

# 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

## Stone Fruits



Peaches

Stone fruits grow on trees.

### Nutrition Facts

Serving Size: ½ cup peach, sliced (77g)	
Calories 30	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	5%
Sugars 7g	
Protein 1g	
Vitamin A 5%	Calcium 1%
Vitamin C 9%	Iron 1%
Source: <a href="http://www.nal.usda.gov/fnic/foodcomp/search/">www.nal.usda.gov/fnic/foodcomp/search/</a> NDB No: 09236	

- A medium-sized peach provides a source of vitamin A and vitamin C.
- Peaches are classified as a stone fruit, meaning that they have a single large seed or stone surrounded by juicy flesh. Other common stone fruits include: cherries, plums, nectarines, and apricots.
- In World War I, peach pits were used as filters in gas masks.
- Watch this video and learn about a peach farmer! <http://bit.ly/1GzPxgn>



### Lights! Camera! Action!

- You have learned about barriers and opportunities to eating healthy and staying active. Let's practice those skills! Form groups of 3-4 students and read the following scenes:

1. *It is a sunny Saturday afternoon. Everyone in your family is watching television. You want everyone to go outside and enjoy some physical activity. What could you say and do to get them to go outside with you?*
2. *You just got home from school and you really want a fruit or vegetable as a snack. You look in the refrigerator, the cupboard, and on the counter. There are no fruits or vegetables. What could you say and do so there are healthy snacks for you to eat after school?*

#### Peachy Parfait

<http://bit.ly/1Tm0OtI>



Decide with your group which scene you would like to work on. What are the barriers? What are the opportunities? As a group, decide what you would say and do. You can either write it down or present your solution in front of the class by performing a short skit. Compare solutions with different groups.

# 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 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? \_\_\_\_\_