

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!

Name



Avocados grow on a tree.

Pinkerton Avocado

Nutrition Facts

Serving Size: ½ cup sliced avocado (73g)	
Calories 117	Calories from Fat 89
% Daily Value	
Total Fat 11g	16%
Saturated Fat 2g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 5g	20%
Sugars 0g	
Protein 1g	
Vitamin A 2%	Calcium 1%
Vitamin C 12%	Iron 2%
Other nutrients: Vitamin K (19%), Folate (15%), Potassium (10%), Vitamin B6 (10%), Riboflavin (6%), Niacin (6%), Vitamin E (5%), Magnesium (5%)	

- A ½ cup of sliced avocado is an excellent source of fiber and unsaturated fat.
- Mature avocado trees grow to between 20 and 80 feet tall. If grown from a seed, the tree will produce fruit after five to 20 years.
- The avocado fruit does not ripen on the tree but will fall off and ripen on the ground. Commercial avocados are picked unripe and shipped to ripen on the store shelf.
- Almost half of American households purchase avocados. Consumers love the rich, creamy texture of the Hass avocado, and growers favor it for its disease-resistance and year-round growing cycle.

- List two adjectives to describe the way avocados taste, look, or feel. Use the list of adjectives on page 27 to help you.

Avocado Salsa



- A ½ cup of sliced avocado is an excellent source of unsaturated fat. Use the Glossary of Nutrients on page 28 to define fat and unsaturated fat.



Hass Avocado

Choose MyPlate to help make healthy food choices!

MyPlate helps you see what a healthy plate looks like. We need to be sure to pick foods from each group every day. It is important to eat different foods every day to make sure you get all the nutrients your body needs to stay healthy.

- Write the name of the foods below in the correct food group. If you are unsure about which food group a food belongs to, refer to page 3.



						
Cheese	Beans	Tomato	Egg	Raisins	Yogurt	Radish
						
Kiwi	Mandarin	Tortilla	Milk	Cereal	Peanut Butter	Bread

Fruits	Grains	Protein	Vegetables	Dairy
<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>