



Mar 12, 2011

Dear sam,

We had a great time at cardel.

I now look at the labels on the boxes so I know when to have a fruit. I didn't know that if you have a bad food like a chocolate bar you should have a healthy food. The students that you brought along were very kind. I learned that a kid should only have 7-8 grams of sugar a day.

The snacks we made were delicious. I really liked how the chocolates were organic. I enjoyed seeing the 35 grams of sugar being poured into a bowl.

I enjoyed playing the game. I didn't know that onions and garlic were part of the same family.

Yours truly,

Laura

