

# 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!

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Thank you to Grand View teachers and GrowingGreat parent docents who make learning about the basic concepts of nutrition education so fun!

GrowingGreat's mission is to empower every child to grow up healthy through science-based garden and nutrition education. *La misión de GrowingGreat (Creciendo Súper) es la de motivar a cada niño para que crezca saludable, basándose en las ciencias por medio de jardines y educación en nutrición.*