# 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

*I Pledge Allegiance to My Health* created by Mandy Richardson, Teacher on Special Assignment *Network for a Healthy California*-Hawthorne School District

	Grap
	Nutrition Facts Serving Size: ½ cup grapes (76g) Calories 52 Calories from Fat 0
	% Daily Value   Total Fat 0g 0%   Saturated Fat 0g 0%
	Trans Fat 0g   Cholesterol 0mg 0%   Sodium 2mg 0%   Total Carbohydrate 14g 5%
Grapes grow on a vine.	Dietary Fiber 1g 3% Sugars 12g Protein 1g
Grapes area and anne.	Vitamin A 1% Calcium 1% Vitamin C 14% Iron 2% Other nutrients: Vitamin K (14%) Source: <u>www.nal.usda.gov/fnic/foodcomp/search/</u> NDB No: 09132

- A  $\frac{1}{2}$  cup of red or green grapes is a good source of vitamin K.
- Grapes are actually berries and they are made up of about 80% water.
- On average, there are over 100 grapes in a bunch.
- Grapevines need to grow two years before the first grapes are ready to harvest.
- Concord grapes are one of the only three fruits native to North America.
- Watch this video and learn about a grape farmer! http://bit.ly/1CyP1kb

#### Activity

In the video, the farmer talks about why the Central Valley is one of the best places to grow grapes. Explain what weather conditions are needed to successfully grow grapes.

Quick and Creamy Grape Shake http://bit.ly/1G9VekK



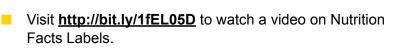


# **Read It Before You Eat It**

You know how books have a table of contents that explains what's inside? Or maybe you have a toy that came with a diagram that identified each small piece. Nutrition labels are sort of like that. They tell you what's inside the food you're eating and list its parts.

The Nutrition Facts food label gives you information about which nutrients are in the food. Your body needs the right combination of nutrients, like vitamins, to work properly and grow. Other information on the label is given in percentages. The percent daily value (% Daily Value or % DV) on a food label tells you how this food can help someone meet these daily goals. The % Daily Value shows whether the food is a high or low source of a nutrient.

#### Macaroni and Cheese



#### **Scavenger Hunt!**

Think about a food you would like to analyze. Find three different types of this food and collect the Nutrition Facts labels. You can collect these in different ways like bring the labels in from home, or visit a website and print them out. This can be done as a class, in a group, or individually. Transfer the information to the blank food labels below. Using evidence from your reading and the video, decide which is the best choice for you and explain why you chose that food. Orally present your choice to the class or your group.

How many servings are you eating?	Nutrition Facts Serving Size 1 cup (228g) Servings Per Container 2 Amount Per Serving						Get What You Need!	
	Calories 250 Calories from Fat 110				ivu neeu:			
Nutrition				% Dai	ly V	alue*	Get LESS	
	Total Fat	<u> </u>				18%	- % or less	
	Saturate	ed Fat	3g			15%	) is low	
	Choleste		-		_	10%	🤈 🖓 🖉 or more	
	Sodium 4	470mg				20%	<b>4</b> U is high	
ind three	Total Car	rbohyo	drate	31g		10%		
		Dietary Fiber 0g 0%			0%	Get ENOUGH		
on Facts	Sugars	Sugars 5g						
ke bring	Protein 5	Protein 5g					Dislow	
print	Vitamin A	4%	•	Vitami	in C	2%	20 % or more	
Jp, or	Calcium	20%	•	Iron		4%	<b>LU</b> is high	
k food and	* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500							
ou and your	Total Fat Sat Fat Cholesterol Sodium Total Carbohy Dietary Fiber	Less Less Less drate	s than s than s than s than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300 2,40 375 30g	ing DOmg ig		

### **Nutrition Facts**

Serving Size:	
Calories	Calories from Fat
	% Daily Value
Total Fat	%
Saturated Fat	%
Trans Fat	
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Sugars	
Protein	
Vitamin A %	Calcium %
Vitamin C %	Iron %

#### Nutrition Facts Serving Size: Calories Calories from Fat % Daily Value

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	% Daily Value		
Total Fat	%		
Saturated Fat	%		
Trans Fat			
Cholesterol	%		
Sodium	%		
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Dietary Fiber	%		
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Protein			
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Sodium	%	
Total Carbohydrate	%	
Dietary Fiber	%	
Sugars		
Protein		
Vitamin A %	Calcium %	%
Vitamin C %	Iron 9	%