.

This is important because the children will be discussing breakfast at school on that day.

Some good breakfast suggestions are:

Cereal

Muffins

Milk drinks

Toast

Porridge

Tinned spaghetti

Fruit

Baked beans

Soup

Left-overs from dinner

Yoghurt

Eggs

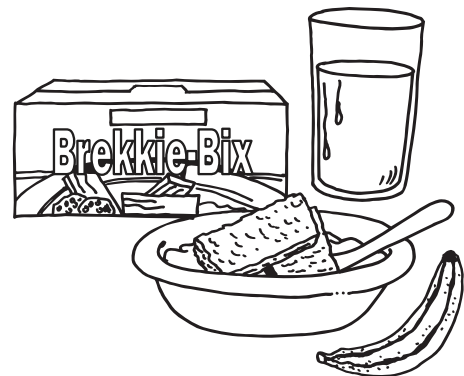
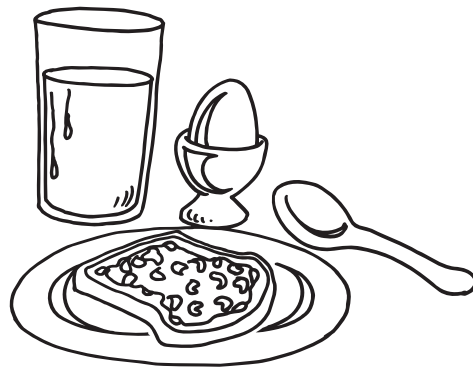
Damper

Thank-you for your help.



( / / )

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## Suggestions for parent/guardian involvement

Please note: The invitation below can be used for any activity involving food preparation and serving.



# Invitation

Dear Parent/Guardian,

Please join us on \_\_\_\_\_ at \_\_\_\_\_  
in the \_\_\_\_\_ room.

We will be \_\_\_\_\_ together.

If you can come, fill out the form below and return it by  
\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_.

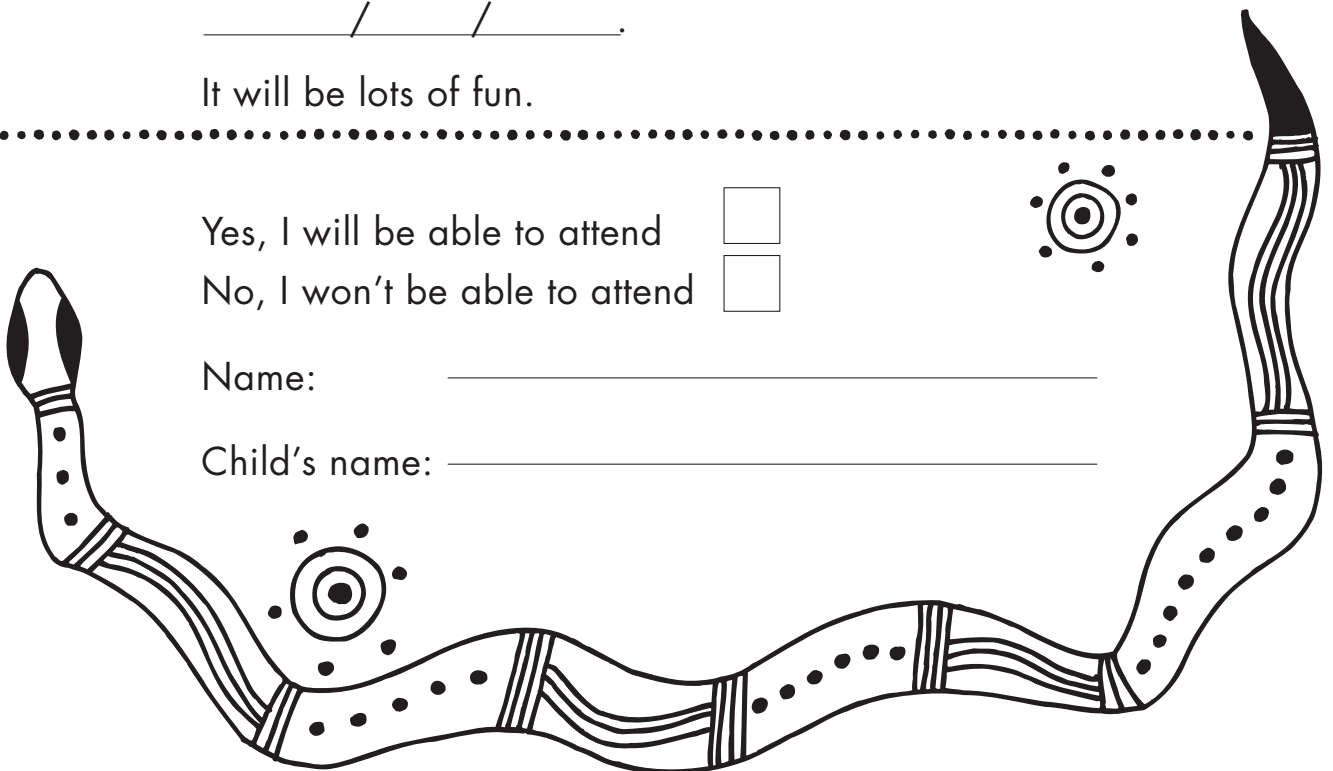
It will be lots of fun.

