

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
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■ Dried Fruit



Dried Apricots

Dried Peaches

Dried fruit is dried by the sun or dehydrated by a machine.

Nutrition Facts

Serving Size: ¼ cup dried apricots (40g)

Calories 80 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	6%
Sugars 17g	
Protein 1g	
Vitamin A 25%	Calcium 2%
Vitamin C 0%	Iron 4%
Other nutrients: Potassium (9%)	

- 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 accidentally 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.

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



Trail Mix with Dried Fruit



- Fruits become dry when their moisture content drops below _____ %.



Celebrate the Fruit & Veggie Way

Have a fruit and vegetable classroom party!

We all enjoy celebrating holidays at school!
But sometimes there aren't a lot of healthy choices.

The next time you celebrate in the classroom, suggest that it be a fruit and vegetable party. Ask your classmates to bring their favorite fruit or vegetable dish. Or you can set a theme, like cultural day, and make fruit and vegetable dishes from a different country.

- What snacks would you like to bring to the party? List five creative healthy snacks that you would like to bring to your classroom celebrations.

- _____
- _____
- _____
- _____
- _____



Veggie Skewers



Chips and Salsa



Hummus and Pita Bread



Strawberry Smoothies