

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



Grape Tomatoes

■ Tomato

Tomatoes are a fruit.

Tomatoes have vitamin C.

Vitamin C helps your body heal cuts.

Tomatoes grow on a bush.



Read the sentence and write a sentence below it.

Tomatoes have fiber.

Blank handwriting lines for writing a sentence.

Senses Word Box

Oval

Sweet

Red

Juicy

Huevos Rancheros



Using your senses, write two words that describe tomatoes.

1. _____

2. _____

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 orange part is the grain group; the green part is the vegetable group; the purple part is the protein group; and 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.

