Tips for Families

Level 2 Module 4 | *Good Eating*

We are excited about the skills and knowledge that your student will build in *Arts & Letters*™ level 2 module 4. Read on to learn more—and for ideas about how you can support learning outside of school.

What topic is my student studying?

Arts & Letters students build knowledge of important topics in history, science, and literature. They build their vocabulary and background knowledge so that they are ready to learn more. In level 2 module 4, *Good Eating*, students explore how food fuels the body and mind. They answer the module's Essential Question: How does food nourish us?

Support your student by asking questions like these about the topic:

- What is your favorite food? Why?
- What have you learned about how foods nourish people?

What is my student reading?

Arts & Letters students read books, poems, and articles. They study art. They watch knowledge-building videos. Together, these resources build students' knowledge and reading skills. In level 2 module 4, students listen to and learn from these books:

- *A Different Pond*, Bao Phi and Thi Bui
- *Freedom Soup*, Tami Charles and Jacqueline Alcántara
- *Stone Soup*, Marcia Brown
- *Bone Button Borscht*, Aubrey Davis and Dušan Petričić
- *The Digestive System*, Christine Taylor-Butler
- *Good Enough to Eat: A Kid's Guide to Food and Nutrition*, Lizzy Rockwell

Connect what happens in books that your student is reading to events and situations in your student's life.

What is my student writing?

In *Arts & Letters*, students write about what they are learning, and they build their skills by writing stories, opinion paragraphs, and informative paragraphs. Modules typically focus on one writing type. In *Good Eating*, students plan, organize, and write opinion paragraphs about how food nourishes people and communities.

Support your student's writing by encouraging them to write at home. Write a grocery list of healthy foods. Create a list of questions that your student has about food, healthy eating, and digestion.

What vocabulary is my student learning?

The more vocabulary students know, the more successfully they can read, write, and speak.

In this module, your student will study and use these words:

- absorb
- benefit
- digest
- energy
- generation
- generous
- healthy
- ingredient
- miracle
- nourish
- nutrients
- spare
- system

Support learning outside of school by using these words with your student. Invite your student to sort these words into groups and then explain the groupings.

What else can we do to continue learning outside of school?

If you speak a language other than English, speak and read with your student in your home language. This practice can help them develop strong literacy skills.

Make a healthy snack with your student. Find a snack recipe that uses one of your student's favorite foods or a new food that they would like to try.

Invite your student to draw a picture that describes a meal tradition in your home. The tradition can be something that you do regularly or on special occasions. Encourage your student to share how these traditions nourish them.

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