

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 _____



Avocados grow on a tree.

Pinkerton Avocado

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



THINK ■ PAIR ■ SHARE

- Write three sentences using appositives to describe the way avocados taste, look, or sound. You can use Appendix 2 (Adjectives Describing Fruits and Vegetables) on page 27 to help you.

Advertising and Your Health

YOUTH SEE AND HEAR
AN AVERAGE OF
40,000 ADS A YEAR



What is an advertisement?

An advertisement is an announcement designed to attract people's attention. It is a specific kind of media with a main purpose of persuading people to buy something. Advertisements can be in the form of TV commercials, radio commercials, magazine ads, or internet pop-up ads.

Advertisements are everywhere and can have a powerful effect on our attitude, behaviors, and health. Most of these advertisements are for food—primarily candy, cereal, and fast food.

Companies use several advertising techniques:



- **Status:** Using the product will make you successful.
- **Peer Approval:** Using the product will make you popular.
- **Celebrity Endorsement:** Using the product will make you resemble the celebrity in the advertisement.
- **Physical Attraction:** Using the product will make you more attractive.
- **Testimonial:** Ordinary people like the product, so you should, too.

Think about a TV commercial, radio commercial, magazine ad, billboard, or internet pop-up ad that advertised a food or drink and answer the following questions:

- Briefly describe the advertisement you saw: _____

- What type of food or drink was the advertisement for? _____
- Did the company use any of the advertising techniques listed above? _____
- If yes, which one? Describe how they used the technique: _____

- Do you think seeing the advertisement made you want to eat the food or drink? _____

Don't be persuaded; be media smart!

Adapted from: National Institutes for Health *MediaSmart Youth* Curriculum and California Project Lean