

Tip-Top Treats
(Sing to the tune of "Found a Peanut")
Author Unknown

Have an _____, (apple)

Have an _____, (apple)

It's a healthy food to eat.

Makes you strong and keeps you goin'

_____ are a healthy treat. (Apples)

Busy Kids: Song And
Rhyme Preschool-
Kindergarten, The
Education Center, 1999

Dear Families,

We are studying how to keep fit and healthy. For the last week we have been talking about the Food Pyramid, balanced meals, and healthy snacks. We are making an alphabet book of healthy foods. Each child has a letter for the book. In order to celebrate healthy foods, I would like to ask for volunteers to send in the healthy food that matches the letter of the alphabet your child is writing about for our class book. (For example, my page in the book is C is for carrots. I plan to bring in carrots and dip to munch on.) We need this by _____. If you can help, please fill out the bottom of the page and return it to school tomorrow.

Thank you for helping,

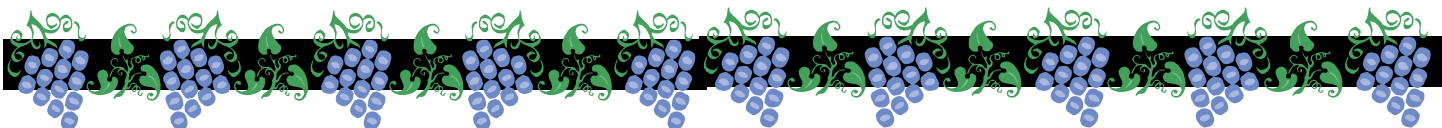
Name: _____ Phone _____

_____ Yes, I can send in _____.

_____ No, I cannot send in anything this time.

_____ I would be happy to send in more than one healthy food.
Let me know what you need.

ABC's of Healthy Food Book Checklist



- _____ 1. Think of a nutritious snack that starts with your letter.
 - _____ 2. Write the uppercase letter on line in the left hand corner of the paper.
 - _____ 3. Write the lowercase letter on the line beside the uppercase letter.
 - _____ 4. Neatly draw and color your healthy food in the middle of the page.
 - _____ 5. Write _____ is for _____.
 - _____ 6. Write a sentence and tell why it is good for your body.
 - _____ 7. The sentence should have correct punctuation and capitalization.
 - _____ 8. Take your sloppy copy to your teacher to check. If all of the above steps are correctly done, your teacher will give you a neat sheet.
 - _____ 9. Make your neat sheet with no mistakes.
- _____

_____ is for _____

Page by _____