

Grade 4
Dingeman Elementary
Teacher: Ms. Morioleka
Rm B-4

What They Say and The Truth
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They say eating many carrots
Improves your vision,
But the truth is
Eating many foods with Vitamin A
Does not improve normal vision,
It only keeps your eyes healthy.
They say as long as you skip a meal,
You'll be able to eat whatever
You want
At your next meal,
But the truth is
Skipping meals
Is already bad,
And eating fatty foods
Doesn't make up for it.
They say drinking soda
Makes you stupid,
But the truth is,
Soda is just unhealthy.
They say carbohydrates
Cause weight gain,
But the truth is,
Only if you eat too much carbohydrates,
You will gain weight.
Listen to the truth,
Not what they say,
And you will have
A healthy diet!