Year 3
‘Healthy Me, Healthy Planet’ Incursion

Dear Parents/Guardians,

As part of our inquiry unit ‘A Healthy Me’ we have arranged for the Year 3 students to participate in a program run by Eat for Life on Wednesday 21/10/2015.

Students will learn more about healthy eating and how the food choices we make have a long term impact on the environment. This incursion will recap the five food groups, recommended daily servings and sizes based on the latest Australian Dietary Guidelines. As an introduction to the concept of ‘food miles’ and ‘eating seasonally’, students will also prepare a simple healthy dip for eating with ‘in season’ vegetables. Please note: all dietary restrictions known to the school have been taken into consideration for this incursion.

The cost of the program is $8.00 per student. **If you have paid the Excursion Levy, no payment is required.**

Please complete the attached permission form and return it to your child’s teacher by Monday the 19th of October 2015.

Yours sincerely,

Tanya Tomic, Mary-Anne Jansen, Niki Judd and Rebecca Givogue
Year 3 Teachers

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**Healthy Me, Healthy Planet Incursion**  
**Wednesday the 21st of October**

Child’s Name ________________________________________ Class __________

My child will be participating in the Eat for Life ‘Healthy Me, Healthy Planet Incursion on Wednesday the 21st of October, 2015.

☐ I have paid the Excursion Levy

☐ I have enclosed $8.00 as payment for this program

Parent’s/Guardian’s Signature ___________________________ Date __________