



Ask your child to show you the Body Quest vow card.
Take the vow with your child and talk about the benefits of a healthy diet.



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BODY QUEST

INTRODUCTORY LESSON FAMILY DISCUSSION

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Ask your child about vegetables he or she would like to try—and vegetables he or she would like to try again!



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Ask your child to tell you about the four Body Quest battle groups—Fruits; Vegetables; Grains; and Meat, Beans, and Milk.



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Talk with your child about creative ways to add fruits and vegetables to your meals and snacks.



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Talk with your child about how to create healthy meals together that include a variety of foods.



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**FAMILY
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Talk with your child about healthy snacks that are easy to prepare and include fruits and vegetables.



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Ask your child to show you his or her Body Quest warrior drawing.
Hang the drawing in the kitchen as a reminder about healthy food choices.



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Hang the drawing in the kitchen as a reminder about healthy food choices.



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