



Monday March 21, 2011

Dear Sam,

I had a great time at Cardel. Your helpers were amazing. I thought it was cool to see how much sugar 35 tops is.

The veggie chocolate was good. I liked the organic chocolate the best.

The game was alot of fun to play

now I know all the veggie and fruit names. Having a balanced meal is

very important. Now when I eat

a food with a label I will look at

how much sugar it has. Now when I

have sugar I always eat fruit with

it. I did not know that it mattered

how much you cooked you fruits and

veggies. Now I try to eat only 700g

tops of sugar. HARD

Yours Truly,
Olivia

