



March 21/11

Dear Sam,

Thank you for teaching us about nutrition, I had a blast! I did not know that green vegetables are the healthiest. Yum, the healthy snacks were delicious I even left some of my snack for my sister and me to enjoy. I told my mom a rule; me and my sister can eat healthy foods without asking but, candy we have to ask. When me and my sister were hungry we got out fruits and vegetables. I sure wish I could see you again. At lunch me and Victoria looked at how many grams of sugar we had. It was so much fun! Thank you once more for teaching us!

Sincerely,
Stacy

