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## KIDZ EYE VIEW ... ON SALAD

Hi everybody. My name is Sabrina. My mom and grandma try to help people learn how to eat better so they can be slim and healthy. I guess that's a good thing .... but then, it's not easy having a mom who always wants me to eat good stuff. If you're like me, you never really believe that your mom and dad were once kids so when they try to tell you that eating right will make us grow into healthy adults, you never *really* believe them. I made my mom and dad show me pictures of when they were young. Then I believed them.

Sometimes eating right is about making a deal with your mom. Like sometimes my mom takes me to Perkins, my favorite place for breakfast. I always get 2 slices of toast with eggs, but I like white bread and it's not healthy for you like whole wheat. So the only way my mom lets me get white bread is if I agree to get 1 slice of white toast and 1 slice of wheat ... and I have to eat the whole wheat slice first!! It's not really sooo bad, and it makes mom happy so I do it.



Lot of kids don't really like salad, but salads don't only have to have just lettuce and vegetables. You can put some things that you do like in a salad. You could ask your mom to cut some chicken fingers into the salad. You could put some raisins or a chopped apple into your salad. And don't forget those delicious, crunchy croutons!! Your personal salad could be even tastier with some dressing. My favorites happen to be Ranch and Caesar dressing. Even if your parents make a salad that has stuff in it that you don't like, you should at least try a bite or two or three. It may turn out that you love it!! I used to hate steamed broccoli, but with a little butter and Parmesan cheese, it was delicious!!

Until next time ...