# Health is Wealth
By: Ranjit Nair

It was a special Monday morning. Why you ask? Well, it was the first day of school! I looked at the time; I was going to be late! I quickly grabbed a granola bar, chowed it down and jumped into the car. Oh, did I introduce myself? Well, my name is Charles and today is my first day of fifth grade. School was good so far; we had math, English and history, a perfectly, boring day. Until, science came along. That day at school, I was very tired. I managed to stay awake during math, English or history, but I suddenly had the urge to sleep during science. Why? Well, as you saw I did not have a good breakfast and breakfast is the most important meal of the day. You should eat foods that give carbohydrates and protein. Carbohydrates give lots of energy and it is always good to have carbs, proteins and fruits in the morning. In fact, athletes load up on carbs before going on a race. Carbohydrates and proteins keep you awake and alert. Having them for breakfast will make you not sleep during class. "I'm talking to you, Charles!" I suddenly wake up to the teacher directing me in front of the class. Oh no! I thought. How embarrassing!
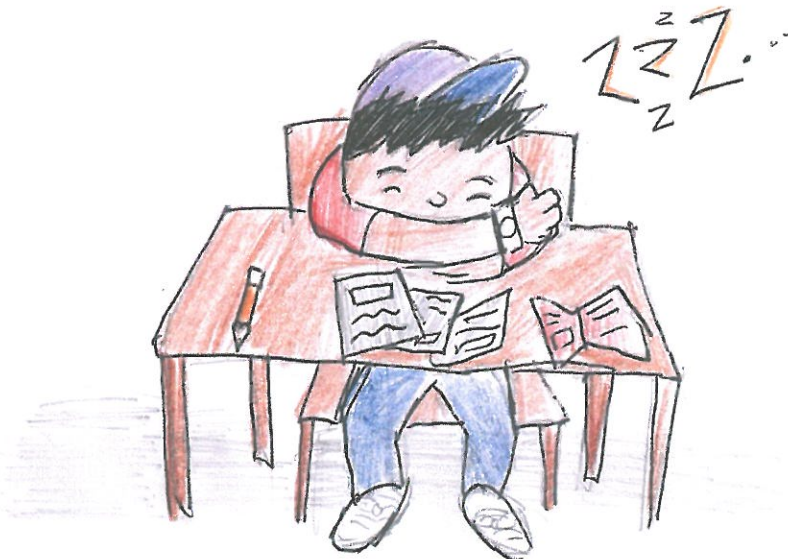
After that horrific day at school, I went home, put my backpack down, and washed my face. Later, we had dinner, and for dinner we had chicken. Chicken has lots of protein in it to strengthen your muscles. "I can't eat chicken for it tastes absolutely disgusting!" I said firmly. "It's good for you son." my father said. I left the table immediately with an attitude.
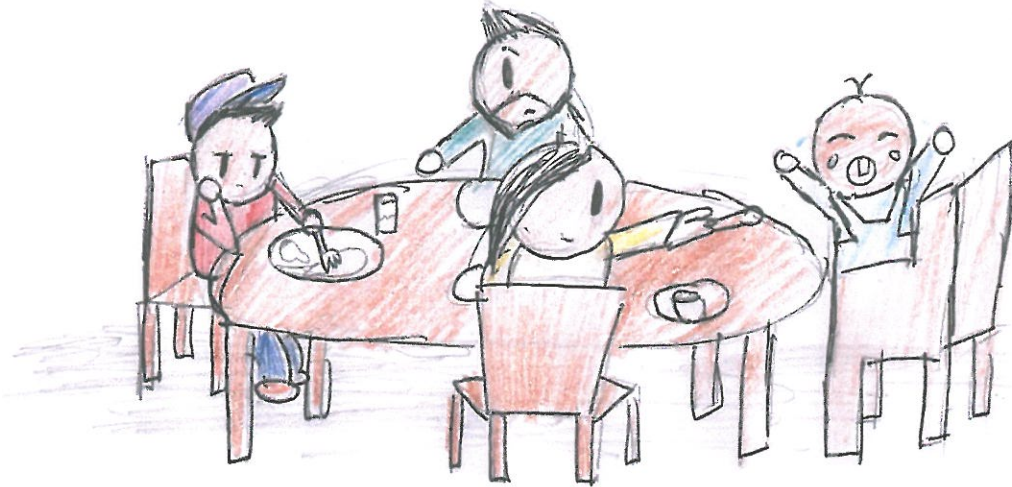
I did the dishes and then went to bed. Unfortunately, I could not sleep that night. I decided to go down stairs and have a glass of water. I crept down the stairs but then I suddenly had an idea. I opened the pantry and took out the cookie jar. Cookies have lot of fat. Fats are good for you but too much is bad for your health. I took one and then hesitated for another but I still took one more. At the end, I had five cookies and then I thought that was enough. I crept up the stairs and went to bed. Those cookies were delicious!
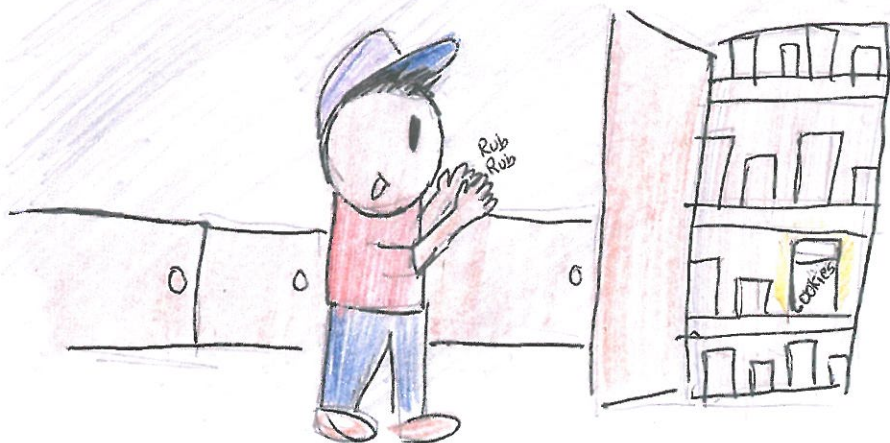
Next morning, I woke up early with a bad stomachache. I realized that it is important to eat healthy. I decided to eat a bowl of cereal and scrambled eggs too. When I went to school, I did not fall asleep during class. In fact, I actually paid attention today. Today we learned about macro and micronutrients. "Macronutrient means the nutrients we eat the most. In the macronutrients group there is carbohydrates proteins and fats. Micronutrients are the little nutrients that we put in our mouths" my teacher said, "vitamins and minerals are micronutrients and are found in fresh fruits and vegetables." "You see macro and micro nutrients really help our bodies stay healthy." The bell rang and we all left home. As I was going home, I decided to follow my teacher's words to be healthy. I ate a nice breakfast the next morning, a healthy lunch, and no cookies after dinner!