

Essay

What is a Healthy Girl?

A healthy girl is a person who is strong and lean.

They eat vegetables and fruits.

They like apples, oranges, and strawberries.

Will a healthy girl eat junk food? No, they don't.

They just eat healthy food. The only time they eat a snack is after lunch. For my snack I would eat a healthy snack.

Well, I am a healthy girl. I bet you are, too.

A healthy girl always stretches.

I would stretch every day because I am in sports.

I do gymnastics, but I like tennis, soccer, and volleyball, too.

A healthy girl runs every day. A healthy girl stays active and plays outside. They wear sunblock, too, so that they don't get burned. A healthy girl is happy and likes who they are.

They love to wake up every day and start a new adventure.

That is why I am a healthy girl.

Aurora Krause

Age 7

