

## Lesson 10: Healthfully Ever After

As a reminder, it is in Lesson 10 that the final letter is sent home to parents. The [letter](#) and [instructions](#) for using the letter are available to you here and under FY2007 Administrative Forms. You can copy the final letter and the suggested take-home message (see below) on one sheet of paper (front-to-back).

### Suggested food preparation:

1. [Happy Face](#)

### Suggested take-home message for parents:

NOTE: Provide teacher with enough copies for each student in the class to take home to provider.

- [Final Letter and A Close Look at MyPyramid for Kids](#) (print front-to-back)

### Suggested supplemental activities:

NOTE: Provide teacher with enough copies for each student in the class.

- [Learning the Lesson of MyPyramid](#)
- [Crack the Secret Code](#)
- [Power Up to Gear Up](#)
- [Plan a Lunch Worksheet and School Lunch Coloring Page](#) (print front-to-back)

### Web resources:

- [Team Nutrition](#)
- [Eat Smart. Play Hard.](#)