

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



Blueberries

Berries grow on a bush.

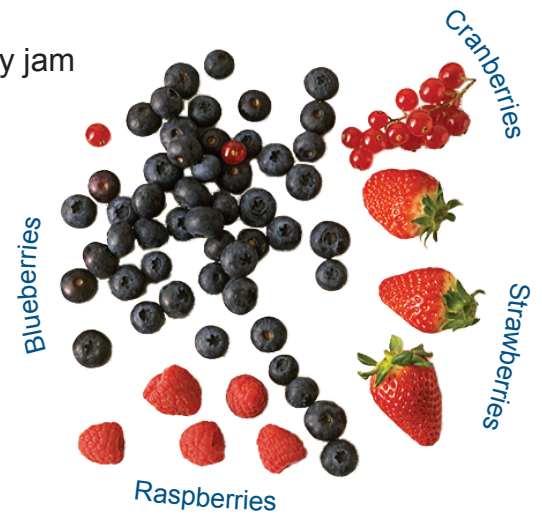
Berries

Nutrition Facts

Serving Size: ½ cup blueberries (74g)	
Calories 42	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Sugars 7g	
Protein 1g	
Vitamin A 1%	Calcium 0%
Vitamin C 12%	Iron 1%
Other nutrients: Vitamin K (18%)	
Source: www.nal.usda.gov/fnic/foodcomp/search/	
NDB No: 09050	

- A ½ cup of blueberries is a rich source of phytochemicals.
- Colonists learned from Native Americans how to gather blueberries, dry them under the summer sun, and store them for winter.
- Berries are used to make jellies, jams, and sauces like strawberry jam and cranberry sauce.
- There are four colors of raspberries: gold, black, purple, and red.

■ Where do strawberries come from? Visit: <http://bit.ly/V6dJYn>



Cottage Crunch Berries
visit: <http://1.usa.gov/1mB1Djb>

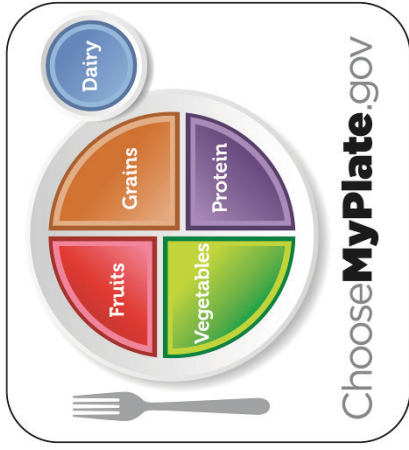









■ Write one thing you learned about strawberries from the video.

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
						
Blue-berries	Orange	Tortilla	Lowfat (1%) Milk	Cereal	Peanut Butter	Bread

Fruits	_____	_____	_____	_____

Grains	_____	_____	_____	_____

Protein	_____	_____	_____	_____

Vegetables	_____	_____	_____	_____

Dairy	_____	_____	_____	_____