

# 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!

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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  
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Grape Tomatoes

# Tomato

Nutrition Facts	
Serving Size: ½ cup tomatoes, sliced (90g)	
Calories 16	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 1g	
Vitamin A 15%	Calcium 1%
Vitamin C 19%	Iron 1%
Other nutrients: Vitamin K (9%), Potassium (6%)	

Tomatoes grow on a bush.

- A ½ cup of tomatoes is a good source of vitamin A and C.
- Americans eat more than 22 pounds of tomatoes each year, and more than half of this amount in the form of ketchup and/or tomato sauce.
- Tomatoes are grown in every state in the United States except Alaska.
- In the 1893 U.S. Supreme court case of “Nix v. Hedden,” the tomato was declared a vegetable, along with cucumbers, squashes, beans, and peas.
- Write one way you can eat tomatoes at home.



Huevos Rancheros



- List two adjectives to describe the way tomatoes taste, look, or smell. You can use the list of adjectives on page 27 to help you.

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Vitamin A helps your body maintain healthy eyes and skin.

- Find and circle vitamin A on the Nutrition Facts label.
- A ½ cup of sliced tomatoes has 15% of the Daily Value (DV) for vitamin A. Find and circle 15% DV on the Nutrition Facts label.

# MyPlate

*MyPlate* shows the five food groups using a plate. Each part of the plate shows an important food group: the red part is the fruit group; the orange part is the grain group; the green part is the vegetable group; the purple part is the protein group; and the blue part is the dairy group. Draw in healthy foods you would like to eat from the five food groups. Use the Foods Found in MyPlate on page 3 to help you.

