

Your child visited the Life Education Center!

With the help of TAM, a transparent anatomical mannequin, students learned about the basic body parts and were reminded that eating healthy helps their bodies stay strong.

The class played a game that let them teach the LEC's Jocko the Monkey about eating from all five food groups (Dairy, Fruits, Vegetables, Grains, Protein).

Students also met Harold the Giraffe, the LEC's mascot, who completed the lesson with a song about the importance of eating healthy.

Students discussed taking medicine when they are sick, only from a trusted adult and rules to follow including the importance of keeping medicines in their original containers.

Remind your child that as a family you choose:

**“Wise Highs...
Choices You Can
Live With!”**

Parents/Guardians of Kindergartners

To reinforce this lesson at home:

Have some fun as a family by creating, shopping for, and cooking a meal together. Plan your meal at home first to make sure it includes all the five food groups.

You can make adjustments at your local grocery store – so you can substitute one food with another in the same group in the event something different catches your child's eye.

Whether it be arranging the food on the plate or serving it to you, let your child come up with ways to present the meal to you.

To reinforce lessons taught on prescription medicine, check all prescription and over-the-counter medicines in your home and make certain they are in a secure location.

The Life Education Center encourages every household in Kankakee and Iroquois counties to:

1. Take medications exactly as prescribed
2. Store prescription drugs in locked and secure locations
3. Properly dispose of unused medications
4. Promote safe medication practices and teach others to do the same

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