

Derick Froilon

Bell Gardens E s

1st grade

Mrs. Dionne Room 9

Ways to be strong, healthy and live a long life.

I like to walk. I walk to school every day. I go to the store, doctor and the park walking.

I like to eat vegetables and fruits like oranges, strawberries, cucumbers, grapes, potatoes, broccoli, spinach, corn and watermelon.

I am going to play outside with my friends tag and go to the park with my scooter or my bike and not see t.v. and drink a lot of water not soda or juice.

I am starting to practice soccer two days a week at ford park.