

Dear Teacher:

**GrowingGreat Pilot K-2<sup>nd</sup> Lesson #1—Decorate Your Plate**

Today's lesson is "Decorate Your Plate." Your GrowingGreat Docent will lead the students through an interactive lesson designed to teach them that humans need food to live and grow and that there are five major food groups. A GrowingGreat "Grill Me About" handout for parents is available to be sent home via email or backpack. Please contact your GrowingGreat Docent for an electronic document.

Your Teacher Packet includes:

- An outline of the lesson

Suggested books to compliment the "Decorate Your Plate" lesson:

*The Very Hungry Caterpillar* by Eric Carle

*I Will Not Ever Never Eat a Tomato* by Lauren Child

*Good Enough to Eat, a Kid's Guide to Food and Nutrition* by Lizzy Rockwell

We hope you and your students enjoy the lesson!

Sincerely,

GrowingGreat