

Jesus Delgado

5th grade

Bell Gardens Elementary School

Room 1

Ms. Castillo

Be Strong and Healthy

To stay healthy you need to eat well, do fun things, and sleep. To eat well I don't mean by junk food I mean by greens. Fruits are also a healthy choice. If you eat too much of it, it will also be bad. If you eat too much junk food in the future your bones will crack. If you eat a little bit of vegetables your cells will get nutrients and work better.

To exercise you run, walk, or play. This is not only to have better shape. It is for your cells to be stronger and white cells to be fighting off bacteria. Washing things help fight bacteria too. Like washing food, the greener the better.

Doing fun stuff helps send endorphins to your body. Then if you smile it helps your body grow. It makes me feel stronger and I have more energy to spend. If you are not still to spend energy I make circles with my fingers.

You need to sleep or you will become weak. One day I didn't sleep and I felt so tired during the day.

Be Strong And Healthy

This essay is about how can I be healthy and how to stay alive let the story begin. I stay alive by eating vegetables and fruit but no hot Cheetos cause there bad for our body but we can eat potato chips , and banana chips. Fish, lea steak, and chicken are great for us salads are great for us.

Bacon is really bad for us and it has too much grease when you put it in a pan. But a healthy burrito it is really healthy for us. When we eat allot of sugar our body will make allot of people sick because they didn't eat healthy . That's how I stay alive.

Leslie Rocha March 6, 2014 Bell Gardens
MS. Castillo Room 1E1 elementary

Alonso Alvarez

5th grade

Bell gardens elementary

Room 1

Ms. Castillo

Be strong and healthy

If you want to be strong and healthy you have a lot of work to do. First you have to eat something healthy everyday like fruit and vegetables. To be strong you have to exercise every single day. It's also good for you, because if you eat healthy you won't get sick but if you eat junk food you might get sick.

Also if you want to be an athlete you have to exercise or they might kick you out for being lazy. Come on guys if I can do it than you can do it I believe in you guys. Also please encourage others to do this for their own good. Also play some sports, for example basketball, soccer, and American football.

It's really fun you guys watch once you guys do it you might start loving it. Also eat some nutrients and Supplements. Also try to stay away from drugs and alcohol. Also tell your parents to do it. Thanks for reading bye.

Ollin De La Rosa

March 6, 2014

Bell Gardens elementary school

Room 1

Ms.Castillo

Be Strong Be Healthy

If you want to be strong and healthy you have to make good choices. Mainly eating. Nutrition is what you need to keep in mind. The main part of health is nutrition. It's all about the choices you make.

In school I have noticed that when there's harvest of the month everyone is in to it. There could be a club after-school. I feel that sometime in lunch there's no fruit or veggies. Almost all the time the grades before the 5th grade eat it all.

The garden club that I am a part of is showing youth the healthy food. Yesterday in garden club one of the teachers made a green drink and shared it and everybody liked it. The children enjoyed it. See if you get creative the kids will learn to love healthy foods.

Lopez

Manuel

5th grade

Bell Gardens Elementary school

Room1

Ms. Castillo

BE STRONG AND HEALTHY

Do you like to exercise . Well you are in luck cause this report is all about exercise and healthy eating. How to be strong is to eat things like vegetables and fruits. To stay fit you need to exercise 60min a day. That is how to stay fit.

What you should not eat is chip's .But what I mean don't eat it like every day. If you do your stomach will look like grandfather stomach .Don't eat white bread because it has white sugar. So the brighter it is the more fat it will have.

Now let's talk about the heart. Why? Cause the heart has a lot of nutrients. But if you eat too much junk food. You will have a heart attack and you will have to go to the hospital. So eat your greens to get more nutrients.

Let's talk about the main foods. These are chicken fish and broccoli. Why cause they have more nutrients than any healthy foods. But don't eat that much. Or else you will feel bad.

April Piña
3/5/14
Ms.Castillo

Bell Gardens Elementary

Be Strong , Be Healthy

Hello ,I'm going to tell you what would happen if your not healthy . I try to stay healthy . Sometimes not all the times you can eat junk food . Also your not supposed to eat it all the time.

