



Grow Food

Larry Lima Bean had always heard that lots of children were refusing to eat the foods that were best for them. Mission after mission, Larry tried to help children eat healthy foods. It didn't seem to matter what Larry did or say, children still refused to eat healthy. He had countless conversations with parents, countless visits to neighborhood homes and frankly, Larry Lima Bean was getting tired of giving the same message over and over again, especially if no one was going to listen. He wasn't sure how to get his message across to children about how very important it is to eat healthy foods. Larry was sad.

Days later Larry was called on another mission to help a family whose daughter refused to eat healthy foods. Larry wasn't sure if he should even go. He had never said no to a mission before but he thought why bother if his healthy message wasn't working. Larry's mother persuaded him to go and after a long talk and a healthy breakfast, Larry Lima Bean had the energy to help. Larry was on the job. Larry arrived at the Holmes house and was greeted by Mr. and Mrs. Holmes. They told Larry that their youngest child Veronica never ate and when she did, she only wanted junk food. At dinner she would refuse to eat and when bed time came she called for chips or cookies to fill her belly. They were very concerned. After hearing the story about Veronica, Larry was very concerned too.

Larry Lima Bean was lead out to the back yard where he saw Veronica and her two bigger sisters playing. Larry watched the girls play while he thought about how to help Veronica. As he watched, Larry noticed something. Everything Veronica's sisters did Veronica tried to do too. When they kicked the ball, Veronica tried to kick the ball and when they played basketball, Veronica wanted to play. Sometimes Veronica could keep up with her bigger sisters but often times Veronica was too small to ride the skateboard or too small to make a lay up. This gave Larry an idea, a great idea on how to help Veronica eat her healthy foods. Mr. and Mrs. Homes called the girls in for lunch. As the girls began to eat, Veronica picked at her food and didn't eat a thing.

Larry sat next to Veronica. He spoke, "I see you are not eating your carrots or chicken salad." Veronica replied, "Yeah, I don't like them." Larry took a deep breath and began, "I noticed outside that you like doing the same things as your sisters but sometimes it's hard because you are a bit smaller." Veronica responded, "I wish I were bigger because then I could do a jump on the skateboard or make a basket from far away." Larry spoke, "The best way to get bigger is to eat your 'grow' foods." Veronica seemed confused and asked, "Grow foods, what is that?" Larry explained, "Grow food is healthy foods from the five food groups. Foods like your carrots, chicken, and salad. These foods give your body the good things it needs to be strong, healthy and able to grow. If you eat too much junk food your body will get sick and weak. Eat your grow foods first and then you can eat the other foods you like so much." Veronica smiled. She soon began gobbling down her lunch. So boys and girls, next time you sit down to a good meal, look for your healthy grow foods, eat them first and grow, grow, grow!

