

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



Fuyu Persimmons

persimmons grow on a tree.

Persimmons

| Nutrition Facts | |
|---|---------------------|
| Serving Size: ½ medium persimmon (84g) | |
| Calories 59 | Calories from Fat 1 |
| % Daily Value | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 1mg | 0% |
| Total Carbohydrate 16g | 5% |
| Dietary Fiber 3g | 12% |
| Sugars 11g | |
| Protein 0g | |
| Vitamin A 27% | Calcium 1% |
| Vitamin C 11% | Iron 1% |
| Source: www.nal.usda.gov/fnic/foodcomp/search/ NDB No: 09263 | |

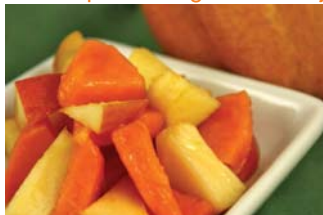


Hachiya Persimmons

- Half of a medium persimmon is good source of vitamin C.
- Persimmon trees are also used for timber (used in golf clubs, fabrics, and furniture), wildlife (flowers produce nectar for honeybees), and beautification.
- In Asia, persimmons have been grown for thousands of years and are close to citrus fruit in importance, both culturally and economically.
- The art of *hoshigaki* – hand-dried persimmons – is an important part of traditional Japanese New Year’s celebrations.

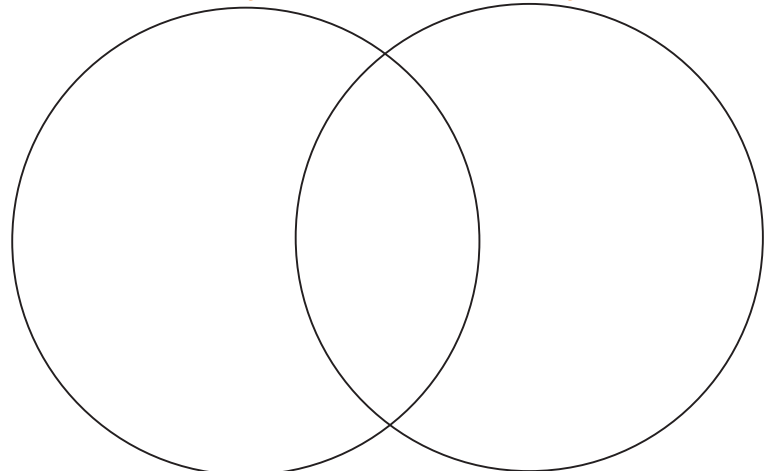
- Learn more about persimmons and watch a recipe demonstration at <http://bit.ly/1n5stOJ>
- Using the information you learned from the video, compare, contrast, and find similarities between the Fuyu persimmons and the Hachiya persimmons.

Persimmon Apple Delight
visit: <http://1.usa.gov/1mB1Djb>



Fuyu

Hachiya



Eat Fruits and Vegetables Every Day!

Why do we need fruits and vegetables? Fruits and vegetables contain important vitamins and minerals that your body needs to help you grow and stay healthy. Four important vitamins and minerals are listed on the Nutrition Facts label. They are vitamin A, vitamin C, calcium, and iron. Look in the *Glossary of Nutrients* on page 28 to see why it is important to include foods that contain these nutrients every day.



bones

eyes

gums

heal

oxygen

skin

teeth

■ Fill in the blanks using the nutrient definitions in the *Glossary of Nutrients* on page 28.

1. Calcium helps build strong _____ and healthy _____.
2. Iron helps red blood cells carry _____ to all the parts of the body.
3. Vitamin A helps your body maintain healthy _____ and _____.
4. Vitamin C helps the body _____ cuts and wounds and maintain healthy _____.