

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



Pinkerton Avocado

Avocados grow on a tree.

Nutrition Facts	
Serving Size: ½ cup sliced avocado (73g)	
Calories 117 Calories from Fat 89	
% Daily Value	
Total Fat 11g	16%
Saturated Fat 2g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 5g	20%
Sugars 0g	
Protein 1g	
Vitamin A 2%	Calcium 1%
Vitamin C 12%	Iron 2%
Other nutrients: Vitamin K (19%), Folate (15%), Potassium (10%), Vitamin B6 (10%), Riboflavin (6%), Niacin (6%), Vitamin E (5%), Magnesium (5%)	

- A ½ cup of sliced avocado is an excellent source of fiber and unsaturated fat.
- Mature avocado trees grow to between 20 and 80 feet tall. If grown from a seed, the tree will produce fruit after five to 20 years.
- The avocado fruit does not ripen on the tree but will fall off and ripen on the ground. Commercial avocados are picked unripe and shipped to ripen on the store shelf.
- Almost half of American households purchase avocados. Consumers love the rich, creamy texture of the Hass avocado and growers favor it for its disease-resistance and year-round growing cycle.
- A ½ cup of sliced avocado has _____ grams (g) of total fat and _____ grams (g) of saturated fat. Subtracting grams of saturated fat from grams of total fat gives you the amount of grams of unsaturated fat in avocados. Avocados have _____ grams (g) of unsaturated fat. Use the Glossary of Nutrients on page 28 to define fat.



Hass Avocado

Avocado Salsa



- List three adjectives that describe the way avocados taste, look, or feel. You can use the list of adjectives on page 27 to help you.

A Letter to Your Parents

Write a letter to your parents about why you would like to eat more fruits and vegetables. Make sure you tell them why they are good for you, and include an example of a fruit or vegetable that you would like to eat. Encourage your parents to include fruits and vegetables as part of your meals and snacks at home.

Date: _____

Dear _____,

Love,

