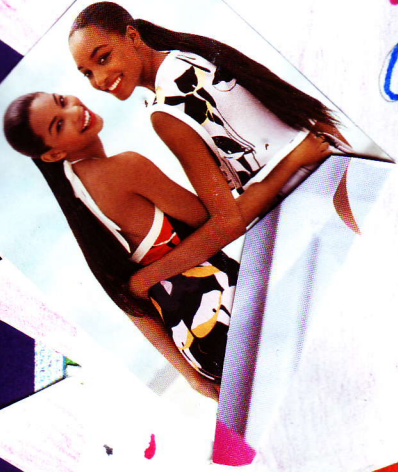


When food and friends
come together
its like a...



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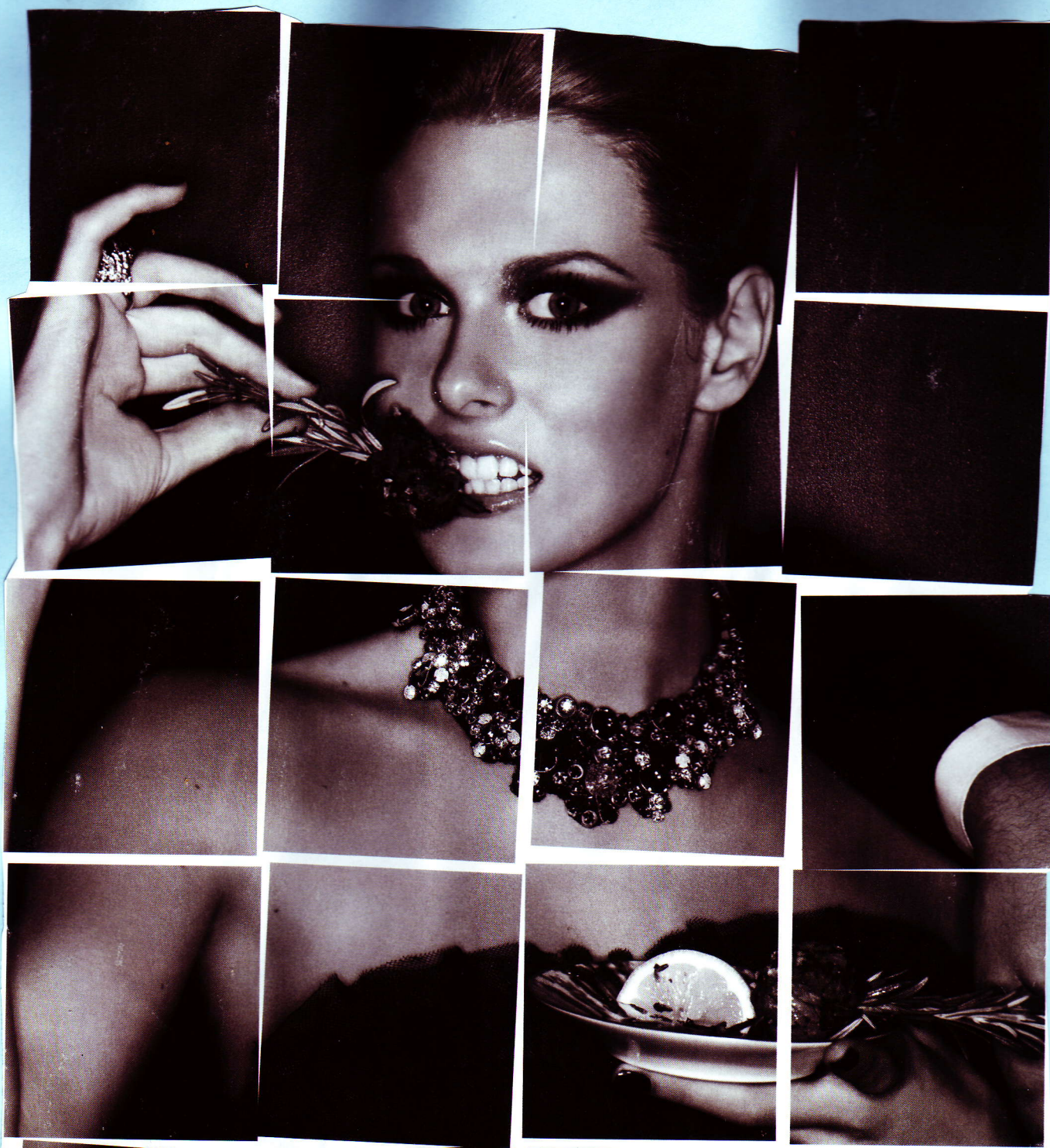
Soul