Things I like to do to stay healthy . I would put fruits on things I eat . Our teacher Ms. Castillo always told us to stay healthy because there were kids who didn't even eat healthy.

Once there was a boy who ate junk food all the time .When he took a bite of the junk food ,it would take a path of his stomach . Now he can't even eat right . He would take a sip of his soup and he's full.

To stay healthy live a long life . It's to start eating healthy when your a kid. When we grow old we can be able a lot of things . Our bones were always strong.A lot of people can't do those those things .That means they worn't healthy when they were a kid.

I'm staying healthy because I want to be like that.We should all be like that. Let's eat healthy and live a long life!



Name Jesus Torres

Teacher: Ms.Castillo

School: B.G.E

Grade: 5TH Grade

Be Strong Be Healthy.

So you'll stay in shape you have to exercise. To stay strong and healthy you have to eat lots of fruits and vegetables to stay strong and healthy. Also, you have to get lots of sleep so you'll have enough energy to run. At least run 1 mile so you'll at least get used to running long distances. There are much more things you have to do to stay in shape.

Also, to stay in shape you have stay away from eating a lot of drugs and eating junk food. Drugs are bad because they affect your lungs so if you run you won't breathe well. Also, don't eat a lot of junk food because some junk food has chemicals that affect your digestive system which isn't good for you. Also exercise every day so you won't be lazy. So eat healthy so you'll have a great life and better health.

My conclusion is that if you eat junk food your whole life you might get diabetes, poor circulation and a heart attack. We have to make sure that we stay healthy, in order to stay active and strong!

Miguel Zambrano

5th grade

Bell Gardens Elementary School

Room 1

Ms. Castillo

Be Strong ,Live Long

My name is Miguel Zambrano and today I am going to talk about being healthy. I am going to talk about what you should eat to stay healthy. Then, I am going to talk about what you should do when you exercise. Let's get started shall we.

There is a lot of food that can improve your health .For instance, carrots can help improve your eye sight. You should also eat broccoli because it has a lot of vitamins and nutrients. Lastly, you should eat pineapples because they can help nourish your skin.

To live a healthy life, you should also exercise. When you exercise, you should always do sit-ups and push-ups. When you exercise, you should also do sit-ups and run a mile. While you are running, you should breathe in through your nose , and breathe out through your mouth.

To live a healthy life, you should also have check-ups with your doctor daily. When your at the doctor, you should get your flu shot but only once a year. Make sure that you get all of your vaccines to make your immune system stronger. This is why you should visit your doctor daily.

In conclusion, this advice will help you live a long and healthy life.

Ryan J. Diaz 5th grade Ryan J. Diaz 5th
grade

Be strong and healthy

Being healthy is good for you that are why you have to take your vitamins, vegetables, fruit and carbs but not too many carbs. If you eat too many carbs you can get rid of them by exercising.

Exercising is also healthy for everyone. Everyone that is over weight can exercise to be strong and healthy. You can eat chips soda or junk food once in a while, but don't eat too much.

There are some things that you should never do like don't drink alcohol. Don't do drugs because that would make you very unhealthy. Drugs are bad for your lungs.

The most precious thing in your body is your heart because it keeps your blood pumping through your body if you are lazy and unhealthy you will be weak when you are older.

If you're healthy and active when you are young you will be healthy and active when you are older. When you are not healthy and you are old your bones are like old cookie crumbs.

Nidia
Rosales
3-7-14
R.M.I
MS.Castillo

Be Strong Be Healthy

To live a long and healthy life, you need to eat fruits and vegetables. Apples, carrots, and bananas are healthy. To stay fit you need to exercise. Drinking juices is good but some juices in the store have added sugar. Whole wheat bread is also healthy.

You need lots of vitamins and minerals, so it's important to eat healthy. Whenever you're thirsty it's important to drink water. You have to eat balanced healthy meals. Dark green vegetable have calcium, to grow strong healthy bones. You get vitamin A from carrots, and other vegetables.

Protein helps you build strong muscles. You should eat different types of vegetables to get the nutrients you need. Fruits help us with healthy eyes and skin. Fiber helps our digestive system to stay healthy. Grains have carbohydrates our bodies use as energy.

