



## Food Olympics

Food Olympics were about to begin in Pyramid Prairie. Athletes and others gathered from all over the land to compete in the most fantastic games. This wasn't like any other competition. This was the best of the best competing for gold, silver, and bronze medals. Max Meatball was chosen to compete this year. He had been exercising and eating super healthy for months to get his body ready. Max was going to compete in Heart Healthy Hockey. Max was fast on the ice. He could skate rings around anyone. Not to mention he had been skating since he was a tiny meatball so he had a lot of practice.

When Max Meatball came to the Olympic Arena he noticed some unlikely, unhealthy athletes, Caitlyn Candy, Deanna Donut, and Percy Potato Chip. Max couldn't understand why they would be at the most fantastic games in the land. They couldn't possibly win anything. But Max Meatball wasn't worried. Max headed to his first event, Heart Healthy Hockey. He met some of his teammates of Team Protein, Scott Steak and Chad Chicken. They practiced a little bit on the ice and as the buzzer was about to ring, Max Meatball looked over at the other team. He couldn't believe it. It was Caitlyn Candy, Deanna Donut, and Percy Potato Chip. They were also joined by Sandy Soda, Sienna Sundae, and Cody Cake. Max and his friends were confused. Just then Max's coach, Freddy Fish yelled, "Let's go team. It's time to start." Max's team stood facing their unhealthy opponent. The buzzer rang. Max was fabulous on skates. He soon got the puck and was zipping around on the ice lightening fast. He headed down towards their goal when Caitlyn Candy whizzed by and stole the puck. Max couldn't believe it. She was so fast he didn't even see her. Caitlyn Candy quickly passed it to Deanna Donut who shot it towards their goal and scored. The Unhealthy Team was in the lead 1-0. Max shook his head. This can't be happening, he thought.

This time Scott Steak had the puck, he skated down the ice with ease. He passed the puck to Chad Chicken who then passed it to Max Meatball. Max was right in front of the goal and he was about to shoot when Percy Potato Chip slapped his stick down and blocked it. The puck went flying. Max tried to catch up to it but it was too late. Caitlyn Candy was already heading towards her goal again with the puck. She shot and...goal. It was now 2-0. The Unhealthy Team was leading by 2. Max was in disbelief. Why are they so good? There is nothing healthy about them. Coach Freddy Fish called a time out. Team Protein skated in with their heads hung low. Each team member seemed to be in shock. Max spoke, "How are they so good coach? They only have a few vitamins and minerals and they are beating us! We are Team Protein. We are strong, heart healthy, and vitamin rich. We should be winning."

Coach Fish smiled, "Don't you worry. Foods full of extra sugars and solid fats soon leave you tired and pooped. That's what will happen with the Unhealthy Team. You'll see. They'll run out of gas soon and our team will stay strong and full of energy. Now go get 'um!" Max and Team Protein headed out on the ice. As the Unhealthy Team headed back on the ice they seemed a little slower Max smiled at Chad Chicken. As the buzzer rang they both went racing towards the puck. Max got it and headed toward the goal. As he skated, he passed all the members of the Unhealthy Team. They were all still on the other end of the ice rink. They were tired. Max approached the goal and shot...goal! The crowd cheered. Can you guess how the game ended...? You're right! Team Protein was skating circles around the Unhealthy Team and won the game 6-2. Needless to say the Unhealthy team members didn't win any medals at this year's Food Olympics. As for Max and his team, they won the gold medal.