Editor's Letter:

Dear reader.

In this magazine you'll read about friends, how they influence me, how much they care about me and how important they are to me. Why I picked this topic, because friends are apart of my life, right away I wanted to write about friends. Another topic that you'll read about in this magazine is food. I might look skinny, but I love to eat, and love food. Foods I like to eat with my friends /family is another topic that I decided to write about in this magazine, also foods I don't like. When I was on third-fifth grade, I was afraid to eat lunch in front of my friends and classmates, I would eat in my bag. Where my lunch was in. People would start to ask me why I ate in my bag, until one day at lunch, in sixth grade finally felt comfortable to take my lunch out the plastic bag and eat it. Read on, and you'll find out in the bag, when you read my magazine,, "When foods and friends come together its like a feast for the soul".

Cyooda Hooks - wllb



new YORK,
**eat your
HEART OUT**

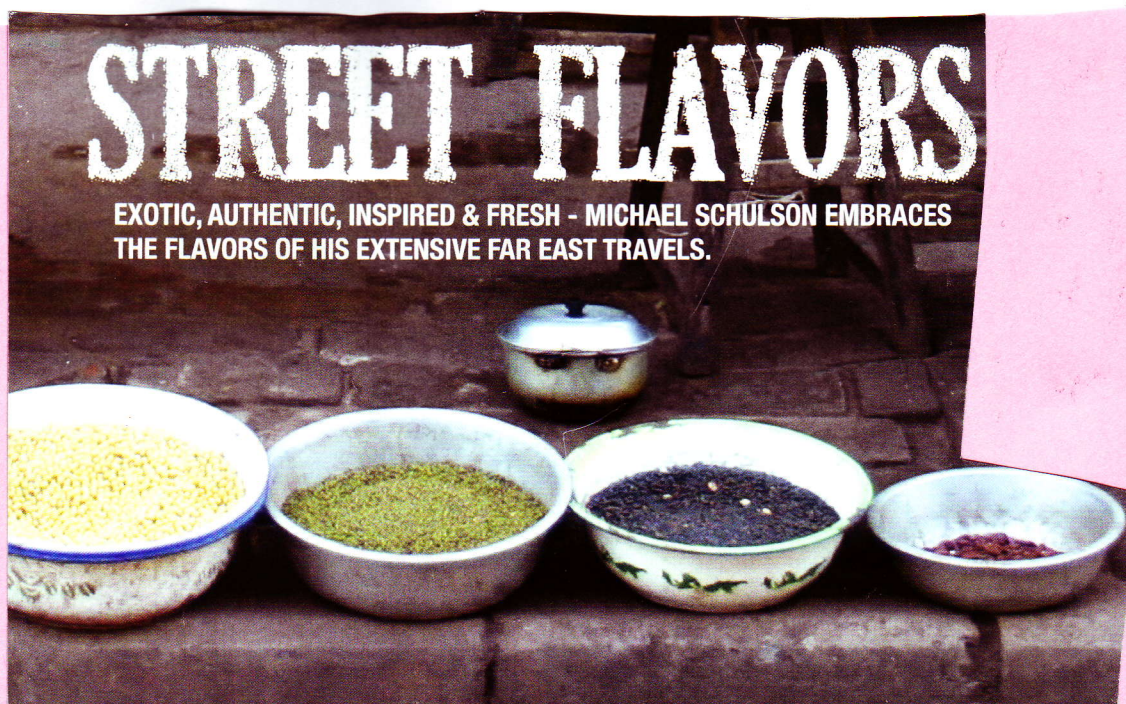
bon appétit
café

AT LINCOLN CENTER

Food:

-Food that I like to eat with my friends and family.

