

March 31, 2009

Hi, I'm Elizabeth, age 8.

I know these things for a fact about healthy food which my doctor told me at my regular check-ups:

1. Fresh is best! Food not only tastes good when it's fresh, it's packed with the most nutrition, too.
2. Eat a variety of nutritious food, fruits, and vegetables to get all that your body needs.
3. Read the Nutrition Information on the labels. It tells you what's good or bad in the food you are about to eat. (I learned this at school.)

You know why we, kids, shake our heads or roll our eyes, etc., etc., at our moms and dads? These short stories might help.

### **WHY KIDS SHAKE THEIR HEADS AND ROLL THEIR EYES, ETC., ETC., AT THEIR MOMS AND DADS**

Active Kid: Mom! I'm thirsty. Can I have a drink?

Mom: Look in the fridge, hon. I just bought lots of fruit juice from the store. Didn't I tell you? Fruit juice is the best drink. So, drink as much as you want.

**Active Kid shakes his head.** He needs to tell his mom that's a lot of myth that she's talking about. Fact is there might be sugar and calories in fruit juice as much as there are in soda, like Coke for example. High levels of sugar and acid can even cause tooth decay. Water is simply the best drink!

Sam: Would you eat carbs on a log, playing with a big black dog?

Mom: I would not eat carbs on a log, playing with a big black dog. I do not like carbs. Carbs are just plain bad! Stop this, Sam, you'll make me mad!

**Sam rolls his eyes.** He needs to tell his mom that's a lot of myth she's worrying about. Fact is carbohydrates are low in energy compared to fats. Eat too much of carbs just like sugar and fat, of course you'll gain weight. Pasta is a good source of energy but the creamy sauce you put in is a lot of fat. Potato is good for you but not the toppings like butter, gravy, and sour cream. Everybody cooks rice! It's not good for you though when it's fried.

Dad: Why are you looking at me, my princess? I ordered a burger because it's a balanced meal! It's got cheese, bread, meat, and vegetables. So, there!

**The pretty princess crosses her arms and pouts.** She needs to tell her hungry dad what a lot of nonsense he's talking about. Fact is food from fast-food restaurants are usually high in fats, calories, and sodium which are nooooot healthy. No, sir!

Creative Girl: Hey, Dad! There's a Super Cool Kid Contest for us who have a lot of talent. I wanna enter the contest.

Dad: I got an idea! You can start eating lots of carrots now so you can see in the dark!

**Creative Girl sighs and slaps her forehead in disbelief.** She needs to tell her funny dad that's not quite true. Carrots don't exactly help you see in the dark, but among fruits and vegetables carrots are the richest in Vitamin A. It plays an important role in keeping the eyes healthy. Not having enough Vitamin A can cause diseases like glaucoma, night blindness, and short-sightedness.

Not everything we hear from moms and dads are myths. We always hear them tell us to eat our fish because it's brain food, and it's true! I read that Omega-3 found in fish oil actually helps the brain to function properly! How about that?

Please don't get me wrong. I love my mom and dad. I think the other kids do, too.

Sincerely,

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