## **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

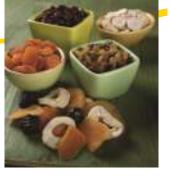




Dried fruits include raisins, figs, dates, and prunes, but many fruits can be dried and eaten.

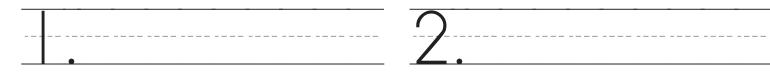
Dried fruits have iron.

Iron helps get oxygen to parts of your body.



Write two sentences about dried fruit.

Using your senses, write two words that describe dried fruit. See page 27 for ideas.



Trail Mix with Dried Fruit



Draw a picture of dried fruit.



L.A. Reading-Concepts About Print 1.1; Writing-Penmanship 1.3; Written and Oral English Language Convections 1.7; CCSS ELA RF.1.1, L.1.1f

## **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
Fruits Grains Dairy Vegetables Protein Choose My Plate.gov	Dairy
Vegetables	Protein