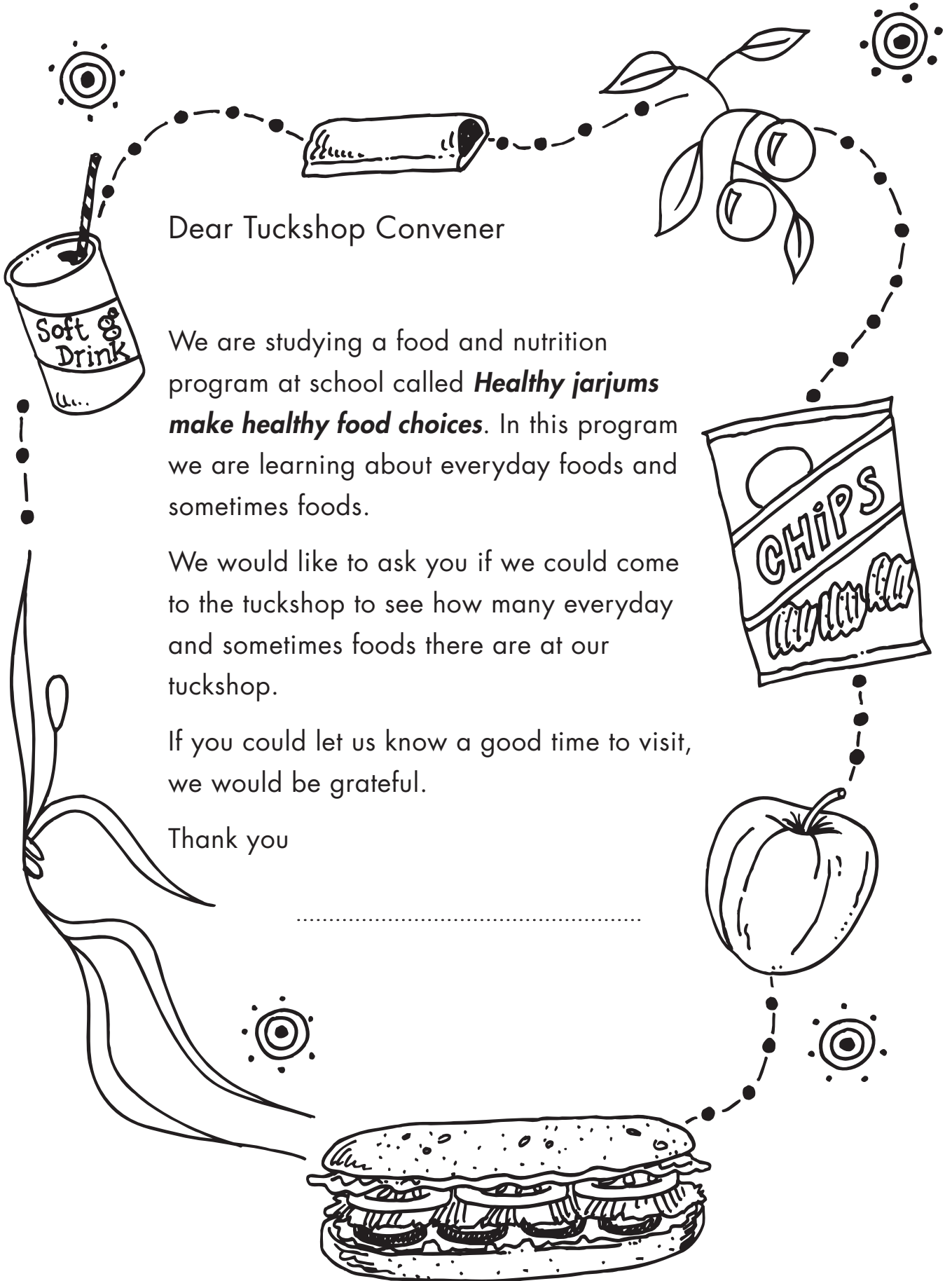
Yes, I will be able to attend

No, I won't be able to attend

Name: \_\_\_\_\_

Child's name: \_\_\_\_\_





Dear Tuckshop Convener

We are studying a food and nutrition program at school called **Healthy jarjums make healthy food choices**. In this program we are learning about everyday foods and sometimes foods.

