



Sihirli Bahçe Montessori School

Theme Letter: Nutrition

Dear Parents,

Theme of the month is nutrition. Eating well is an essential part of being healthy. The aim of the our theme is to teach how to stay healthy with sport and eating well .At the same time, our children will learn that our body provides and consumes energy from foods and beverages. At this stage we are going to study following food pyramid.



As we all know the food pyramid is designed to make healthy eating easier. Healthy eating is defined as getting the correct amount of nutrients. Foods that contain the same type of nutrients are grouped together on each of the shelves of the Food Pyramid. Food Pyramid is a guide that help us to get the right balance of nutritious foods.

The food pyramid give us some messages like:

1. variety
2. balanced nutrition
3. avoid excessive food consumption.

If you eat a varied and balanced manner, no need to take any food supplements – you will get everything you need from your own diet.



There are six food groups in the Food Pyramid.



1. Bread, Grain, Cereal and Pasta:

At the base of the food pyramid, you can notice breads, grains, cereals and pastas. These foods provide carbohydrates, which are important source of energy.

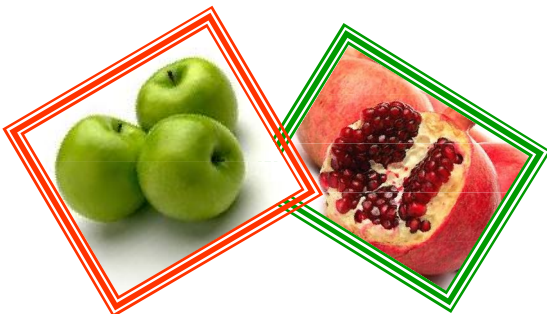
2) Vegetables:

Vegetables are important food group and second base part of the food pyramid. Vegetables are rich in minerals and vitamins.



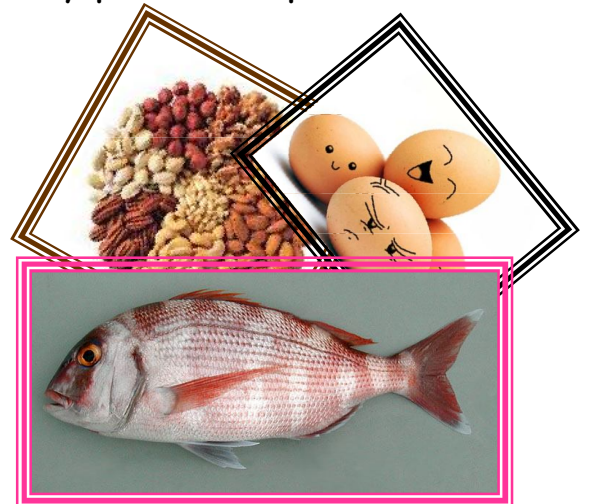
3) Fruits:

Fruits contain essential nutrients that are essential for our health, growth and development. They provide important vitamins.



4. Meat, Poultry, Fish, Beans, Eggs and Nuts:

This group is one of the major compacted food groups in the food pyramid. Meat, poultry and fish supply protein, iron and zinc. Non-meat foods such as dried peas, beans and nuts also provide many of these nutrients.



5. Dairy Products:

These group includes milk, yogurt and cheese. These products provide protein, vitamins and minerals, especially calcium. Also they provide phosphorus, vitamin A and vitamin D. So we should consume milk, yogurt and cheese for healthy bones and teeth.



6.Fats and Sweets:

The top of the pyramid is the fat and sweets group. Butter and oils are examples of fats. The food pyramid advises that fats should be consumed sparingly.



We aimed to teach our children about healthy foods and healthy eating habits. In this way they will learn to care about themselves. In addition, we are trying to develop hygiene awareness. We will teach them to clean and wash their hands very well. They will also learn that water has an essential role in human life. Another habit, they should learn, is to care of teeth. Also, they will learn that rest and sleep are important for their development.

We believe that this theme will contribute our children's habits.

We would like to wish you happy and healthy days!

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