



Scott's Yummy Tummy Turnaround

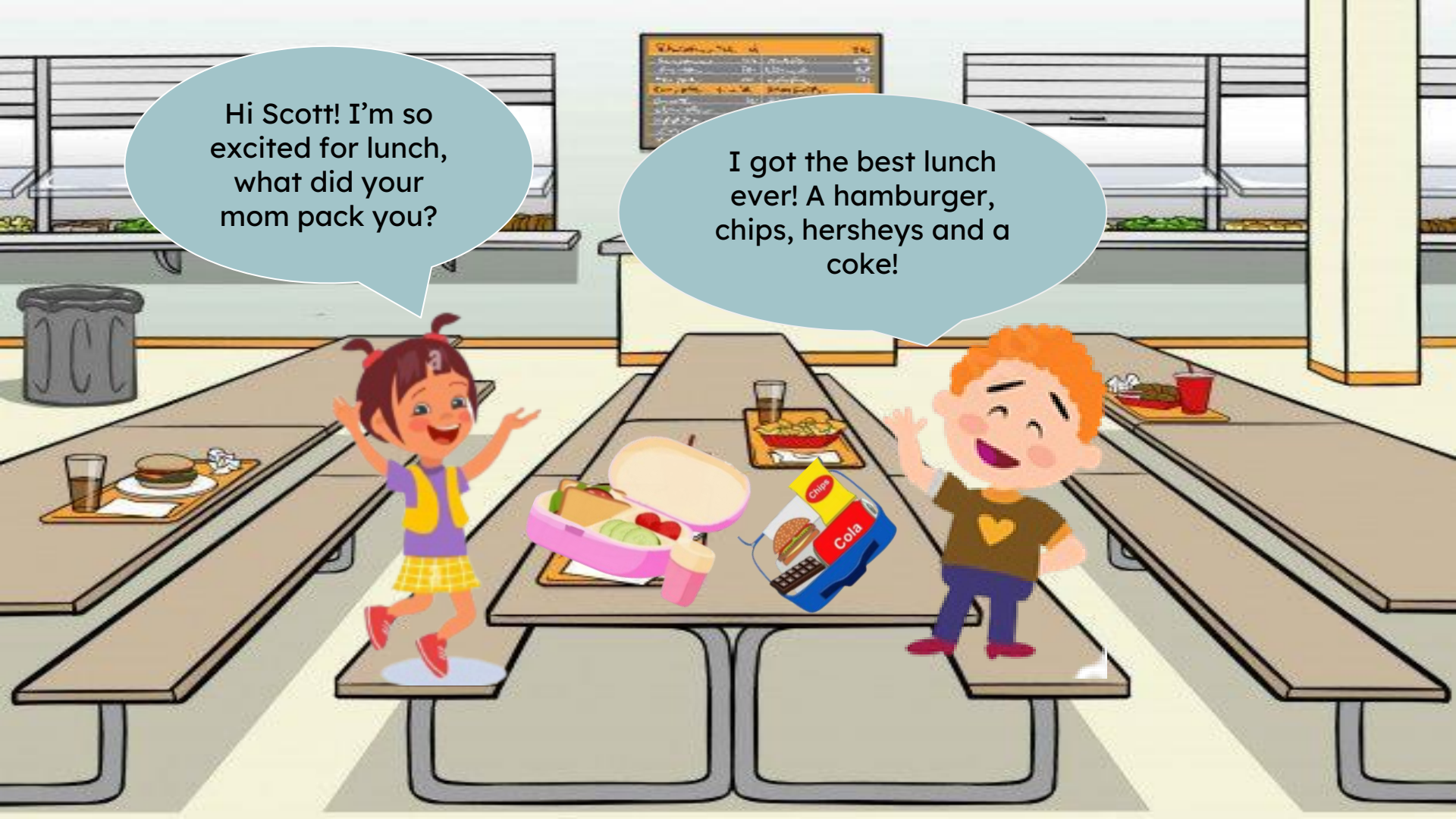
By: Dominika Sikorjak, Anna
Goffredo, Amy Dong, Shahan Syed



Is it snack time yet Miss smith?
I'm starving I packed myself a brownie!

OOO a brownie! Do you want to trade for my hersheys?

Ugh! Scott is so lucky that his mom lets him eat whatever he wants. I wish my mom gave me hershey's..



Hi Scott! I'm so excited for lunch, what did your mom pack you?

I got the best lunch ever! A hamburger, chips, hersheys and a coke!

That sounds so good! All I got is a sandwich, apples, carrots, and milk.

Yeah, my mom is the best! I'll be right back, my stomach hurts.

