

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
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Beets



Red Beet

Beets are vegetables.

Beets have fiber.

Fiber helps you feel full after a meal or a snack.

Beets grow under the ground.

Golden Mandarin Beets
visit: <http://1.usa.gov/1mB1Djb>

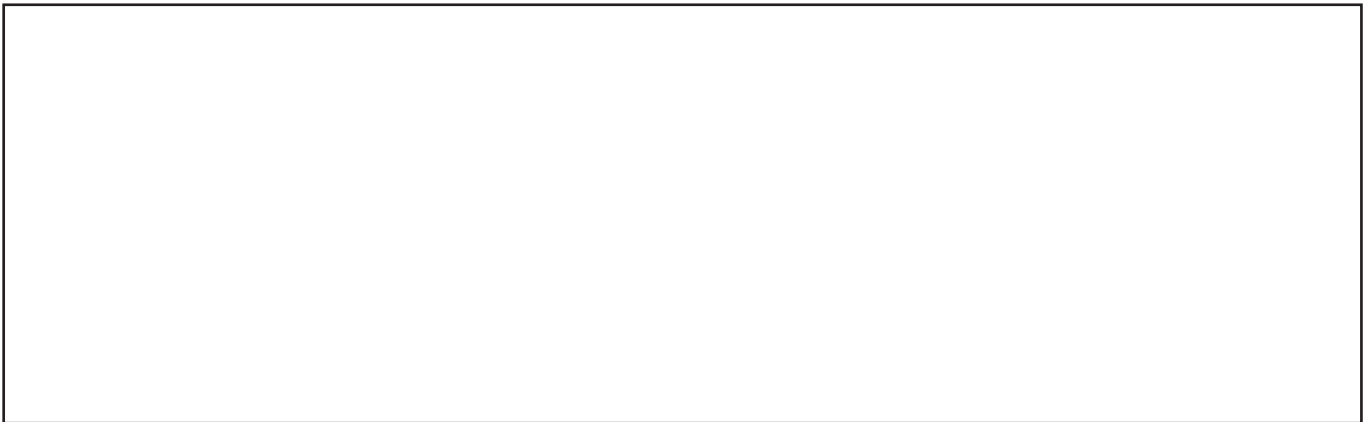


Golden Beet

Candy Cane Beet

Write a sentence to describe beets.
You can use the adjectives on page 27 to help you.

Draw a picture of you eating beets.











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	crackers	orange	donut
chips	milk	soda	celery

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Make a goal to eat a healthy snack instead of a less healthy snack.

This week instead of _____

I will eat _____.

