

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 _____

■ Cucumbers

Pickling
Cucumber



Cucumbers grow on a vine.

Cucumbers are fruits because they have seeds.

Cucumbers contain a lot of water.

Water helps your body work right.

Cool Cucumber Cuties bit.ly/TastingTrios



Slicing Cucumber



- From the cotton in our jeans to the food on our tables, to our landscaped yards and playing fields, we all depend on agriculture. Watch this video to learn what grows in California and how it affects you!

bit.ly/LearnAboutAg - *It's All About You!*

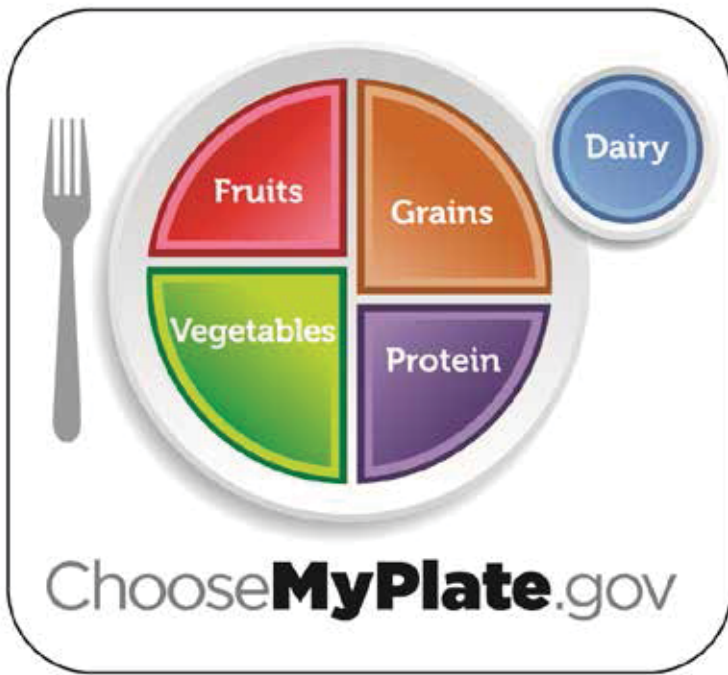
- Write a sentence about one fact you learned from the video.

Choose MyPlate to Help Make Healthy Food Choices!

MyPlate shows you how to build a healthy plate using the five food groups. Choosing a variety of foods from all five food groups will help you get all the nutrients, like vitamins and minerals, that your body needs to grow and be healthy. Write the name of one food that belongs to each food group. Look at page 3 for ideas.

Fruits

Grains



Dairy

Vegetables

Protein
