Healthier Lives at School and Beyond

Telemedicine Nutrition Consult Summary

Student’s Initials: _____________ Date: ________________

Today I had the opportunity to meet with your child. Together we discussed the topics checked below through hands-on activities and education. Be sure to ask your child about the exciting things they learned! For any questions or additional information, please call 252-744-2607.

Thank you for allowing me to work with your child!
Julia Johnstone, ECU Nutritionist

☐ Consult 1: Quench Your Thirst Right! We learned about healthy beverage choices and how to build a colorful plate using all the food groups.

☐ Consult 2: Vary Your Veggies! We learned about vegetables and how to include a variety each day.

☐ Consult 3: Focus on Fruits! We learned about fruits and how to include a variety each day.

☐ Consult 4: Make Your Plate Healthy! We learned about healthy snacks and eating breakfast every day.

☐ Consult 5: Staying Active! We learned about ways of being active every day.

☐ Other: __________________________________________________________

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Food for thought – how can you be a healthy role model for your child?