

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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■ Dried Fruit

Dried Apricots

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.

Dried Peaches

Dried fruit is dried by the sun or dehydrated by a machine.



Write two sentences about dried fruit.

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

1. _____

2. _____

Trail Mix with Dried Fruit



Draw a picture of dried fruit.

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
