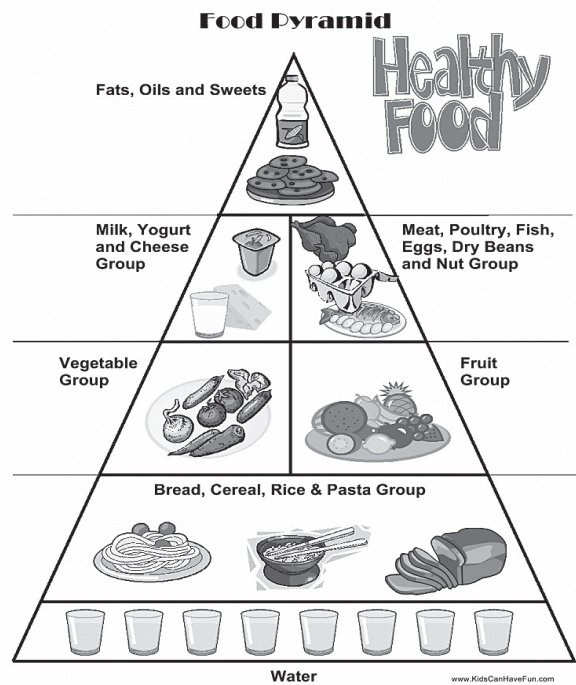


# November is Good Nutrition Month. Write about your favorite nutritious meal and why it's important to make healthy food choices.



My favorite healthy meal is blueberries because it will make you strong.

**Reese Stallard, Kindergarten, Hilton Elementary School, Ms. Edwards**

My favorite healthy meal is chicken, broccoli, green beans, and corn. I like to eat watermelon for dessert. The vegetables are healthy for my body.

**Lyfe McNew, 1st grade, Hilton Elementary School, Mrs. Light**

My favorite food is an apple because it is a fruit. They are so delicious because the inside of them are healthy for your body. The other thing I like is a salad because you get healthy nutrients from the vegetables. It keeps your body skinny and healthy.

**Candi Keller, 2nd grade, Hilton Elementary School, Mrs. Rhoton**

My favorite nutritious meal is fruit salad. It is important to eat healthy because apples are good for you.

**Bryce Swisher, 2nd grade, Nickelsville Elementary School, Mrs. Gilmer**

My favorite nutritious meal is a salad. If you don't want to be sick all the time, then eat healthy foods. I want to be able to play. I want to be strong and have fun. I want to be healthy and not catch the flu, so I eat nutritious foods.

**Emma Butler, 3rd grade, Duffield Primary School, Ms. Hurd, Teacher**

Did you know November is Good Nutrition Month? It is school, you are supposed to think about eating healthy. My school, Hilton Elementary, has health classes called Healthy Weights for Healthy Kids. Ms. Berry teaches this class and explains to us how to stay strong and healthy. My favorite nutritious meal is turkey, green beans, strawberries, and whole grain roll. I like this meal because it helps me grow and to stay strong. Ms. Berry is such a big help to this school with her healthy advice and information.

**Elizabeth Duncan, 3rd grade, Hilton Elementary School, Mrs. Crawford**

My favorite nutritious meal is chicken, apples, and green beans. You should eat a lot of healthy foods, so you will be stronger. When you eat bad food, you get weak. You can eat some meat, but not all the time. If you are going to play sports, you have to eat healthy foods.

**Mason Horne, 3rd grade, Duffield Primary School, Ms. Hurd, Teacher**

My favorite nutritious meal is breakfast food. My meal is really good. My favorite nutritious meal is eggs, ham, cheese, and bacon with a side of a banana and carrots all together. It's delicious and healthy. The reason it is a nutritious meal is because it has protein, dairy, fruit, and vegetables. Last but not least, when you make important food choices your body will get stronger. You will be able to grow and have energy all the time. That's why my favorite nutritious meal is breakfast.

**Ellie Bagley, 4th grade, Miller Perry Elementary School, Ms. Jeffers**

My favorite nutritious meal is grilled chicken. Do you want to know why? The reason I like grilled chicken is because it is healthier and tastier with lemon. I also eat green beans with the grilled chicken. I also eat mashed potatoes with my green beans and grilled chicken. So the whole reason I like grilled chicken is because it is healthy. It is important to make healthy food choices so you have energy to play sports.

