

Zaina Ilyas
Ms. McCracken, Fifth Grade
Westfield Elementary School, Porterville

Eating Right

Fruits and vegetables are the healthiest snack for the body and brain. They provide better nutrients, vitamins, minerals and fiber when eaten fresh and without chemicals or preservative. Seasonal fruits and vegetables are not as expensive because there is no storage fee and packaging when purchase from local farmers. Fruits and vegetables are healthier when they are in season because they have a sweeter taste and a better quality. Seasons changes affect when fruits and vegetables ripen?

Some fruits and vegetables that ripe in spring are asparagus, cherries, and sweet peas. They contain nutrients and fiber to cleanse toxins from the body so they are known as body cleaners. One of my favorites is cherries because they are sweet and I love them on cakes and ice cream.

In the summer time, some fruits and vegetables that are harvested are peaches, tomatoes, apricots, melons, grapes and corn. They all contain high amounts of water and sugar to provide energy that your body needs for hot summer days. My mother always brings watermelons to my soccer games so I can have more energy to play the game. My favorite vegetable is corn that I dip into mayonnaise sauce.

Fall is a transition time of year that produces fruits and vegetables like apples, pumpkins, pomegranates, and squash. Apples provide the best source of fiber and vitamin C when eaten with the peel. These fruits and vegetables are filled with vitamin A which helps with night vision. Apples are really good especially in apple pie which my mom makes for special occasions like having good grades.

Winter fruits and vegetables are filled with vitamin C to help fight the cold and flu season. Oranges, kiwi, nuts, and spinach are loaded with vitamin C and iron. Kiwi is the number one immune system builder of all fruits. I love kiwi in plain yogurt which has no sugar, but is still good because the fruit sweetens it. Nuts are filled with calories and protein to keep our bodies warm in the winter.

Fitness is a key to stay healthy and in shape. The FITT formula stands for frequency, intensity, type, and time. You can achieve greater health benefits by spending time on your physical activities. I always have a busy week by doing soccer, tennis, and basketball. This gives me time away from school and my teacher, which is relaxing. No exercising can lead to obesity and diabetes which is really bad for your health. Staying healthy includes eating right and exercising your body.

Fruits and vegetables ripen during different seasons, all provide unique benefits for your body. I am glad that I like the taste of fruits, and vegetables which makes me healthy. Eating right helps me get the energy to be in shape when I play sports.