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

		Dried
	Dried Apricots	Nutrition Facts Serving Size: ¼ cup dried apricots (40g) Calories 80 Calories from Fat 0
Set 2 Sector		% Daily Value
15 15 15 1 S		Total Fat 0g 0%
		Saturated Fat 0g 0%
		Trans Fat 0g
		Cholesterol 0mg 0%
	Contraction of the second s	Sodium 3mg 0%
290800	Dried Peaches	Total Carbohydrate 25g 8%
Store Panoresker	Difed Feaches	Dietary Fiber 2g 6%
Dried fruit is dried by the sun or	debug	Sugars 17g
Dried fruit is dried by the sun or	weriydrated by a mach	Protein 1g
	machine,	Vitamin A 25% Calcium 2% Vitamin C 0% Iron 4% Other nutrients: Potassium (9%)
A 1/ our of dried apricate is a	a aveallant agurag of vitamin	

- A ¼ cup of dried apricots is an excellent source of vitamin A and a source of potassium.
- Common dried fruits include raisins, figs, dates, and prunes, but many fruits can be dried and eaten.
- Fruits become dry when their moisture content drops below 20 percent. California's grape growers happened upon raisins accidently when an early heat wave dried the grapes on the vine.
- Before being sent to market, most dried fruits undergo a process—usually by boiling or steaming to bring their moisture content up to about 30 percent. The added moisture usually makes the fruit more plump and tasty.
- List two adjectives to describe the way dried fruits taste, look, or smell. Use the list of adjectives on page 27 to help you.



Trail Mix with Dried Fruit



A ¼ cup of dried apricots has _____ % Daily Value (DV) for potassium. Use the Glossary of Nutrients on page 28 to define potassium.

Compare and Contrast

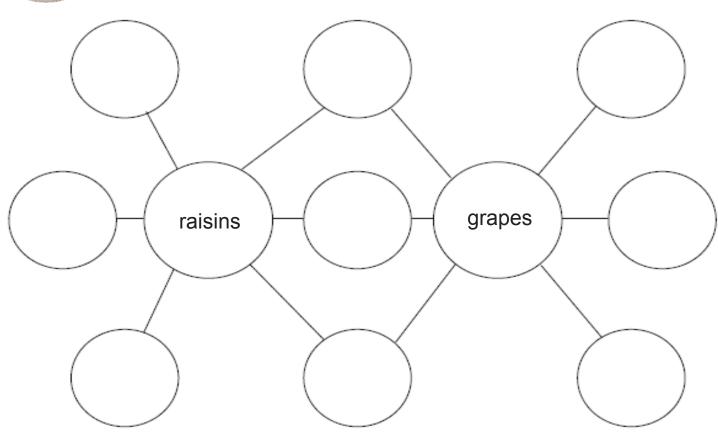
Fill in the Thinking Map below using the information from the two Nutrition Facts labels. Contrast and compare characteristics such as serving size, calories, sugars, vitamin C, and iron contained in raisins and grapes.



Nutritic	on Facts
Serving Size: ¼ cu	o raisins (41g)
Calories 123	Calories from Fat 1
	% Daily Value

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	6%
Sugars 24g	
Protein 1g	
Vitamin A 0%	Calcium 2%
Vitamin C 2%	Iron 4%
Other nutrients: Potassium (9%))

Nutrition	Facts
Serving Size: 1/2 cup grap	bes (76g)
Calories 52 Ca	alories from Fat 0
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	
Sugars 12g	
Protein 1g	
Vitamin A 1%	Calcium 1%
Vitamin C 14%	Iron 2%
Other nutrients: Vitamin K (14	%)



Health Ed. Standard 3: Accessing Valid Information 3.1.N; Reading Comprehension 2.7; Science Investigation 4.c; CCSS ELA RI.2.5, RI.2.9