



High School

Home Connection

Balancing Your Body Budget

Dear _____,

Today in class, we learned how to keep our bodies healthy, focusing on eating healthy and nutritious meals and drinking water instead of soda or juice.

To help your student understand their eating habits, we're asking them to keep track of their meals and water consumption for a week and see if there are any changes they need to make.

There are free resources available from the US Department of Agriculture, including recipes and a free app which you can download at: <https://www.myplate.gov/> to help track meals.

Please do not hesitate to reach out with any questions or concerns.

Best,
