

Dear parents,

This week, we are learning about the different foods that provide us energy to GO.

It is important to eat energy-giving foods that also have added nutrients, like kamote, pancit, and suman instead of chips and cake that only provide energy. Also, it is important to have a proper energy-giving breakfast each day so that we can start the day right.

Please help your child learn these important principles by serving him or her more nutritious snacks and by making sure your child eats a proper breakfast every day. For the next few days, have your child draw all the Go foods he or she ate for breakfast and for snacks.

Please have your child bring this chart on _____.
(date)

GO CHART

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							

Name: _____

Section: _____

