

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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Tomato



Grape Tomatoes

Tomatoes grow on a bush.

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%) | |

- A ½ cup of tomatoes is a good source of vitamin A and C.
- Americans eat more than 22 pounds of tomatoes each year, 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. This came about as a result of tariff laws in 1887, which imposed a duty on vegetables but not fruits.

■ What different types of tomatoes have you eaten? In paragraph form, describe a meal you have eaten that has tomatoes in it.

Huevos Rancheros



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



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 26 if you need help.

