

February 19, 2009

Dear Mrs. Hau,

On behalf of the Jarrettsville Elementary School kindergarten students, I want to thank you for enriching our *Wellness* unit with your I Can Live to 100! presentation. It was wonderful to see (and hear!) the children engaged and actively participating throughout the lesson. Here are some facts the students shared afterwards:

- Maddie said, "The Earth is mostly made of water."
- Patrick said, "We should eat mostly A and B foods because they are the healthiest."
- Sophia said, "Gatorade has wood in it."
- Jocelyn said, "There are little muscles in your fingers."
- Ben said, "We can score foods with ABCDs, depending on if it's healthy or not."
- Kathryn said, "You can't give M&Ms to a dog. They shouldn't eat chocolate."
- Jacob said, "Stay away from C & D foods because they aren't as healthy as A & B foods. C & D foods have stuff added to them, like chemicals."
- Zachary said, "C & D foods have different kinds of sugars in them; Gatorade does."
- Zach said, "Water is healthier for you than Gatorade, because Gatorade has chemicals added to it."
- Kelsey said, "You shouldn't drink as much orange soda and Gatorade as water. Water is a healthy drink."
- Ryan said, "It's better to move your big muscles, like your legs, instead of your little muscles, like your fingers. You get more exercise that way."
- Lucas said, "If you sweat, your body is losing water."
- Kate said, "Don't pack chips in your lunch every day. You can live without food for a week, but only 2 days without water."
- Jack said, "You need to get enough rest at night so your body has energy for the next day."
- Julia said, "Animals need water to survive, just like people do."
- Jamilyn said, "Sometimes a food might start as a good food, but it gets changed in a factory to a food that's not healthy; like an A food changing to a C or D food."
- Halie said, "Our body is made up mostly of water."

Thanks again for your visit. I look forward to calling on you again next year. Stay healthy and think spring!

Sincerely,



Lynn Hess  
Kindergarten Teacher