

# Family Artful Learning Link: April Dinner Discussions

## Question for Discussion:

How does eating nutritious foods help the parts of our body work in harmony together?

## Suggested Activity:

Write down what you and your family had for dinner. Discuss how the different nutrients help your body get the energy it needs!

Our family completed the suggested activity together.

Student's name: \_\_\_\_\_

Homeroom teacher: \_\_\_\_\_

Date completed: \_\_\_\_\_

\*Turn this into your homeroom teacher by the end of the month to be entered into the Townline monthly raffle!