

4.
Letters and
additional handouts

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- ◇ Letter and Invitation masters for parents/guardians
- ◇ Letter to tuckshop
- ◇ Additional class/homework exercise handouts
- ◇ Pre- and post-evaluation exercises (for Lessons 1 + 4)
- ◇ Completion Certificate



Dear Parent/Guardian

Over the next weeks your child will be participating in a school nutrition program called Healthy jarjums make healthy food choices. This program will be looking at

- the relationship between food and health
- classifying foods as 'everyday foods' and 'sometimes foods'
- exploring Aboriginal and Torres Strait Islander culture and foods, and
- food safety, hygiene and food preparation.

The program will involve many practical, hands on activities. We will be sending invitations to all parents to participate in some of these activities with their children.

The children will also be bringing home worksheets that may need your assistance to complete. Please help your child with these activities to help reinforce the healthy messages.

Thank you



**Queensland
Government**



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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

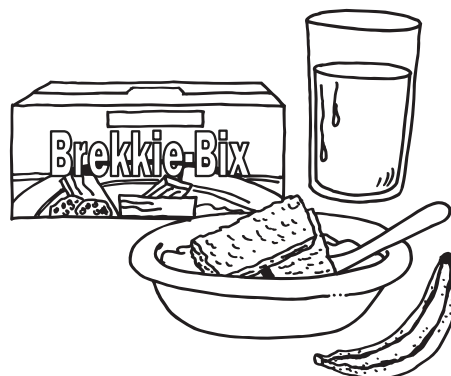
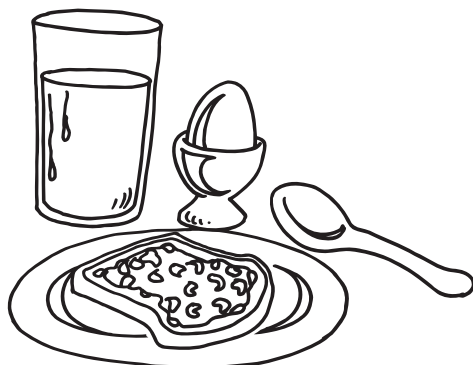
Eggs

Damper

Thank-you for your help.



(/ /)





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
_____/_____/_____.

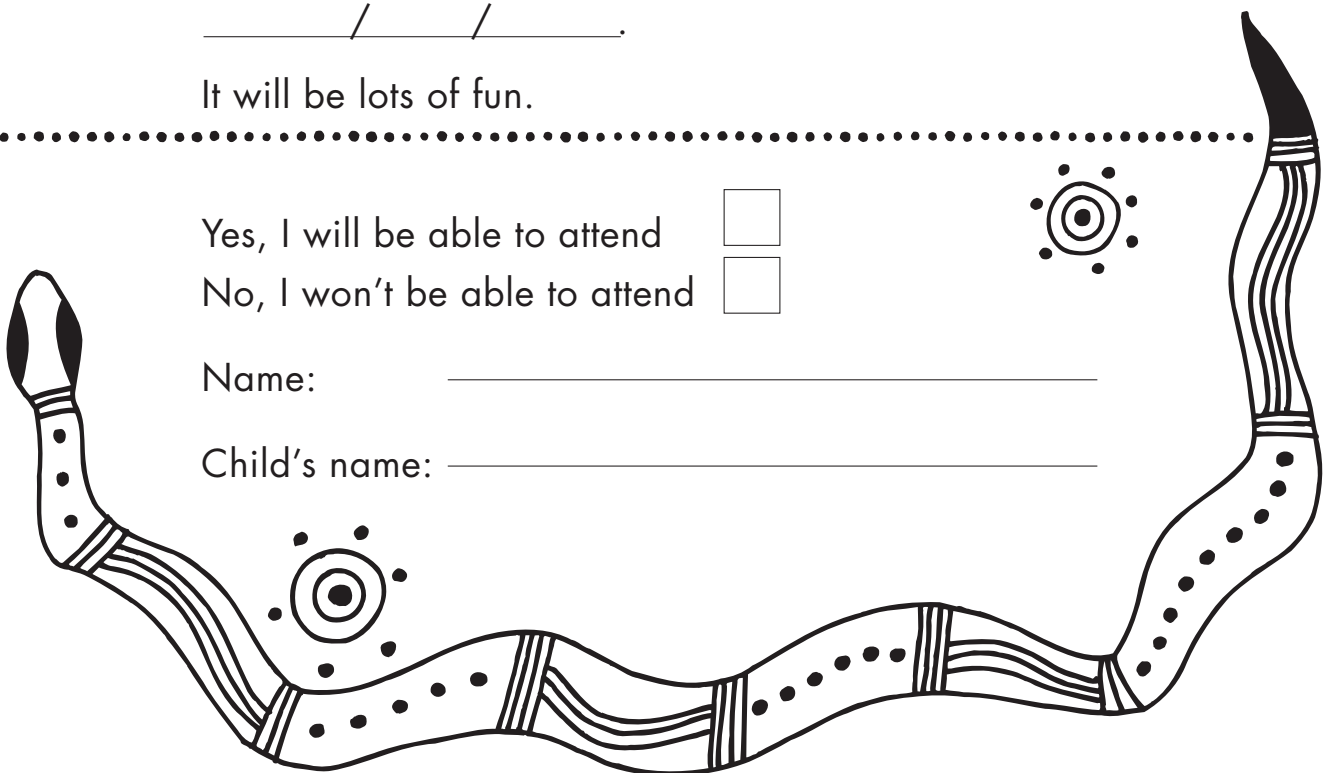
It will be lots of fun.

