

I am different.

By

Kennedy Grace German

Hi! My name is Kennedy,
and I am 8 years old. I was
born in Cincinnati, Ohio. I live in
Kansas City, Missouri with my mom
and dad. We live in a house.

I am different. I am different
because I can't eat the same
things that other people eat. I am
gluten-free and dairy-free.



There are some foods that I
can't eat that are really
yummy. When I was 5 years
old the doctor told me about
my allergies.



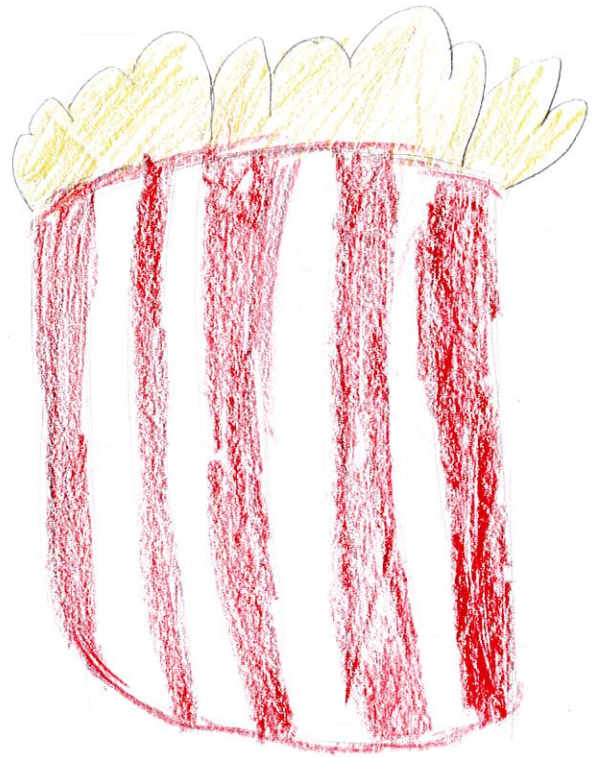


When I go to
birthday parties,
sometimes I get
sad.

My mom and dad
cheer me up when
they let me eat
2 piece's of candy!



My parents have helped me to
find healthy snacks and foods I can
eat.

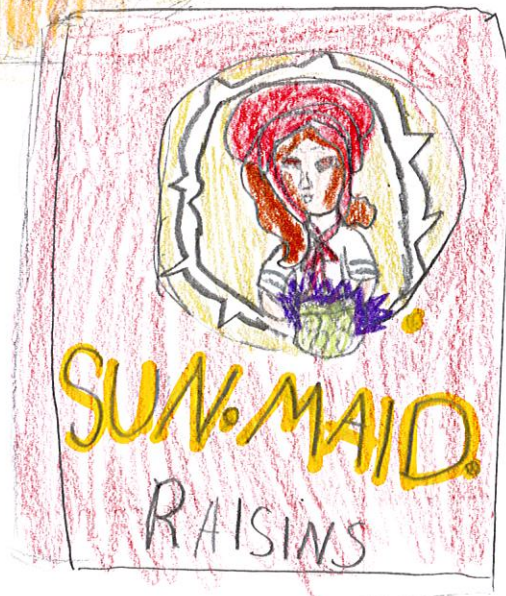


I like to eat oranges, tacos, popcorn,
and broccoli.

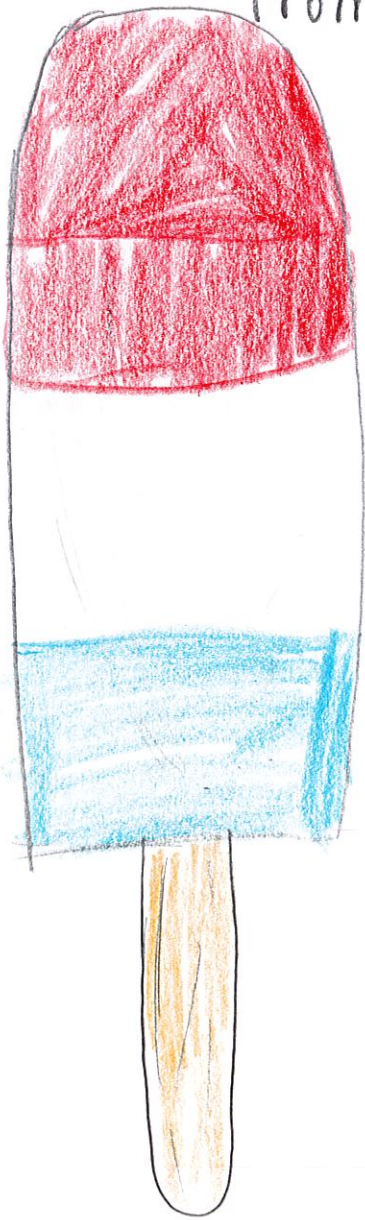
For breakfast, I eat gluten-free
Cheerios with rice milk.



For lunch, I like to eat raisins,
gluten-free cookies, and gluten-free
pretzels.

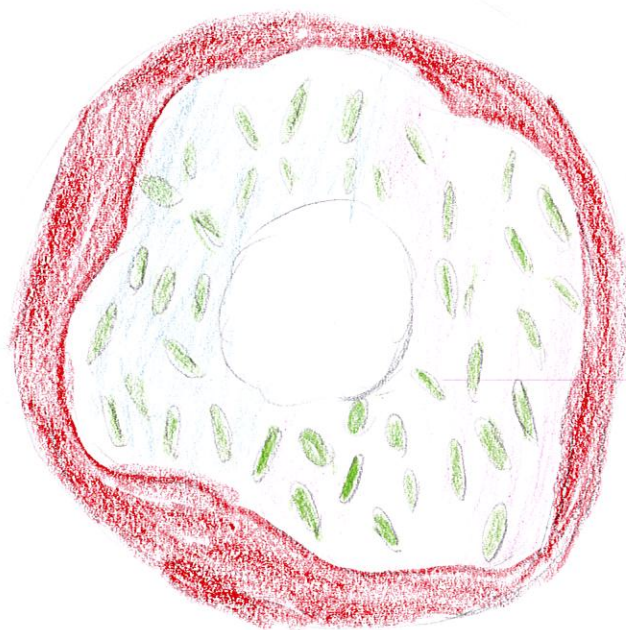


I can eat popsicles, and Sorbet
from Glace ice cream shop.



I always save room for dessert!

On Saturdays and Sundays, my
dad takes me to Doughnutology
to get a gluten-free doughnut!



I am different. I have
lots of friends and teachers
who love me. I have a mom
and dad who help me find
delicious foods to eat.

I am different.

I am special.

The End!