

Mariah  
Aguayo

# Live a Long healthy Life

→ To live a long healthy life

first, you have to eat vegetables like broccoli, tomatoes, carrots, spinach, squash, eggplants, and more. Here are some options to have a long and healthy life. Next, you need to have a lot of exercise. Then, enter in sports like softball, soccer, basketball or more. Last, but not least, here are some unhealthy foods: cookies, ice-cream, brownies, bread, chips, candy, and sugar. They all sound good but they are unhealthy.

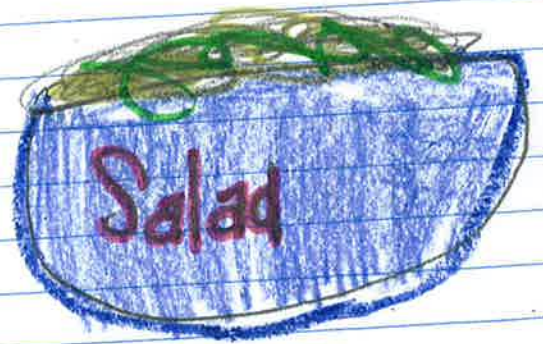


3-13-14

Emely Carranza

### Be Strong, Live Long Healthy Lives

Would you like to be strong live long and be healthy? Well then let me show you this. You're supposed to eat lots of fruits and vegetables. and do exercise too. Don't do drugs it's bad because it's bad for your colon. Drink lots of water to keep your energy up. Don't eat lots of junk food either. Sleep 8 hours or more every day. Try to eat more healthy foods like salad. You also could play sports because it's fun and it's exercise. So that's what you need to do.



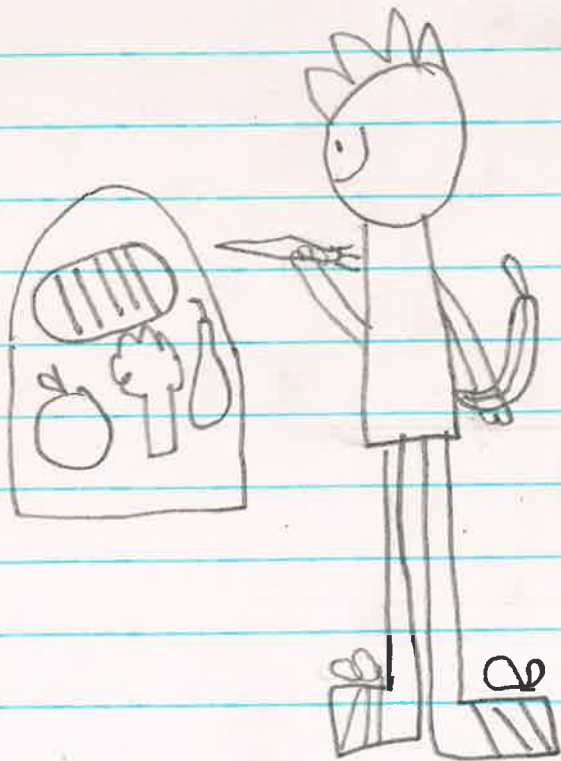


Gonzalez  
Mauricio G.

# Live a Long Healthy Life

3-12-14

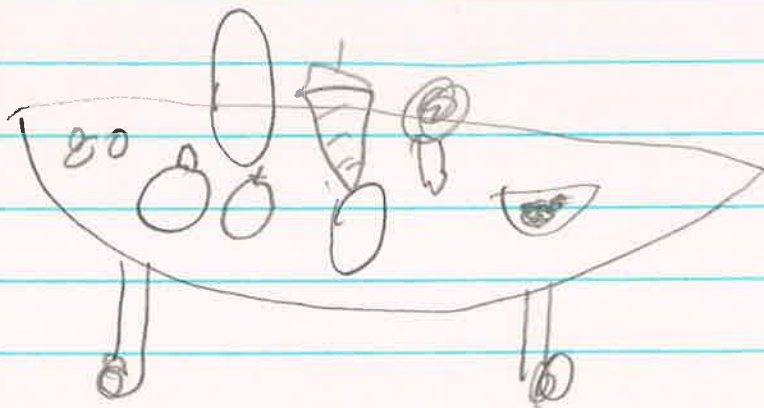
→ Do you like carrots? Then let me show you how to live a long healthy life. First, you have to eat carrots run for a little bit. Next, you need to eat a turhip and an orange and extrasis for a little bit. Now eat a watermelon if you want to be healthy then you have to eat healthy vegies. Then, you need to bake carrot cookies. Eat healthy foods and vegies, greens, and drinks, and banana and corn. Last, you need pistachios some healthy fruits vegetables and finally protein and broccoli chicken and finally a apple and a pear and peas.



Melody  
Hueria  
Nataly

# Be Strong Live Long <sup>Healthy</sup> Lives

Do you want to be strong?  
You must eat healthy. You must eat  
healthy like vegetables. like  
carrots, tomatoes, and broccoli. Eat  
healthy like fruits, like watermelon,  
apples, peas, egg plants. I hope you  
eat all of the food a little  
bit everyday.





Joshua Figueroa

3-14-14

Be strong Live being healthy Lives  
→ Do you want to be healthy? Do you like healthy stuff? You might like to eat healthy. You need to come and go to the store and buy carrots and ice. Then you need to blend the ice and carrot. Then you drink it. It is going to be healthy for you.



Eleonor Curiel

3-14-14

Live a long Healthy Life

Carrots are healthy and apples are fruits. you have to eat healthy.





3-17-2014

AVALOS

# Juliana Be Strong, Live Long healthy Life

→ Do you like to be healthy and strong? Then, you might want and stop eating junk food. You are going to like healthy foods and it is okay if you like watermelon. You can try and eat salads everyday. Do you love rain because it gives us water. And exercise a lot.



Melvin Alvarado 3-14-14

Live a Long Healthy-

You need to eat healthy things and you need to drink water a lot a water and eat fruit because is healthy. Eat good thing like vegetables. They are good for your stomach and your brain.





3-14-14

Angel Bivian

Be Strong, Live Long Healthy Lives

Do you like to be healthy? Then, you might have to eat healthy snacks to be strong. First, eat healthy foods to be very strong. Next, if you want to be strong eat bananas and apples and pears. Then, eat foods with vitamins. Also, don't eat junk food because it's not healthy. Finally eat healthy foods every day. Clear great good foods was fun.

Yum!



Xavier Campech 3-14-14

## Live a Long Healthy Life

→ You need a lots of vegetables to be healthy. Vegetables are healthy for everybody. They are all over the world. You could eat: lettuce, carrots, corn, potatoes, green peppers, red peppers, water melons and broccoli. This is the junk food you can not eat: Chips, Soda, Juice, Candies, cookies and chocolates. Junk food is bad for you. If you eat a lot of junk food your stomach is going to hurt a lot.