

The adventures of Milky and his friends.



By Gavin Zimmerman



Hi I'm Milky. I am 8 years old. I can fly, but only 3 feet in the air. It is my secret super power. My favorite thing to do is to play outside with my friends. My best buds are: Cantaloupe, Artichoke and Nectarine. Let me tell you a little bit about them. Cantaloupe is funny and strong. Artichoke is the smart one, he can help us out of danger in a minute. Nectarine is sweet and nice and we just like having him around.

Let me tell you a story about a wierd adventure we had one day..

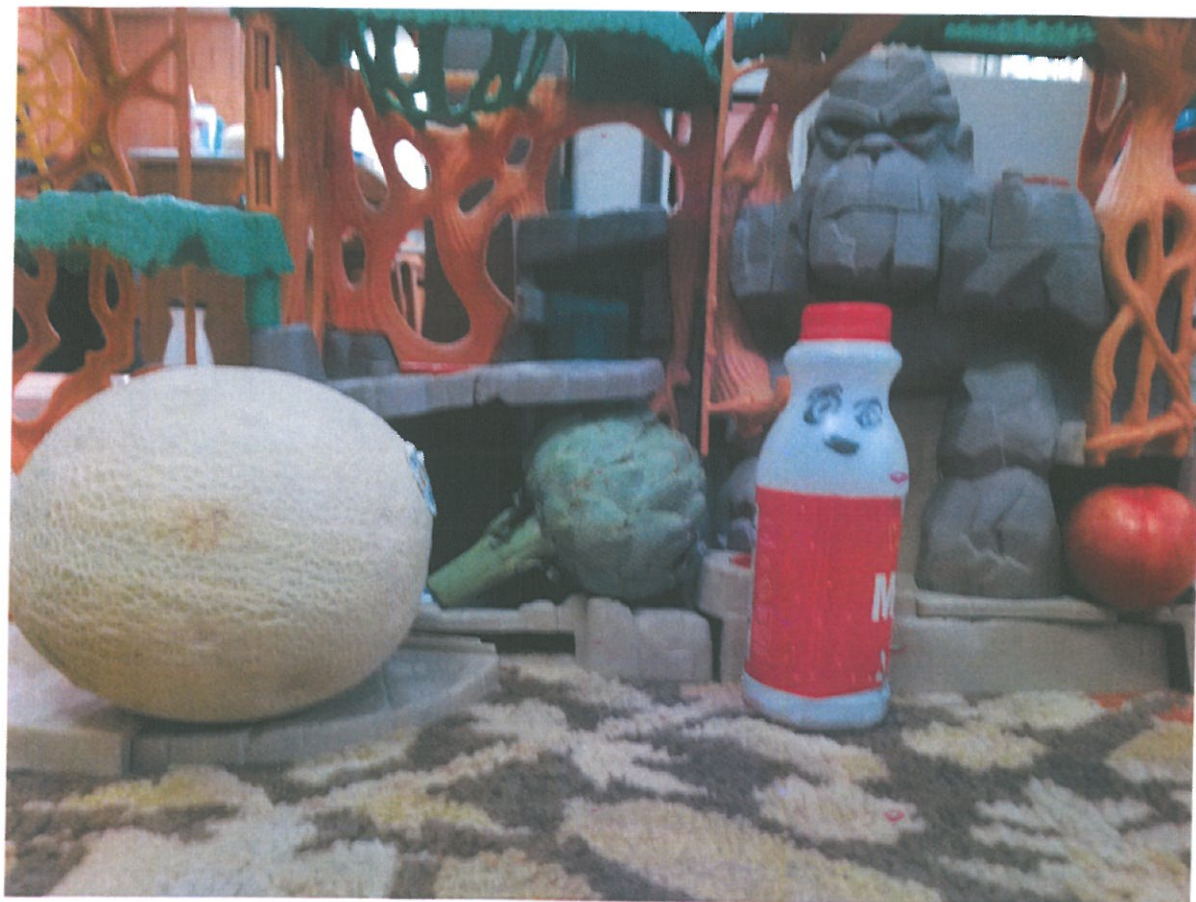


Last week we were playing a game of tag outside, when the King Sugar's cookie army took all of my friends back to his dungeon. I ran fast and flew away. After I had a minute to think up a plan, I came back to rescue them.

First, I rescued Cantaloupe from the cookie solidier. Then he helped me to break out Nectarine and Artichoke. Together we battled for hours with King Sugar. We were worried we would all be destroyed by King Sugar.



In the end my friends and I smashed King Sugar and his army. Proving once and for all healthy foods are stronger than junk foods. We had more energy and out lasted the sugary foods.



After the battle we decided to go to the playground and play tag. This is our favorite game. We were not going to let junk food stop us from having fun. Remember you too can be healthy and strong by choosing smart foods like us to fuel your body.

The END

About the Author:

Gavin Zimmerman, is 8 years old and in the 3rd grade. He likes to spend his time swimming, playing outside with his friends. He loves to drink milk and eat apples. He hopes you liked his story.

