

## Healthy Foods

By: Emily Rettig 6<sup>th</sup> Grade Mrs. Deuschle's class

“Now Petunia, Have you heard of health foods?” I asked. “Healthy foods? What do you mean? A little of this and a little of that, it’s all good.” Petunia argued. “Well then, I’m going to teach you about what health foods can do to you now, healthy food options, moderating sweets, food pyramid, and what healthy foods can do in the future.” saying it with enthusiasm. “Good Luck!!!” said Petunia sounding like she didn’t care.

“ Good foods like fruits and vegetables are always good for a health immune system.” I said. “ An immune system? What is that?” Petunia inquired. “ I was just about to get to that so don’t interrupt!” I screamed, “ An immune system helps fight off bacteria and sickness. If you eat healthy foods, it leads to a healthier immune system. Healthy foods help you to keep up with a daily life. It is always good to have healthy foods.” I informed.

“Petunia, which would you rather have, an apple or chocolate?” I asked. “ Oh the chocolate definitely!” Petunia raved. “ Now Petunia, you know that an apple is healthier, right?” I asked. “Yeah, but I just don’t like having fruits plain.” Petunia muttered. “Okay, but you could put a little bit of peanut butter on the apple slices. Or on strawberries you could melt a little chocolate on them. There are many options.” I informed. “ I guess that I could try that.” Petunia responded.

“Now I’m sure that you have heard of the food pyramid, right?” I asked. “ Sure but I don’t really get it.” Petunia claimed. “ A food pyramid is a picture of a pyramid with categories of where food is placed. It is broken up into 6 sections. On the bottom is grains. In the second layer is fruits and vegetables. On top of that is dairy and meats. On the top is sweets.” I informed. “ It’s like a layer cake kind of.” Petunia exclaimed.

“ If you have too many bad foods it can lead to obesity, high blood pressure, diabetes, and a HUGE expense. Obesity means that you are more over weight than what you should be. High blood pressure can lead to stroke and heart attack. Diabetes isn't that great either. You have to prick yourself with a tool to see what your sugar level is. If you take medicine with any of these things, they can be expensive. So none of these things are great, so you should eat healthy foods.” I informed.

“ Petunia, what did you learn today?” I asked. “Well I learned about the food pyramid, the cost if you don't eat healthy foods, what healthy foods can do, why to moderate sweets, and ways to eat healthy foods. I also learned that you are a very good teacher” Petunia said. “ Why, thank you!!!” I exclaimed. “ I hope that everyone uses this information!” Petunia claimed.