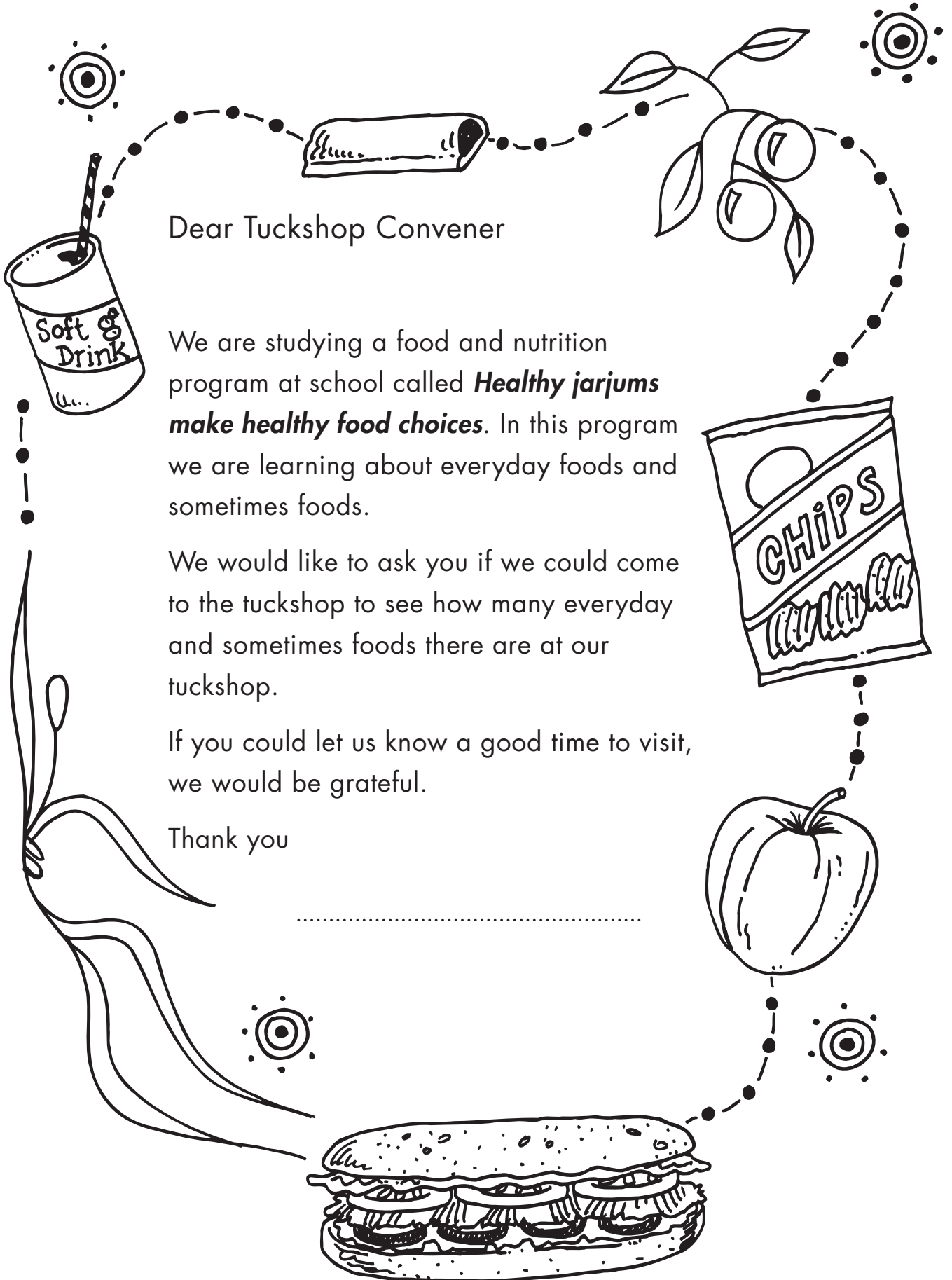
Yes, I will be able to attend

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

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