



**Dear Family Members,**

This summer, your child will complete four virtual lessons with the PE-Nut™ program. PE-Nut™ stands for Physical Education and Nutrition working together. PE-Nut™ motivates students, families, and staff to live healthier lives!

Lesson One – We will discuss the importance of children washing their hands to take care of their health. Participating in healthy practices, like hand washing, is a great way for you to act as healthy role models for your children. We will take a physical activity break by doing a FitBit™ called *When Should I Wash?*.

Lesson Two – We will discuss what being healthy means with help from the five different food groups on MyPlate. We will also discuss the importance of eating food from all food groups at every meal. We will take a physical activity break by doing a FitBit™ called *Classify the Five*.

Lesson Three – Your child will learn about different types of physical activity and how important it is to give their body healthy foods and exercise. We will talk about our favorite ways to get our bodies moving. We will take a physical activity break by doing a FitBit™ called *Check My Beat*. Brainstorm some ways for you to stay active as a family!

Lesson Four – Children will learn about the role that farms play in our healthy choices and discuss the process and importance of how our healthy produce grows. We will take a physical activity break by doing a FitBit™ called *Simon Says, Anytime Snacks*.

Your child will also be challenged with some Healthy Homework each week. Please ask them if they need your help to complete it.

Thank you very much for your support. We appreciate what you are doing to help make your children, schools, and communities as healthy as they can be!

Sincerely,

NKFM Nutrition Educators

Please contact Shelby Gregory at [sgregory@nkfm.org](mailto:sgregory@nkfm.org) for questions or concerns or visit [www.nkfm.org/pe-nut](http://www.nkfm.org/pe-nut).



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## Fresh, Canned, Frozen, or Dried?

All fruits and vegetables are great and can be enjoyed at any time. There is no best form. Here are a few things to keep in mind about their varieties:

Fresh: Seasonal fruits are the most flavorful and cost-effective. You can freeze fruits and vegetables if you are not going to consume them before they go bad.

Canned: Make sure to buy fruit in 100% juice and watch out for the added salt in canned vegetables. These are a great option; they are nutritious and will not go bad as fast as fresh produce.

Frozen: Great for smoothies, parfaits or as a frozen treat straight out of the bag. They also last longer than fresh.

Dried: Watch the serving size but dried fruit is great in cereals, trail mix or by the handful. They have a long shelf life.

**To access additional information on different forms of produce:**



**To access information on seasonal fruits and vegetables:**



How to use a QR code:

1. Open up the camera on your phone.
2. Hold your phone over each QR code above (you may have to cover the one you are not using) so that it is clearly visible in your phone screen.
3. Follow the prompts on your phone screen to access the website.