



March 21

Dear Sam

Thank you for teaching me about the nutrition facts. I didn't know that the green vegetables were the healthiest ones. How did you figure that out? I also didn't know that your meal has to be balanced eating healthy food then eating junk food. Why is it harmful enough for your stomach? Sam I have a more question you might not know it but why do they take all the vitamins out of the sugar cane?

Sincerely,

Lia