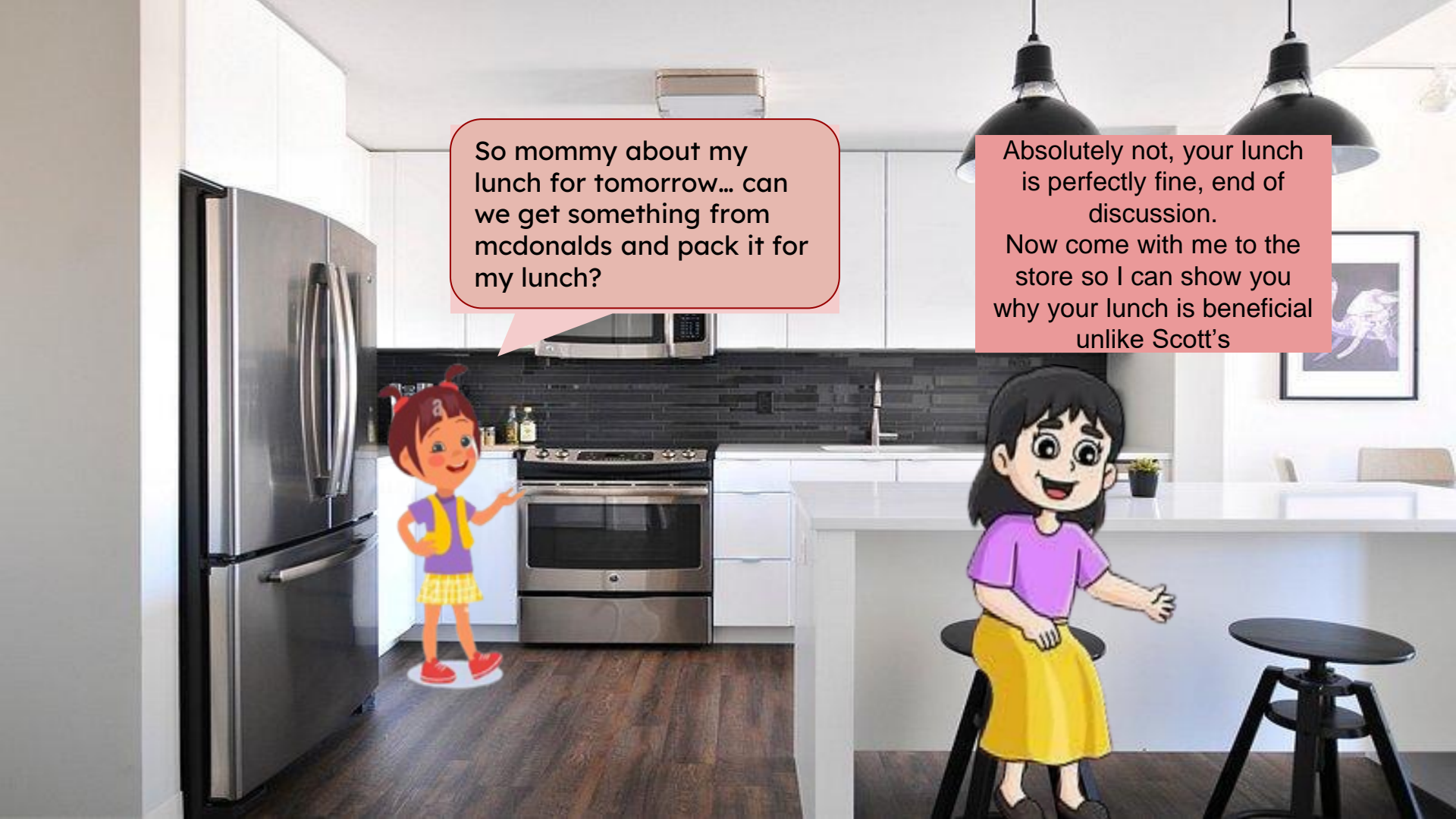


Once school ends, Jacqueline runs to her moms car

Mommy can I have a new lunch tomorrow? My new friend scott's mom gave him the best lunch EVER! Snacks galore!

What do you mean? I thought you liked the veggies? Your lunch is perfectly fine.





So mommy about my lunch for tomorrow... can we get something from mcdonalds and pack it for my lunch?

Absolutely not, your lunch is perfectly fine, end of discussion.
Now come with me to the store so I can show you why your lunch is beneficial unlike Scott's



Can you please pack me some chips for lunch? Scott gets chips all the time and I really want some too.

Sweetie! Chips aren't going to make your bones and body healthy. If you eat chips every day then your body won't grow and have all it's necessary nutrients

You can still have chips every once in a while but not eating vegetables and not having a balanced lunch can affect your health

If it continues, we'll see for how long.


