

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

■ Cucumbers

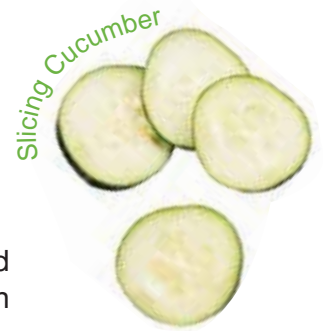
Pickling Cucumber



Cucumbers grow on a vine.

Nutrition Facts	
Serving Size: ½ cup cucumbers, sliced (52g)	
Calories 8	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 2g	1%
Dietary Fiber 0g	1%
Sugars 1g	
Protein 0g	
Vitamin A 1%	Calcium 1%
Vitamin C 3%	Iron 1%
Other nutrients: Vitamin K (11%)	
Source: www.nal.usda.gov/fnic/foodcomp/search/ NDB No: 11205	

- A ½ cup of sliced cucumbers provides a source of water. The cucumber is 96% water by weight.
- The cucumber species is divided into two categories: slicing and pickling. Slicing cucumbers are usually served raw in salads, sandwiches, sushi, and various snacks. Pickling cucumbers are made for the pickling process. They are usually smaller than slicing cucumbers with a thick, bumpy skin.
- The inside of a cucumber can be up to 20 degrees cooler than the exterior.
- From the cotton in our jeans to the food on our tables, to our landscaped yards and playing fields, we all depend on agriculture. Watch this video to learn what grows in California and how it affects you! bit.ly/LearnAboutAg - *It's All About You!*



Activity

- After watching the video, why do you think California is a special place for growing fruits and vegetables?

Cool Cucumber Cuties

bit.ly/TastingTrios



Compare and Contrast

Fill in the graphic organizer below using the information from the two Nutrition Facts labels. You learned about cucumbers on the previous page. Compare and contrast characteristics such as calories, vitamin A, vitamin C, vitamin K, and sodium contained in cucumbers and pickles.

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Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	1%
Sugars 1g	
Protein 0g	
Vitamin A 1%	Calcium 1%
Vitamin C 3%	Iron 1%
Other nutrients: Vitamin K (11%)	
Source: www.nal.usda.gov/fnic/foodcomp/search/ NDB No: 11205	

Nutrition Facts	
Serving Size: ½ cup dill pickle, sliced (78g)	
Calories 9	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 678mg	28%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 0g	
Vitamin A 3%	Calcium 3%
Vitamin C 1%	Iron 2%
Other nutrients: Vitamin K (38%)	
Source: www.nal.usda.gov/fnic/foodcomp/search/ NDB No: 11937	

