

February 7, 2012

Dear Fermin,

I am learning a lot about being healthy in my English for Health class. We are studying about nutrition and how to eat healthy food. I know it is difficult, but I think we should make some changes at home. I would like to make three changes: 1. Eat less sugar. 2. Eat more vegetables 3. Eat at home more often.

It is important that we eat less sugar, especially because you have high blood sugar and I have a family history of diabetes. I think we should try to drink more water and milk, instead of coffee and hot chocolate. I also need to eat less cereal because I now know that cereal has a lot of sugar. I think we do very well with fruit. We eat a lot of fruit, and Oliver loves fruit. I don't think we eat enough vegetables. Let's try to eat two vegetables every night for dinner. In the morning, instead of cereal, we can eat egg omelets with vegetables. It is important that Oliver sees us eating vegetables. Last, I think we should eat at home more often. When we eat at restaurants we spend a lot of money and it is not very healthy. Serving sizes are too large in restaurants, so we eat more food than we need. Also, when we cook at home we can control how much oil, salt and sugar we put in the food.

I know that these changes will be difficult. I hope that we can start with small changes. This week, let's try to eat healthier breakfasts. Let's try to eat fruits and vegetables instead of cereal. If we feel good about that change we can make another change in two weeks.

Thank you for understanding that I want our family to be healthier.

Sincerely,

Beth

