

Higher Visions For Education



Fitness for Fun and Health

Quarter Two 2017

Week 7 Summary

Thank you students for doing such a great job with your homework this week! We started our unit on nutrition discussing the characteristics and foods of all the major food groups, and why each one is important and part of a balanced diet. Then, each student reviewed their own diets and categorized the foods that they eat the most. Students were very engaged and did a great job completing this project.

Next week, we will be going out into the community to put these nutrition lessons into action. We will be walking to have dinner at Qdoba. For homework this week, students should view the menu at qdoba.com and pick a meal that has a vegetable, protein and grain in it. They should also budget how much cash they need to bring to buy their desired meal, and a drink if they choose. Drop off and pick up are the same time and place as normal.

Please note below that we have moved the time of our potluck on the 27th to 1pm

Save the date for our Spring Potluck Picnic for all HVE families and friends!

Saturday May 27, 1:00pm

Observatory Park, Denver