

Dear Abby,

I'm well, thank you! Are you feeling better now?

Here is some advice for you about your eating habits.

First, you eat too much fried food and junk food.

You ought to eat less fried food and junk food because it is bad for your health.

Second, you drink too many soft drinks. You ought to drink fewer soft drinks because they have too much sugar in them.

Third, you eat little meat and vegetables. You ought to eat more meat and vegetables because our body needs fats from the meat and vitamins and minerals from the vegetables.

Try to change your eating habits and you should feel better soon.

Love,

Clara

By Jeremy P.4