Dear Parents/Guardians,

As part of our Term One Integrated Unit ‘Good Food, Good Life’ – Year 3/4 students will participate in a ‘Healthy Humans’ Incursion on Monday 7th March. During the one hour workshop students will:

- become familiar with the ‘Australian Guide to Healthy Eating’ content such as food groups for a balanced diet, vitamins & minerals, portion sizes and the benefits the food groups have on the human body i.e. muscle, bones, blood and organs.
- taste test foods from each food group to reinforce the foods included in each group.
- recognise the importance of eating a healthy balanced diet & introduce new ideas to their families on ways to consume fruit and vegetables.

Food allergies and intolerences have been taken into consideration when organising this incursion.

The cost for this incursion is $10 and this has already been included in your school fees account. If you have any queries, please see your child’s teacher.

Thank you,

Nancy Scuder, Lisa Vella and Alyce McConnell