

Name Nataie

### A HEALTHY SCHOOL YEAR

This school year I learned what each food groups have in it, and how they help me. After I learned this I thought about what I ate. And at meals I tried to get every food group in them.

Every day after school I have a snack. But now I think about healthy snacks like, apples dipped in peanut butter, bean casadita with milk, and peanut butter jelly sandwich and milk.

My family has really enjoyed the Wellness Nights. And I love to work at them. I especially enjoyed the 3<sup>rd</sup> Family Wellness Night where I helped serve root beer floats. A while ago my

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family decided to exercise more and no more treats unless it's a special occasion. My dad is also trying to lose weight.

After this year I'm going to continue exercising regularly and eat more healthy.

I've really enjoyed Wellness Nights and I hope they'll continue!