**Dylan Wallen, 4th grade, Miller Perry Elementary School, Ms. Jeffers**

It is healthy to make good food choices because it helps you live a longer and healthier life. I think it is important to eat healthy so you can live long enough to have kids, grandkids, and so on. If you do not take care of yourself, you will not live a comfortable and healthy life. My favorite healthy meal is salmon and asparagus. Both salmon and asparagus are good for the heart and digestive system. So make sure you eat healthy during November since it is Good Nutrition Month.

**Naomi Castle, 5th grade, Weber City Elementary School, Mrs. Webb**

November is Good Nutrition Month. My favorite nutritious meal is steak, green beans, and a baked potato. This meal contains protein, fat, and carbohydrates. It is important to make healthy food choices because it can help you to think and stay strong. Eating healthy food can even prevent sickness. Eating healthy can make you feel great!

**Matthew Hamilton, 5th grade, Weber City Elementary School, Mrs. Webb**



My favorite nutritious meal is steak, mash potatoes, green beans, and steamed carrots. I think that people should choose more vegetables and healthy things because they are good for you. The steak is grilled and the green beans are boiled. The mashed potatoes do not have a lot of salt in them so it does not make them taste too salty. I also love vegetables and meat, so it makes a nutritious meal.

**Chloe Long, 5th grade, Elydale Elementary School, Mrs. Lisa/Ms. Jones**

I'm going to tell you about my favorite nutritious meal and why it's important to make healthy food choices. My favorite nutritious meal is grilled chicken with veggies because I can mix the veggies and add honey mustard or ketchup to the chicken. It's important to make healthy food choices because you can damage your body if you don't. Another benefit of having a healthy and nutritious diet is that it makes you stronger and gives you more energy. Those are the reasons I think having a healthy and nutritious diet is good, and why grilled chicken with veggies is my favorite nutritious meal.

**Kevin Price, 5th grade, Yuma Elementary School, Ms. Mullins**

One of my favorite healthy meals is fruit. I love to eat fruit for breakfast. My favorite fruit is golden honeydew. Studies show that breakfast is the most important meal of the day. It also helps your brain focus too. That's what I love to eat as a healthy meal.

**Ethan Dingus, 6th grade, Yuma Elementary School, Ms. Mullins**

November is Good Nutrition Month, so I would like to tell you a little about my favorite nutritious meal. My favorite nutritious meal is salmon with lemon and a side salad. The reason I like this is because it's healthy and delicious. My mom and dad always fix this and I love it! This is my favorite meal.

**Sierra Lane, 6th grade, Yuma Elementary School, Ms. Mullins**

My favorite nutritious meal is eating a fruit bowl. I get a lot of fruit like apples, oranges, and grapes and I put them in a bowl. It's very important to make healthy choices because you get more energy and you'll be able to play sports for a longer duration. If you eat healthy, you won't become obese. Eating healthy is a good thing because it keeps you in shape.

**Justin Tate, 6th grade, Weber City Elementary School, Mrs. Sanders**

My favorite nutritious meal is a vegetable tray I fix at home. It has carrots, green peppers, celery, and cucumbers. Oh how I love cucumbers, they're my favorite vegetable ever! Making healthy food choices is very important because without healthy foods we would all be in horrible shape. Here are some of my favorite nutritious foods and reasons why choosing healthy foods is important.

**Jadyn Wilder, 6th grade, Elydale Elementary School, Mrs. Cheek/Ms Jones**

My favorite nutritious food is apples because they are healthy. It's important to be healthy. Being healthy is important because it allows you to do things that you never knew you could do. It also allows you to live longer. That is my favorite nutritious food and why it is important to be healthy.

**Eden Williams, 6th grade, Weber City Elementary School, Mrs. Sanders**

I think it is good to eat healthy because it is good for your body. For example, I like salads, chicken, and some vegetables. Nutritious food can improve many things for your body as in weight, helps you stay healthy, and most importantly helps you grow. I believe nutritious food is a good suggestion for everyone.

**Alisha Grizzle, 8th grade, Pennington Middle School, Mrs. Clark**

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