

Fiction Write a story about packing supplies for a journey to Mars. It's a long way from Earth and there won't be any doctors there, so you have to stay healthy! What food do you take with you?



Informational

Design a menu for your family that includes all the foods you need for a balanced diet. Make sure you say why you are including the different foods.



Letter writing Write a letter to a fast-food restaurant. Explain why eating well is important, and include some ideas to make their food healthier.



Opinion Do you think there are some foods that are just bad for you, or is the problem that people eat too much of some foods and that makes them unhealthy?



Research Do some research with the heading "The Troublesome Tomato". It's a problem because some people call it a vegetable and some people call it a fruit. Find out why.