Dear Family Member,

In Chinese class we are working on Lesson 14 of *Integrated Chinese, Level 2 Part 2.* In this lesson, your child will learn about life and health. Your child will learn to use Chinese to:

* Talk about one’s exercise routine;
* Outline some healthy eating habits;
* Describe habits that could make one age prematurely or harm one’s health.

**Share with your child**

* Ask your child to give each family member at least two health suggestions.
* Ask your child to describe the workout routine of at least one family member.
* Ask your child to tell you what kind of exercises people in Beijing usually do.
* Ask your child to make a health tip sheet for the family with this template. Ask them what the Chinese means, and then have them write suggestions in English.

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