Lettuce, tomatoes, onions, turkey all on a roll. What does that sound like? A hoagie, which is one of the foods I like to eat with my friends. What I make for my friends when they come over my house, are tortillas, with imitation meat, shredded cheese on flat bread. The reason why I use imitation meat, because my family and I don't eat any red meats. The meats we do eat are chicken, turkey and fish. My parents only eat fish. Most of my friends eat all kinds of meats, so when they come over my house, and make them food, like vegetarian food, they become so surprised, because to them imitation meat taste so much like regular meat to them. Also like to make breakfast food for my friends when they sleepover, like eggs, bacon (vegetarian food), pancakes, etc. What I like to eat with my family, is Indian food, because, because its an exotic tasting food with a lot of spices, which is the same reason why I like Jamaican food. My favorite food to eat with my family is sushi, might be raw fish, but its really tasting and filling.



Foods:

-Foods I don't like to eat.

Wendy's, Mc. Donald's, KFC, taco bell, checkers, burger king and Popeye. Are all types of food I definitely do not like to eat. The reason why, because the food is full of grease, it's fattening, not good for your body and could give you cancer. The food isn't cooked fresh, it's frozen then just warmed up, when people order. I don't think anyone will ever really know what is in the meats; it's like its mystery meat!! I have had bad experiences, when I would eat at fast food restaurants, my stomach would feel quizy. Afterwards eating the foods, I wouldn't feel right, I would feel disgusted. I don't think my body deserves malnourishment. Foods should be healthy, but also smell good, be full of exotic spices and flavorful.

You know when it's real.®



Food:

- What was usually in my bag for lunch?

Third grade to Fifth grade, I hated with a passion, eating in front of my classmates, and friends. What I usually had in my bag for lunch was salads that my dad would make for me, sandwiches with whole wheat bread and lots of other healthy foods that were tasty and also good for my body. I was afraid that I would be made fun of, because I what iy looked and taste like . When I decided to start to take my food out of my bag and eating in front of my friends and classmates, they all wanted to taste my food .The times I let my friends and classmates taste some of my food, they actually liked the food. Ever since, then I was less afraid to take my food out.



Friends:

-How friends are important.

How important are your friends? I can always rely on my friends. They're there to catch you when you fall. For example: You and your friend have a huge argument and a couple of days later you both are talking again. If it was different and you and a person you hardly talk to, have a huge argument, its totally different! How its different, because your friends are too important to stop talking too just over an argument, it's not worth breaking up a friendship. Another reason how friends are important is that you can talk to them about anything and you know they wont judge you. I have a best friend that I've since pre-k. She is a great friend to me. We have our occasional arguments that we usually forget about a day after, which never broke our friend ship apart. Friends are too Important.



Friends:

- How friends influence me.

Do your friends influence you? I've always had influencing friends who encourage me to make great decisions. They always know what to say to me, to make me feel better. What makes a great friend? They know personal things about you, like what your favorite food really is, even if it might sound nasty, they also know secrets that you would never tell anyone, except a friend that you trust keep your secret. Also the kinds of foods you love. How to make you feel better when you have your up's and downs, and your favorite color. Already I have made great friends at Science Leadership Academy, even though it's my first year at SLA (Science Leadership Academy). And already, most of the friends I've made. They've influenced me and encouraged me.



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Where Vegetables
Are Delectable.

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