Scott seems healthy to me. He's the loudest and most energetic boy in my class!






Miss Smith,
where's Scott? I
wanted to see
what he was
having for lunch
today.

Unfortunately, Scott
had to visit his
doctor today
because he wasn't
feeling well.




Dr. Edward, I've been getting lots of stomach aches lately. I can't poop and it's driving me nuts!

Wow Scott, what brings you into my office for the third time this month?



Yeah, so what's wrong now?

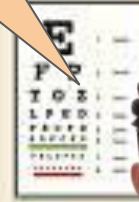
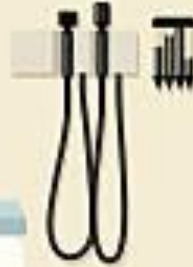
The last two times you visited me, I diagnosed you with an ear infection and a sinus infection.



I typically bring a hamburger, chips, hershey bars, and a coke for lunch. My friends wish they had my lunch!

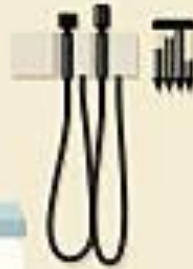
These are signs of a weakened immune system. What do you usually have for lunch?

Wow, it seems you've been eating lots of food with very little nutritional value! Your unbalanced diet may be the cause for all of this.

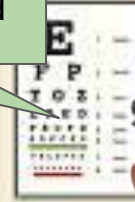
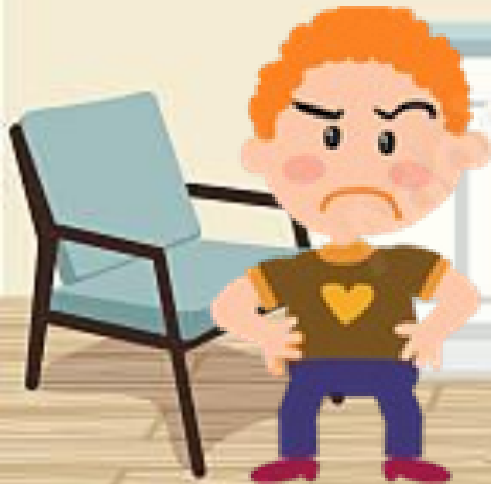




What?! All my food is great and is tasty.



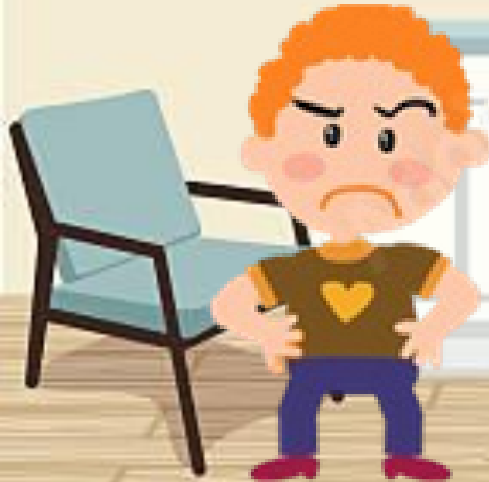
Scott, eating junk that's good doesn't mean it's good for you body. I know you're young and this is hard to understand but eating the proper nutrients is important for you to grow and be healthy!

