

NAME: \_\_\_\_\_

# FREGGIE BOOK

**Parents!** This notebook is for YOU and your fourth grader. Please read the first page and do Freggie Lesson A (the blue sheet) with your fourth grader **TONIGHT!**

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## WELCOME TO THE FREGGIE BOOK!

Welcome to the *Freggie Book*! ("Freggie" is a short way of saying "fruit and veggie.") For the next seven weeks, your fourth-grader will be learning about eating more fruits and vegetables. The lessons he/she does at school will be called Lesson 1, Lesson 2, etc. The lessons that you do TOGETHER at home (in this *Freggie Book*) will be called Freggie Lesson A, Freggie Lesson B, etc. You and your fourth-grader will be working together on *one* lesson per week. The lessons are easy and fun, and you and your child will have fun learning about fruits and veggies together!

### Points

Throughout the *High 5* program, your child will be accumulating points for completing activities in class, doing homework assignments with you, and returning materials on time. Your child will receive **4 points** for every *Freggie Lesson* that you complete with him or her. To be sure that your child gets his/her 4 points for completed homework *each* week, do the following:

1. Do each item on the *To-Do List*.
2. Fill out and sign the *Homework Voucher* for that lesson.
3. Return the *Homework Voucher* **ON TIME** (usually before the next CLASS lesson).

### Prizes

In addition to receiving 4 points, your child will get to drop each completed *Homework Voucher* into the *Homework Hopper* for the *Early Bird Drawing* (week 4) and the *Grand Drawing* (week 7). Winners of these drawings will receive a *High 5* T-shirt! Remember: The more vouchers returned by your child, the greater his/her chances of winning one of the drawings!

## FREGGIE LESSON A

**To-Do List** (Check each item off as you do it!)

- \_\_\_ 1. Read **Garden Patch Gossip**. (Below)
- \_\_\_ 2. Complete **Homework Sheet A** (*Freggie Diary*). (Next page)
- \_\_\_ 3. Enjoy **Food Guide Pyramid** brochure and magnet.  
(In side pocket of *Freggie Book*)



### GARDEN PATCH GOSSIP

#### You need to eat five!

The main message of the *High 5* program is that everyone needs to eat at least FIVE fruits and vegetables each and every day. You and your fourth-grader will learn easy and fun ways to eat five fruits and vegetables every day. In order to PRACTICE eating five a day, we will have a *High 5 Day* each week. *High 5 Days* are special days when fourth-graders, parents, teachers, principals, and food service workers try especially hard to eat FIVE!

#### High 5 Days

Each week, *High 5 Day* will be celebrated on the same day of the week. Ask your fourth-grader NOW what day of the week his class will be celebrating *High 5 Day*.

#### Freggie Day

Tomorrow is *Freggie Day* -- a "practice" *High 5 Day*. On *Freggie Day* you and your fourth-grader will think about the juices you drink and the fruits and vegetables you eat AND WRITE THEM DOWN!

Your child will begin filling in his *Freggie Diary* at school tomorrow. Your *Freggie Diary* is *Homework Sheet A* (next page). Start filling yours in at breakfast tomorrow. After dinner tomorrow night would be a good time for you and your child to complete your *Freggie Diaries* together. Remind your child to return his/her *Freggie Diary* to school by Lesson 2. Fill out and sign *Homework Voucher A* and send it back with your child by Lesson 2.

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### HOMEWORK VOUCHER A

Circle YES or NO for each question below.

- |     |    |    |  |
|-----|----|----|--|
| YES | NO | 1. | Did you read <i>Garden Patch Gossip</i> ?                        |
| YES | NO | 2. | Did you do <i>Homework Sheet A</i> ( <i>Freggie Diary</i> )?     |
| YES | NO | 3. | Did you enjoy the <i>Food Guide Pyramid</i> brochure and magnet? |

Parent/Guardian Signature \_\_\_\_\_