

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.



- Form a cinquain poem using similes and metaphors describing dried fruits.

Trail Mix with Dried Fruit



- 2 syllables _____
- 4 syllables _____
- 6 syllables _____
- 8 syllables _____
- 2 syllables _____

THINK ■ PAIR ■ SHARE

What Does Healthy Look Like To Me?

It is important to pay attention to where you get your food, whether healthy or unhealthy. Eating healthy is important, but you should be living in a place that supports being healthy also. The brainstorming activities below can be done as a class, in a group, or individually.



- What does healthy look like to you? You can express this in words or with a picture.

■ Where do you eat healthy food? _____

■ Where do you eat unhealthy food? _____

■ Are there more places to get healthy food or unhealthy food in your school or community?

■ What do you think there should be more of in your school or community?

- Be sure to discuss with your teacher and classmates how to make positive changes for yourself and/or your community.