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“Healthy Again, Just Like That!”



Health means different things to different people. You might think eating a healthy breakfast is all you need that day. Others might think diseases can be cured by eating healthier. But health isn't about getting healthy AFTER you have disease. Here's what I think health is.

Rich or poor, anyone can be healthy if he or she tries. There are some basic ways to keep healthy. I have three basic tips, that I think will help you a lot

with improving your health and staying fit.

Most of us know about MyPlate, except for my Dad of course. The point of MyPlate is to show us what a healthy plate would look like. The food groups on MyPlate are fruits, veggies, protein, grains, and dairy. All of these are good sources of nutrients, that help you body function, and keep you healthy. Without these nutrients, are bodies wouldn't be as productive.

Exercise is a very basic way to keep a healthy body. Most kids between 5 to 18 need a maximum of 60 minutes each day. Some people think running and jogging are good ways to stay fit and healthy. I like playing basketball, or rollerblading to stay active. But you can do it any way you would like to. It's not a good thing to be in pain when you exercise. This is not good for your body. All you need to do is find a activity that you like and enjoy, and it's comfortable for your body.

A lot of people in the world, go on a diet to stay healthy and fit. Diets are just for eating healthy food and staying fit. Some people decide to eat less, or not at all. Please do not do this! You can eat a little less than normal, but please don't stop eating. It can hurt your body more than you can think it would. I'm not saying don't go on a diet, but just keep eating the same amount.

Instead of eating a hamburger with fries, eat a ham and cheese sandwich with some carrots. All of the effort will pay off in the end.

What I think is health, is eating right, getting exercise, and having fun while doing it.

