

Name Carrie

### A HEALTHY SCHOOL YEAR

This year I learned to like more vegetables and some more fruits. I exercised more after days and days, it's like I exercised more and more each day.

My habits have changed in eating and exercise a little, mostly eating. I'm into more healthy foods. I try my hardest to get all the servings in a day but usually don't. I still eat enough but sometimes get too much of the dairy group.

I think these activities should continue because they are good exercise things and good eating habits. It would be cool if the whole community was involved in a healthy life style all of our eating habits would change. It would be so fun having walks where everybody in Piedmont would go.

Name \_\_\_\_\_

A HEALTHY SCHOOL YEAR

I hope people like good food that are good for you.

I learned much more about what is inside the good food and what is inside the bad.

My snacking changed a little after I started learning about that stuff. It was a fun experience!