

[Sample Letter]

Dear Parent/Caregiver:

Your child is currently working on a lesson entitled **Healthy Eating**. Along with the class, your child is learning about how to develop healthy eating and exercise habits. As part of this lesson, we would like your child to keep track of what they eat and how much exercise they get each day. To complete this portion of the lesson, your child will need your help.

We have sent home the sheets your child needs to work on for this activity. Please remind them to fill in the appropriate parts of the sheet each day, and provide any other help as needed.

Thank you for your help with this activity.

Sincerely,