

Liana's Healthy Friends

Petunia: Gartner loves Spicaker bars, but

they won't keep her healthy. Echo

the Squirrel loves them, too because they

are filled with nuts. Most people love

Pizza and chocolate, but they won't keep you healthy.

If you eat oranges and bananas, they can keep

you healthy. Also you can help the Earth be healthy

too by putting the orange rinds and banana peels

in the earth. This is fun composting and you are helping

to make fresh soil.

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You can also recycle your old paper instead

of throwing it away. Don't recycle pizza boxes though.

because they have oil in the cardboard. That's all

I wanted to tell you.