Dear \_\_\_\_\_\_\_\_\_\_\_\_\_

Today’s ELF SKILLZ Lesson is all about Healthiness – Eating healthy food!

Do you know what healthiness means? It means taking good care of your body…

When you take good care of your body, such as eating healthy, then you feel better and have more energy. Eating healthy also helps your brain work better, which means you will become smarter!

Let’s try a game to see if you know how to eat healthy!

Are you eating healthy if…

* You skip eating vegetables because you don’t like how they taste?
* You eat all the fruit on your plate?
* You spit food out because it doesn’t taste like ice cream?
* You eat your dinner even if you don’t like all the food on your plate?

Today I challenge you to eat a healthy dinner!

If you accomplish this task, then you will get 5 points, and remember, when you have 20 points you get a prize!