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!



I Pledge Allegiance to My Health created by Mandy Richardson, Teacher on Special Assignment Network for a Healthy California-Hawthorne School District





Mandarins are a citrus fruit.

Citrus fruits have potassium.

Potassium helps your muscles stay healthy.

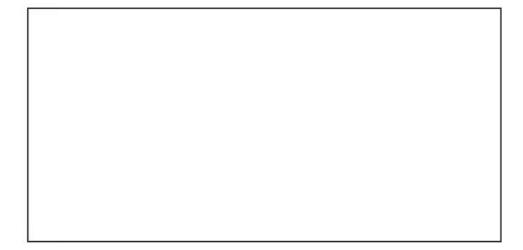


Watch this video to learn about a citrus farmer! <u>http://bit.ly/1Dqo85t</u>

Write or draw how citrus grow.







Let's Choose Healthy Snacks!

Snack time can be a great time to eat foods that provide your body with wonderful vitamins and minerals. Your body and brain need vitamins and minerals to grow strong and give you the energy you need to play and learn.

Not all snacks are healthy snacks. Some foods with added sugar and fat make less healthy choices. Look at the snack choices below and use the word box to write the name of the food. Next, draw a circle around the food that would be a healthy snack choice.

fries	cracke	ers orar		nge	donut
chi	ps	milk		soda	celery
			or		
		4	or		
			or		
		Lowfat 1% Milk	or	Soda	
ake a goal to his W	eat a healthy eek il	snack inste	ead of	a less hea	llthy snack.
will e	eat				•