

## **Fruits Debate**

By Kathryn Yang

Age: 7

“I’m healthier than you are, Olivia!” yelled Bernice the banana. Four fruits in a refrigerator were having a debate about who is healthier for human beings. The fruits were Olivia the orange, Alice the apple, Grace the grape, and Bernice the banana. They were good friends and lived on the first floor of the refrigerator. The fruits had argued about who is healthier for exactly three hours. “Well, by the way, I’m healthier than all of you!” said Alice. “Why don’t we go to court on the 3<sup>rd</sup> floor of the refrigerator?” suggested Grace. “It is a good idea”, everybody agreed. In court they met Judge John the lettuce. Each of the four fruits told the judge everything about their argument. Then Judge John smiled. He called the carrots, which are the doctors in this refrigerator. The carrots came with their equipment to test the vitamin level of each fruit. After reading the test report, Judge John said, “It seems like all of you are very, very healthy and all of you are good for the health of human beings. Your vitamins are not all in same amount, but you each have different vitamins. So human beings should eat each of you for a healthy life!” After the fruits heard what Judge John said, everyone was happy.

So if you want to be healthy, you should eat fruits and vegetables everyday, and follow the food pyramid.