N E W S L E T T E R

Welcome to the wonderful world of science! The next few weeks will prove to be an interesting journey for your child as he or she explores Examining Nutrition. There will be exciting hands on investigations in the classroom and in the Science Lab. Your child will participate in many different activities that will include educational games, science experiments, data collection, listening comprehension, creating graphs and predicting. The following outline will enable you to ask your child questions based on the concepts they learned during that investigation.

INVESTIGATION 1
The Digestive Process

INVESTIGATION 2
Understanding Nutrition Labels

INVESTIGATION 3
Exploring Carbohydrates

INVESTIGATION 4
Exploring Fats

INVESTIGATION 5
Exploring Proteins

Sample Questions:

- What are some differences between mechanical digestion and chemical digestion?
- How can the MyPyramid Food Guidance System and the nutrition labels on food items help you make your daily food selections?
- What are the different types of carbohydrates? Which foods contain carbohydrates?
- Which food groups contain fats? Is there a Recommended Daily Value for the amount of fat a person should eat in a day?
- How can you find out how much protein is in a food or beverage?

Your child will be completing a Scientist Data Record during the next few weeks. Upon completion of Examining Nutrition, your child will be bringing their Data Record home. Please take a few minutes and look at and discuss your child's work. If you have any questions about this Core Experience Learning Lab, please write a note or contact me at school. Thank you for your cooperation.

Sincerely,

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