Dear Mom and Dad,

Spring is here. As you said, the weather is changing so take good care!

My teacher says that fruit and vegetables are rich in dietary fiber, many kinds of vitamins and minerals, and we have to eat enough of them every day! Don’t you know that potato is rich in carbohydrate but contains less dietary fiber? So it actually belongs to grains and cereals and not a vegetable! Moreover, many drinks with fruit juice or fruit flavor are added with sugar or artificial flavors. Even pure fruit juice cannot replace a whole fruit because the dietary fiber loses during fruit juice production. Do you realize that I am eating a whole bowl of cooked vegetables and two to three pieces of fruit every day? That’s why I don’t stay long in the toilet and yell of constipation and tummy pain!

Thanks for preparing fruit and vegetables in all sorts of colours for me every day. Broccoli, choi-sum, tomato, pumpkin, orange, mango and pear are my favorites! I also love shopping with you for grapes, cherry tomato, corn, banana and apple which are easily brought to school as snack. My teacher has admired me for sharing the tasty fruit and vegetables snacks with my classmates during recess!

I find a fruit recipe of ‘Deach and Chicken Fillets’ from the website of the Department of Health today, it looks yummy! Can we try this evening? There are other fruit recipes in the website!

Your love,