Give yourselves a round of applause for a job well done so far this year! All four classes are doing wonderfully and the ENERGY Meters are telling us that there is a lot of energy at this school! Energy Buddy still needs your help though! Complete Challenge #8 for 10 points and keep Energy Buddy moving! Don’t forget that the class with the most points at the end of the year will win a class party with the ENERGY Team! Keep up the great work!

**We Challenge You To...**

**Find the “Good” Fats!**

**Challenge:** Remember, fat is not bad in the “Just Right” amount, but some fats are better for our health than others (see ENERGY News #8). In the picture below, color the foods that are sources of good-for-you fats, and use this as a guide to improving your family’s fat intake this week!

Don’t forget to return this completed sheet to your teacher by the end of next week to get points for your class!