

# I Pledge Allegiance to My Health

This pledge can be read daily at school or at home with your family to remind you of all the ways to take care of your body!



I pledge allegiance to my health,  
to not compare myself to anyone else.  
With fruits and vegetables I'll fill my tray  
and get nice and sweaty every day.  
I have only this body and this one heart  
so today's the day I'm going to start  
eating less chips and less sugary drinks  
and before I eat I'm going to think!

\_\_\_\_\_  
Name



Berries grow on a bush.

## ■ Berries

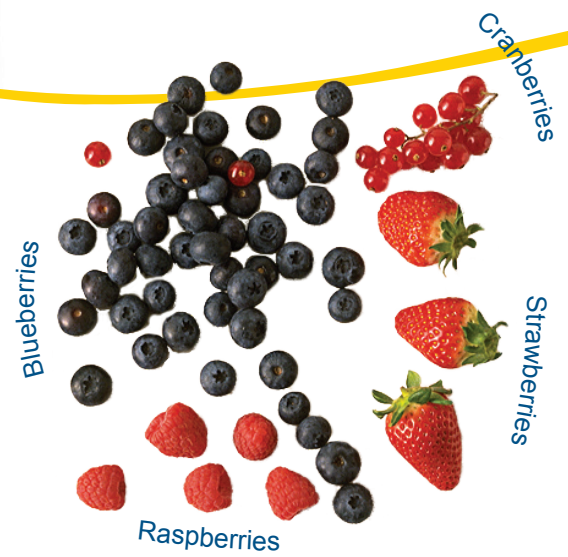
Berries are a fruit.

Berries have phytochemicals.

Phytochemicals help your body stay healthy.

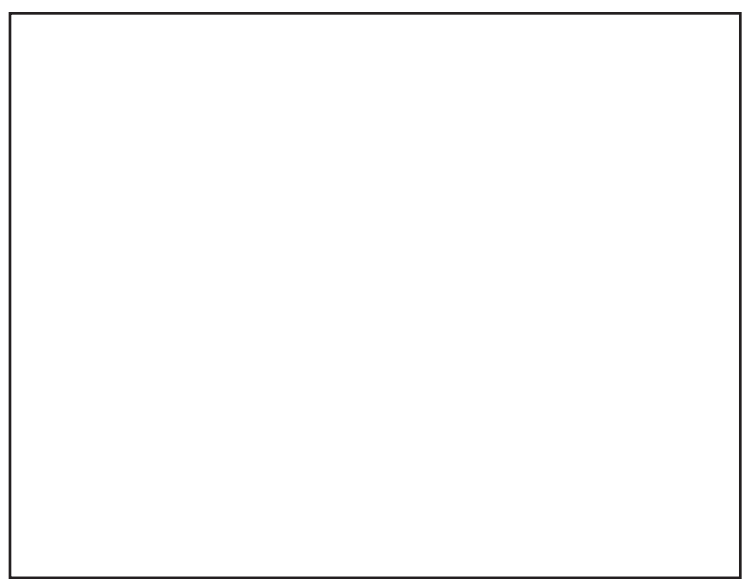
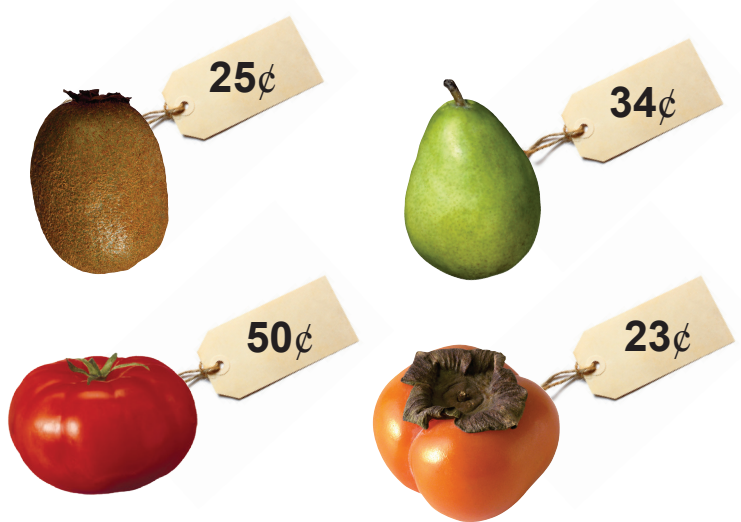
Phytochemicals give fruits and vegetable their bright colors.

Cottage Crunch Berries  
visit: <http://1.usa.gov/1mB1Djb>



- Where do strawberries come from?  
Visit: <http://bit.ly/V6dJYn>

Ryan has 2 dimes and 3 pennies. Circle the food item he can buy. Use pictures, words, or equations to explain your thinking.



# Energize Your Day by Adding Fruits and Vegetables!

Did you know fruits and vegetables have important vitamins and minerals that your bodies need? They help you grow and stay healthy. Fruits and vegetables give you extra energy to do well in school and sports. It is important to make sure you eat fruits and vegetables every day. Draw a circle around the fruits and a rectangle around the vegetables.



cabbage



avocado



raisins

jicama



radish



tomato



kiwi



orange

## Suggestions on how to add fruits and vegetables to power up your day!

### Breakfast



Add fruit to your breakfast cereal.

Write the name of the fruit you will add to your cereal.

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### Lunch



Add vegetables to your sandwich.

Write the name of the vegetable you will add to your sandwich.

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### Dinner



Eat a salad with dinner.

Write the name of the vegetable you will include in your salad.

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