

Camila Zacarias
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3rd Grade

Healthy Foods

Everyone should eat very healthy. Everybody has to eat fruits and vegetables. These are the kinds of fruits that should be eaten: bananas, mangos, strawberries, plums, grapefruit, apples, oranges, grapes, blueberries, blackberries, raspberries, figs, cranberries, and more. These are the kinds of vegetables you should eat: carrots, tomatoes, potatoes, broccoli, cauliflower, cucumbers, celery, avocados, eggplant, squash, olives, chayote, peppers, chives, garlic, artichokes, cabbage, Chinese cabbage, turnips, spinach, radishes, cress, yams, sweet potatoes, taro, leeks, scallions, shallots, water chestnuts, and many more.

Kids should not eat junk food. Junk food is not healthy such as: cake, cookies, hamburgers, candies, chocolates, ice cream, chicken nuggets, chips, chicken strips, chicken fingers, soda, cotton candy, hotdogs, cupcakes, french fries, etc.

Kids should eat healthy food. These are some examples. There is fruit salad, salad, vegetables, brown rice, fish, almonds, tuna salad, etc. Everybody can eat very healthy. There are many different healthy things for children to eat. That's why it's very important for children to eat very healthy. Its also important for children to make the right choices in what they should eat. So when that they grow up, they can be very strong and very active. They will be very happy and very healthy too.

Kazandra Delgadillo
3rd Grade
March 3, 2014

How to be strong and live long.

What I would do to be strong and live long is I would play in the playground with my friends. I would also eat healthy and sleep well. Also I would really not drink anything that contains sugar. On weekends I would go bike riding or go for a run at the park. Also I would go outside and play for at least an hour. I would eat more fruit I would jump rope and play handball more often. I would play a lot of sport such as basketball, baseball, and football. I would also farm with my family and make a delicious fruit salad. I would spend less time on the technology such as the computer, tablet, iPod, and television. It is important for us kids to eat healthy foods so we can be in a good shape.

It is important to be healthy because like that we can run faster and we can also be flexible. You can change our drinking habits as well as you're eating ones to be healthy. You can also go to the doctor to get more informed on how we can become a healthier and strong person. Another way you can become a healthy long living person is not to spend a lot of time on your video games and instead you should go and have fun with your family. For a good breakfast you should eat a good healthy shake or a fruit. Should eat good fruits such as strawberries, blueberries, watermelons, apples, and cherries. You can also have a good oatmeal or cereal.

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Be Strong, Live Long

You should eat healthy foods and exercise daily. Be physically active at least sixty minutes a day. It isn't just sports that are exercise, you can walk or run too. To be strong you have to eat healthy and exercise everyday. Take firemen for example, they are healthy and strong. Since they do both things they are able to carry heavy hoses and ladders. Girls also have to stay active and eat healthy. For example, cheerleaders also have to be strong. They must be able to carry other cheerleaders over their heads. Being strong also helps them be able to have balance. When you don't exercise enough you will not have energy and it will make it hard for unfit people to breathe while running.

Eat fruits and vegetables. Some fruits and vegetables you can eat are: tangerines, plums, corn, grapes and asparagus. Adding more fruits and veggies to your everyday meals will help get you started on becoming the healthy person you would like to be. Everyone needs to eat five servings of vegetables and fruits daily. Remember you should also stop drinking sugary drinks. Start eating healthy and exercising daily so you can live longer and stay strong.

Anthony Negrete
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The United States has the highest ratings of obesity in the world. Americans are obese because they over eat everyday. This is why Americans are becoming obese. Eating less fatty foods and smaller portions keep you from becoming obese.

Eating veggies everyday helps you to be healthy. These are three vegetables that will help keep you healthy: tomatoes, carrots, and corn. One way to be strong is to drink milk and play sports. Playing sports is good because when you get a little sweaty you are burning calories at the same time. To live long you have to sleep well and stay active. To live long you have to be happy. Here is an example: when you are fit and healthy and full of energy this makes you happy.

To stay healthy you should eat six to nine veggies a day. Taking multi-vitamins every morning with breakfast is also a good way to stay healthy. Do not eat a lot of sugar because it is bad for you. Eat whole grain foods everyday. This should help you live a strong, healthy long life.