

# 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!

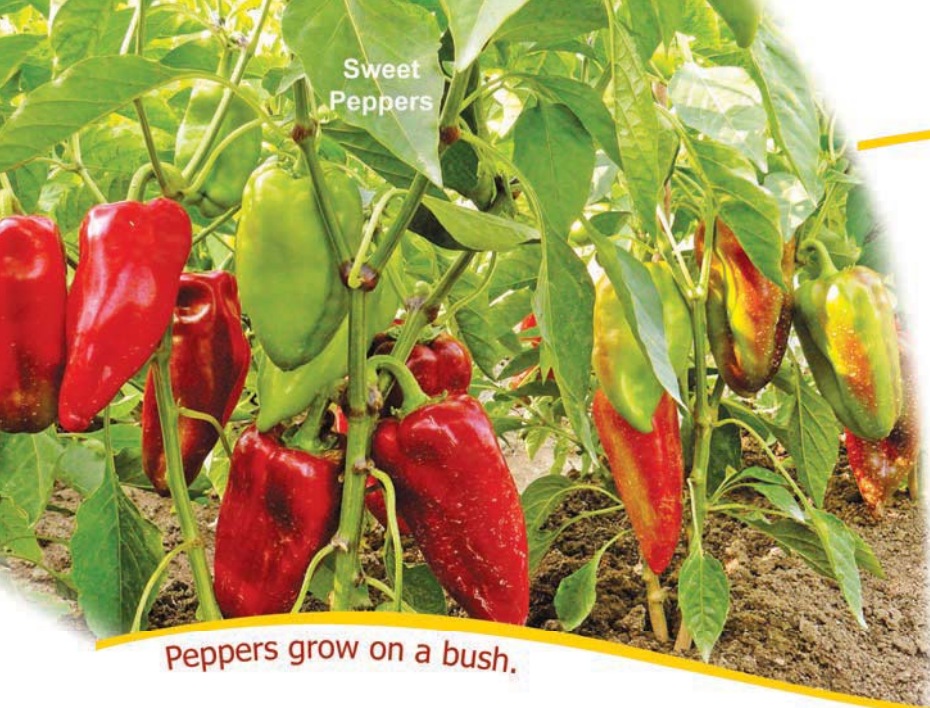
---



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



Sweet Peppers

Peppers grow on a bush.

## ■ Peppers

Peppers are fruits because they have seeds.

Peppers have vitamin C.

Vitamin C helps your body heal cuts.

- Watch this video to learn about a pepper farmer!

<http://bit.ly/1F4AJpV>

- Draw a picture of your favorite pepper from the video.



### Pea Dippin' Good

<http://bit.ly/1Tm00tI>



# MyPlate

MyPlate shows the five food groups using a plate. Each part of the plate shows an important food group. The red part is the fruit group. The green part is the vegetable group. The orange part is the grain group. The purple part is the protein group. The blue part is the dairy group. Draw in healthy foods you would like to eat from the five food groups. Use the *Foods Found in MyPlate* on page 3 to help you.

For more activities, games, and videos visit:

[www.ChooseMyPlate.gov/kids](http://www.ChooseMyPlate.gov/kids)

