

Grill Me About...

PFCs-Proteins, Fats and Carbohydrates



Today, your child participated in an interactive, hands-on nutrition activity about feeding our bodies with a combination of fuels needed to perform at our best - Proteins, Fats and Carbohydrates!

Wonder

GROW Foods = Animal, Dairy and Vegetable Proteins

BRAIN Foods = Beneficial Fat

GO Foods = Fruit, Vegetables, and Whole Grains Carbohydrates

Grill me about my lesson!

1. What combination of fuels (food) does your body need to perform at its best? HINT: PFCs
2. What type of vegetable has protein?
3. Name two beneficial fats (good for brain).

Read At Home

Dinosaurs Alive and Well by Laurie Krasny Brown and Mark Brown

This is The Way We Eat Our Lunch by Edith Maer

Recipe

GrowingGreat PFC Wrap - Sliced of Turkey, Slice of Cheese and Romaine Lettuce Leaf. Roll it up and enjoy. *Health it up with a spoonful of flavored hummus!

GrowingGreat 2017

GrowingGreat's mission is to empower children to make healthy food choices through hands-on science and garden education. *La misión de GrowingGreat (Creciendo Bien) es capacitar a los niños para que elijan alimentos saludables a través de la ciencia práctica y la educación en el jardín.*

