

really don't need. Then, the keywords to have an enjoyable and healthy Christmas is portion and choices. Here's why, you always have to control how much you're eating, even if the food is healthy you still have to balance how much you eat of it. So, what you do think now? Are you going to follow these steps to healthiness on Christmas or what? I hope you do! Enjoy your holiday!



Ritchie Knutie
Warrington Elementary
3rd grade

My favorite healthy meal is ham, blueberries, fruit, carrots, and corn. First, is the ham. Next, are the fruit, bananas, apples, and the blueberries. Then there are the vegetables, the spinach, carrots, and the corn. After that are the cranberries. Last is the desert, the blueberry pie.



Desni Devaughn
Warrington Elementary
4th grade

I am going to write about a healthy Christmas meal. First of all, my favorite Christmas meal is corn and chicken. Corn is my favorite food because it tastes good. I cook my corn by putting it in a pot of hot boiling water of 200 degrees for 5-10 minutes. Then I sprinkle some salt on it when it is done. Now, I will talk about chicken and how I cook my chicken. Chicken is my second favorite food because I like all kinds of meat. I fry my chicken on the stove at 400 degrees. When it's done I sprinkle Red Hot hot sauce, but not too much! My story wouldn't be complete unless I tell you about my favorite Christmas desert. The scrumptious cookies and cream ice cream dessert. I like it because of how it looks. It has three huge scoops one on each side and one on the top. This dessert has whip cream on top of the ice cream with cookie crumbs on the third scoop. It is the best dessert because it is delicious to eat! Now you know my favorite Christmas meal. What's yours?



Tela Carr-Hadley
Warrington Elementary
5th grade

Let me tell you about Christmas meals. First, breakfast you can make pancakes out to look like Christmas trees. They are great when homemade, but they are hard to make. Next you have lunch. You can make sandwiches that look like Christmas trees and presents with a bow on top. Then you can have any kind of chips you

want. Oh, we are already to dinner. You can bake anything you like or fry it as long as you think it represents Christmas. Mmm good! You have dessert! You can bake, cook, or fry dessert as long as it is sweet and good. My favorite dessert is red velvet cake. It is soooo good, I just love it. What is your favorite, I mean favorite dessert?



Johnny Williams
Warrington Elementary
5th grade

Health is something everybody should have even me and you. Health is the reason we are still alive. Well you still would be alive, but not for long cause health is the best thing ever for you. Healthy foods are bread, eggs, fruits, potatoes, vegetables, celery, and there is more, but if I keep going on it would take days. So eat right so you can live long and have a good life.

SPORTS



Cortez Blackmon
Spencer Bibbs Elementary
4th grade

What my favorite thing to do after school is playing football after school. When I get home from school I will get ready for football practice. Right before I go to football practice I will get my brother to play football with me. This is how we play; we would get some cover and act like they were shoulder pads. Right after that we would tackle each other. So about that time we will put on our real shoulder pads. After that my grand dad would take me and my brother to practice. When I get to practice I run two laps. When I finish running my two laps my coach arrives. My team and I start hitting in a line. This is what our coach wants us to do. Then we start doing our plays. The positions I play are nose guard, safety, and line backer. One of my teammates ran the ball and I got into the backfield and tackled him. Then they ran a pass play and our quarterback tried to throw the ball, but he couldn't because people were coming at him. So he had to run it and I tackled him again.



Tytavia Hardy
Spencer Bibbs Elementary
4th grade

I like to jump rope after school. It is fun. One day I went to get my friends to come over. I went to get them because I didn't