

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



Pinkerton Avocado

Avocados grow on a tree.

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



- Write three descriptive sentences using precise adjectives that describe the way avocados taste, look, or sound.

Media and Your Health

What is Media?

Media is a way of communicating or expressing information or ideas to people. Examples of media are: newspapers, radio, books, letters, recorded music, the Internet, television, and telephone calls. All media have a purpose, or a reason why they are created.

- **TO ENTERTAIN** (for example, comic books or movies)
- **TO INFORM** (for example, TV news or radio news)
- **TO PERSUADE** (for example, magazine ads, billboards, and TV ads)

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



Adapted from: National Institutes of Health, *MediaSmart Youth Curriculum*

Media is all around our world. We are bombarded with all kinds of media messages, or advertisements, every day. Understanding media and advertising is an important part of becoming media smart.

Let's talk more about one of the media purposes mentioned above: to persuade. A main purpose of advertising is to persuade people to buy something—a lot of times it is for candy, sugary cereal, soda, and fast food. If we were always persuaded to buy those foods, we would definitely be eating a lot of food that is high in fat and sugar.



Companies use several techniques to catch our attention so we will buy their product. One example is using a celebrity or athlete to promote their product. Keep in mind, just because a celebrity or athlete says you should buy their product, it doesn't mean it is good for you!

Think about a TV commercial, radio commercial, magazine ad, billboard, or internet pop-up ad that used a celebrity or athlete to advertise 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? _____
- What did you like about the ad? Why was it appealing to you? _____

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

Why or why not? _____

Don't be persuaded; be media smart!