Dairy also has calcium. Food is fuel for your body. You should not eat junk food they have a lot of fat, sugar, and salt they are not nutritious. You should eat a healthy

breakfast to keep you full until lunch. When you exercise you move your body to stay fit.

Be strong and healthy

To be strong and healthy just read my story. When you're done reading my story reading my story you'll know how to be strong and healthy. Some things are healthy and some things are bad for your health. Right now I'm going to tell you what is good for you and what isn't.

There are a lot of healthy things for you like apples, pears, carrots, peas and broccoli. There are also a lot of bad for you. The things that are bad for you are anything that is deep fried, plus chips are really bad for you. There is some meat that is good for you like chicken fish and non fat meat.

Exercising, taking a shower, and washing your hands are also healthy for you and your body. If you don't keep your body clean then you'll get sick and your body will unhealthy.

Erick Cisneros

Ms.Castillo

Be Strong Be Healthy

Hello my name is Evelyn Figueroa,

And I am a student at school B.G.E.I am going to tell you about how I'm strong and healthy at my school and at my house .

To be healthy and strong you are supposed to eat healthy. You are supposed to eat healthy by eating fruits and vegetables. Fruits and vegetables like bananas, strawberries, grapes, pineapples, cucumbers, and a lot more fruits and vegetables.

I started being healthy when I didn't like Cheetos. When I start eating healthy , my stomach was not that big and not that skinny , it was even.

In school they give good things to eat. But sometimes I don't eat in the morning so I'm hungrier at lunch, so I eat a little bit more food. When they give food at school sometimes I don't eat because I'm not hungry or because I don't like the food they give. But when I eat more healthy food I am active and I run more than when I wasn't healthy. When I eat healthy , I feel strong and healthy . So that is why you are supposed to eat healthy.

Lizbeth Guevara

5th grade

Bell Gardens Elementary

Room 1

Ms. Castillo

Be strong and healthy

How could you stay strong is buy eating a lot of green stuff. Like green vegetables or green fruit's for example broccoli, celery, spinach, lettuce, bell pepper, jalapeño or even more. Or green fruits like green granny smith apples, kiwi and even more.

How could you stay healthy is by doing exercise. Sometimes my friends and I will go in the morning to go and take a jog or even maybe run a mile for about 30 min. You don't have to eat a bunch of junk food you could just eat junk food once in a while.

How could you live longer by doing exercise and stay strong at the same time. People say that when you are older your muscles will start to heart and you will not be comfortable. 'I hoped you liked it''.

BE STRONG, LIVE LONG

To be strong, live long means to be safe in what you eat. You will need to run, eat vegetables and eat healthy. To be healthy you may search [w.w.w.bg safe kids.com](http://www.bg-safe-kids.com) for tips.

To live long you must eat a lot of vegetables. Do not eat a lot of junk food or you will get in the hospital. The doctor will give you medicine or, put you on a diet. You should eat vegetables, salads, fruits instead of junk food

In order to be healthy you should get into drugs. Working out and eating well can make you look younger. Staying healthy will help prevent asthma as you get older.

Name: Martin Hernandez

SCHOOL B. G. E

Room #1

Ms. Castillo

BE STRONG AND HEALTHY

DIANA	ORTIZ
FIFTH	GRADE
BELL	GARDENS
ELEMENTARY	
ROOM 1 MS.CASTILLO	

How can you be strong and healthy?

Well, some people eat healthy. You can eat healthy but, you can't eat junk food every single day but it's ok if you eat junk food two times a month. If you eat fruits and vegetables you will get enough minerals. Fruits and vegetables also have vitamins and protein.

Another way to stay healthy is by

Exercising. You can exercise different ways, for example you can go walk early in the morning or you could stretch every day. Some people do a schedule; they go run in the park on Saturday's and go to dance class on Monday. Instead of watching television you could use you're bike and go around the neighborhood.

BE STRONG AND HEALTHY

To be strong and healthy you need to eat right and exercise. Because if you don't you can go over weight. It is important to do all these things. Even if you want to eat junk food try not to eat a lot. Also try to exercise by going to the gym or exercising.

