

# Chapter 10 Parent Letter and Activities

Dear Parent or Guardian,

Proper nutrition is especially crucial during the teen years, yet studies show that young adults are consuming more empty calories than ever before. Teens today eat about 150 more calories each day in snacks than they did twenty years ago. In fact, a typical teen consumes about 25 percent of his or her daily caloric allowance between meals! With obesity rates over two times what they were two decades ago, it is important that teens are knowledgeable about the foods they eat. Nutrition and healthful eating is the current focus of your teen's health class.

In this chapter, your teen will explore the following topics:

- The Importance of Nutrition.
- Nutrients.
- Healthy Food Guidelines.
- Nutrition Labels and Food Safety.

Your involvement and participation in your teen's health education is important. To support our classroom work, please complete one or more of the following activities with your teen: Discuss the value of proper nutrition. Ask your teen to examine his or her daily diet. Help your teen chart his or her food intake over a few days and analyze the results. Consider alternatives and encourage your teen to implement changes, adopting choices that create a more balanced and healthful diet. Ask your teen to explain factors that influence food choice. Ask your teen to accompany you to the grocery store. Have him or her recommend the types of food necessary for proper nutrition. Ask your teen to explain his or her selections. Please plan other activities you think will help your teen understand and practice the concepts presented in this chapter. Thank you for supporting our classroom work. Feel free to contact me should you wish to discuss your teen's health education.

Sincerely,

Health Teacher

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