

No More Junk Food!

- A Did you have lunch yet?
- B Yeah. We had a good, healthy lunch at home.
- A What kind of a healthy lunch?
- B My dad made veggie burgers. We're eating a lot more vegetables at my house now. Big, giant, fluffy salads too. Yum. Yum. Yum.
- A Hey, that almost sounds pretty good.
- B My mom and dad are trying to eat healthier. They think it's a good idea for us kids to eat healthier too. No more junk food.
- A Do you like it?
- B Me and my brothers like it a lot. We're not drinking soda like we used to. We don't eat as many desserts either.
- A Isn't it hard to give up dessert, though? That's my most favorite thing to eat.
- B Well, we still have dessert sometimes. Just not every day.
- A That's good.
- B Yeah. And my parents make more healthy desserts now. With fruits and stuff.
- A It sounds like you guys are definitely eating a lot healthier.
- B I think it's good for us too. It feels like we all have a lot more energy now.
- A Really? You can tell a difference?

- B Yeah. We're also not getting colds and headaches like we used to.
- A I'm gonna ask my parents if we can start eating healthy at my house.
- B Sounds good! Let me know when I can come over for a big, giant, fluffy salad.