

Dear Principal:

Our class has conducted research on the obesity problem in the United States. We believe there are things every student can do to change how we eat and move.

As an experiment, we tried to change **how many fruits and vegetables students in our schools eat, and how much students move at lunch-time**. Here is some information on our experiment:

Problem:

- Students don't eat any fruits and vegetables at lunch

Why it was a problem:

- Students don't like the fruits and vegetables served in the cafeteria, and foods they do like (like nachos) didn't have any fruits or vegetables in it

Our Process:

- We asked students how many fruits and vegetables they eat during lunch every day for 5 days
- We surveyed students and asked what fruits or vegetables they would eat, and then worked with the cafeteria supervisor to make these fruits and vegetables available for a two-week period.
- At the end of the two-week period, we asked the same students how many fruits and vegetables they ate during lunch every day for a two-week period.

Results:

- Before our experiments, students ate an average of .8 fruits or vegetables every day at lunch
- After the cafeteria sold fresh fruit and vegetables with dip every day for two weeks, students in our class ate an average of 2.4 fruits or vegetables every day at lunch.

Recommendations:

- We think that if the cafeteria sold these fruits and vegetables every day, all the students in the school would eat more fruits and vegetables. The cafeteria supervisor told us these were more expensive and a lot of extra work. We ask that you work with the cafeteria supervisor to find ways to make this possible.

Thank you,

CLASS signatures.