We would like to ask you if we could come to the tuckshop to see how many everyday and sometimes foods there are at our tuckshop.

If you could let us know a good time to visit, we would be grateful.

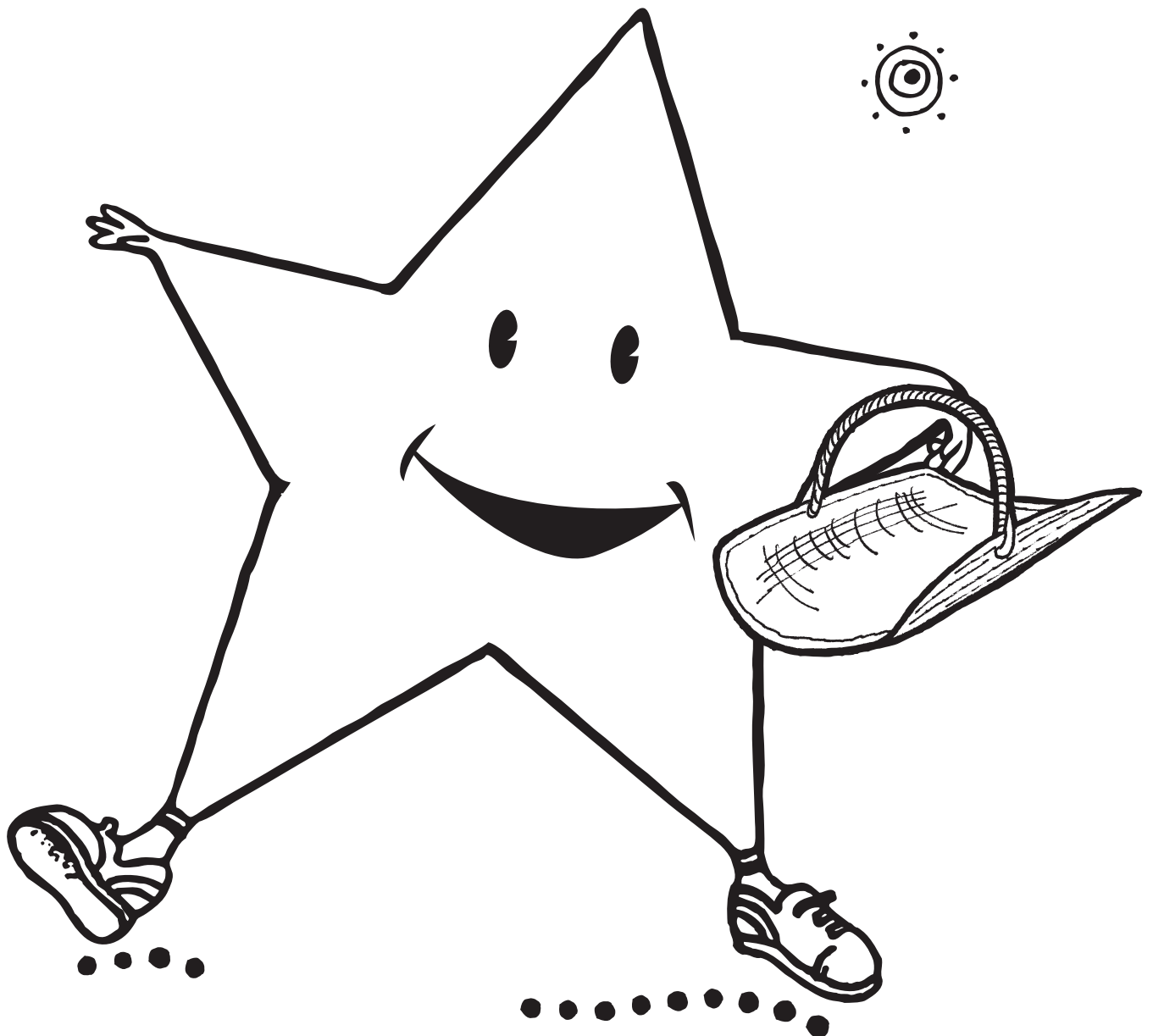
Thank you

.....

# The Food Star



Cut out or draw foods  
that belong inside  
the Food Star ...



Circle 4 foods that are in the wrong place  
and draw a line to where they belong

**Grow**

chicken kangaroo egg ice cream yoghurt

**Glow**

corn carrots watermelon sweet potato chips

**Go**

cereal rice sandwich noodles milk grapes fries meat pie

Sometimes foods