



To Joe,

I have found out a cool fact - some foods are superheroes! My mum says that tomatoes and sweet potatoes are so good for us that eating them will turn us into heroes too! If I hurt my toe, my mum goes out to the shops to stock up.

I think if I keep eating them, one day I will beat my grandad at dominoes! My grandad says that it will fill him with woe!

See you soon.

From,

Floex



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