



Dear Family,

Your child has been learning about all kinds of **balance**—balanced meals, balancing healthful foods with occasional treats, and balancing the number of calories we take in and use up. **Give your child a chance to show off his or her new knowledge by discussing questions like these:**

- Food labels provide much of the information you need in determining if a food contributes to a balanced diet. What helpful information do food labels contain?
- Oversize portions contribute to making our diets unbalanced. What can you do to keep portions in check?
- Physical activities require energy, and energy comes from food. Healthful food choices give us long-lasting energy.
- What do the new MyPlate food guidelines say? (*Half your plate should be fruits and vegetables.*) Think about your last meal: did it meet those guidelines? How could you change it? (For more information on MyPlate, visit ChooseMyPlate.gov.)

Continue these healthy discussions the next time you visit the grocery store or eat out. You'll be amazed at how much your child knows about balance! **To learn more about the many people who help bring food to our plates, visit the Alliance to Feed the Future, www.AllianceToFeedtheFuture.org/education.**

Sincerely,

teacher's name



ALLIANCE TO
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Be Big on Balance!

I'm eating balanced meals.

I'm balancing the calories I eat with the energy I use.

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date

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