What I mean by eating right and healthy is that you have to try to stop eating junk food and fast food. If you eat a lot of fast and junk foods you can get diabetes. You should eat salads and fruit. Because of diabetes kids are starting to eat right. That's good that kids are starting to eat right but some are not.

If you don't know how to exercise it is easy. You can go to the gym or just go running. The best way to exercise is by running. You can also buy exercise equipment. So try to stay healthy and strong.

Be strong Be healthy

Name: Idania Diezmartinez

Grade: 5th

School: Bell Gardens Elementary School

Room: #1

Teacher: Ms. Castillo

When you live in a city like Bell Gardens you could find a lot of healthy things to do and to eat healthy food and drink healthy drinks. You also need to exercise a lot. You could go to a restaurant called Jamba Juice and get a drink that is made of fruit and vegetables. You could also make a salad but without ranch. Ranch is not healthy.

You also need to exercise. To exercise you could go to the gym or go run for at least 30 minutes. Every single day go out and run with your family. If you can't run outside just do some lunges or running in place inside your house

Cecilia

Hernandez

Ms. Castillo

Bell Gardens

5th grade

Be strong & healthy

Be strong & healthy don't be lazy you have to be active. You also have to be safe. By safe I mean safe. You can be safe by eating healthy. You can be healthy by eating fruits & vegetables.

You will have to be healthy so you can live longer. Also you have to be safe. Safety means not doing dangerous things like jumping off a cliff. Also being safe is healthy. You can be safe by putting your seat belt on & you can be safe keeping away from drugs. Keeping healthy by eating fruits & vegetables. Keeping away from drugs is also healthy.

I would us kids to be healthier & safer so our generation can be safer & healthier. We can be safe a lot more if adults do not drink & drive. If all kids were safe & healthy our children will be safe & healthy. We can be healthier by not eating junk food. You eat food like vegetables & fruit. Stays safe & healthier also do exercise & play.

Alexandra Pena

March 6, 2014

Ms. Castillo

Bell Gardens Elementary

Be Strong, Be Healthy

Hello I'm going to talk about is how to be strong and healthy .Three ways to be strong and healthy is walk run and exercise. There are many different kinds of sports. Sports also are included as exercise. But it's worth it. There are many different kinds of sports but these are the most known sports, Softball Baseball, Football and Soccer. Sports are also included as exercise but you need a lot of work to it.

Eating healthy will help you because it will help you it will help you be strong and be healthy. If you play sports it can help your flexibility and agility. Eating fruits and vegetables will help your body move faster and you will be more healthy. Eat fruits like watermelon strawberries and more. Eat vegetables like salary broccoli and more.

Going to the gym to will help you get your body strong and healthy. The gym has machines that just make you run walk and sweat but really your working out your body. The walking and running will also help your muscle get strong. The gym has many other kinds of machines but here are some.

Be strong be healthy and eat healthy.

Be Strong Be Healthy

Bell Gardens Elementary School

By: Haley Torres

Ms. Castillo Rm.1 5th

There are lots of ways people could live long, be strong, and be healthy. In this essay I will tell you about different ways you can stay strong and be healthy and live long.

One way to eat healthy is to eat a lot of vegetables and eat lots of fruits on a regular basis but you shouldn't eat too much because it could be a bad thing. Some people also drink the green drink. For some people that don't know what the green drink is it is the drink of all green vegetables.

Another way to be strong and healthy to exercise a lot, on a daily basis because exercise keeps the bones nice and strong and over time your body gets used to the cardio. You should at least exercise thirty minutes to one hour a day. Some people go to the gym and some make their own exercise at home

There are many more way that you can stay strong , live long ,and be healthy you just have to find something that fits your life style good luck trying to stay healthy and live long.

Adania Diezmartinez
Mrs. Caddle Km. 1
B&E Gr. 5

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Also, to stay in shape you have stay away from eating a lot of drugs and eating junk food. Drugs are bad because they affect your lungs so if you run you won't breathe well. Also, don't eat a lot of junk food because some junk food has chemicals that affect your digestive system which isn't good for you. Also exercise every day so you won't be lazy. So eat healthy so you'll have a great life and better health.

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stay healthy, in order to stay active and strong!