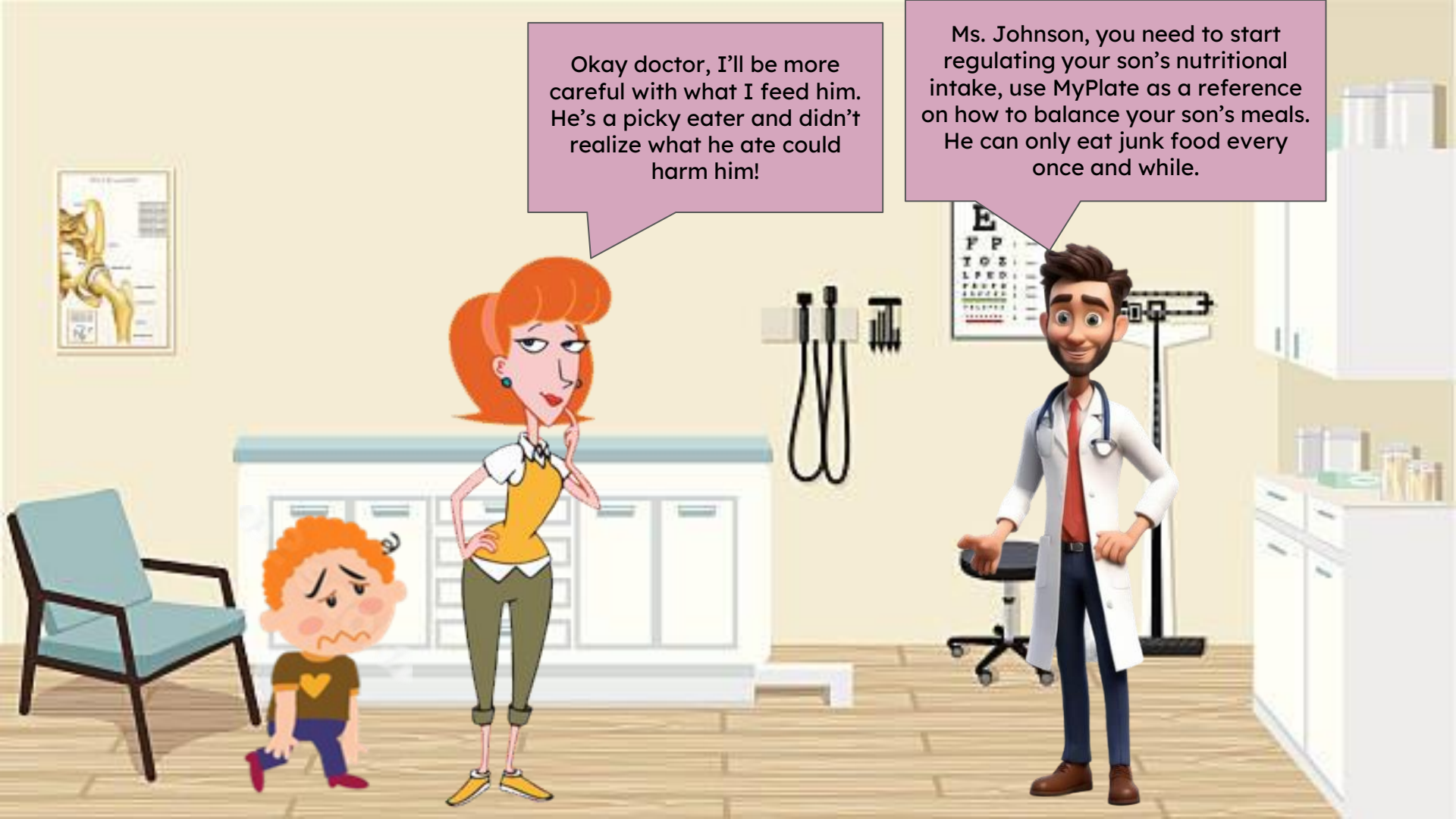




But I don't wanna to give up my fast food! All other foods are gross and don't make me look as cool.

Scott, if you want to improve your health and feel less pain you must maintain a nutritional balance. I'll talk to your mom about this





Okay doctor, I'll be more careful with what I feed him. He's a picky eater and didn't realize what he ate could harm him!

Ms. Johnson, you need to start regulating your son's nutritional intake, use MyPlate as a reference on how to balance your son's meals. He can only eat junk food every once and while.



Sorry bud, not today, doctor's orders.




The next day he returns to school

Yay, you're back!
What do you have
for lunch?

The doctor told me to
eat healthier so I can
be healthier. So now I
have fruits, veggies
and a sandwich



A cartoon illustration of a school cafeteria. In the center, a girl with brown hair in pigtails, wearing a purple shirt and a yellow backpack, is jumping happily on a bench. A boy with orange hair, wearing a brown t-shirt with a yellow heart, is also jumping happily on a bench. They are sitting at a long grey table. On the table, there is a pink lunchbox with a sandwich, a water bottle labeled 'WATER', and a blue lunchbox with sticks of food. In the background, there are metal food service counters with trays of food, a trash can, and a menu board.

Yay, we can eat the same foods!

Yup! *munch*
Mmm this food
is actually
really good!

Scott stays healthy and now both Jacqueline and Scott understand the importance of nutrition!

The End!



Bibliography

- Hasan , Nadia. “6 Signs You Have a Weakened Immune System.” Pennmedicine.Org, 2022, www.pennmedicine.org/updates/blogs/health-and-wellness/2020/march/weakened-immune-system.
- Kubula, Jillian. “Diet and the Immune System: What Is the Link?” Medical News Today, MediLexicon International, 2021, www.medicalnewstoday.com/articles/how-and-why-does-diet-influence-immune-function
- Decker, E. (n.d.). *The importance of Good Nutrition for Kids*. Nationwide Children’s Hospital. <https://www.nationwidechildrens.org/family-resources-education/700childrens/2021/03/importance-good-nutrition-kids>