

My mother took me to see the doctor. I had been tired a lot.

The doctor checked my temperature. She checked my heart. Then she said, "What have you been eating? Usually I find that when someone is tired they have a nutrition problem."

I said, we have breakfast at school and lunch, too. I have milk and cereal for breakfast. Then I eat whatever they have.

But what about dinner? And week-ends?

My mother said, "I cook good food. But she won't eat it. She wants to eat snacks. She eats cookies and candy a lot. Then when it's meal time, she leaves the food on her plate."

"Now wonder you're tired," the doctor said. "You're a growing girl. You need a good diet. Haven't you heard of the food pyramid?"

"Yes, we studied that, but it's hard to get all those kinds of foods."

"It doesn't sound like that is the problem," she said. "Your mother is making good food. And you're eating candy and cookies. Do you know how much nutrition there is in those foods? They aren't even on that pyramid. Sugar gives you a burst of energy. But they do not last. You need to have a better diet. You need good food to get your energy. You need to eat meat, fruits, and vegetables."

When we left the doctor's office, my mother took a booklet. It told what foods to eat I knew it was going to be a bad time.

I reached in my pocket to get a candy, and my mother grabbed it. She said that was the end of candy. So I gave her the rest of the candy. This was even worse than I thought.

On the way home, my mother bought carrots and raisins at the store. She gave them to me when we got home. I liked the raisins. But I didn't like the carrots.

That night we had dinner. I saw she had made a salad with raisins and carrots. We had that with chicken and biscuits. I decided this big change wasn't going to be so bad.

I still would like some candy, but I know that's not going to happen.