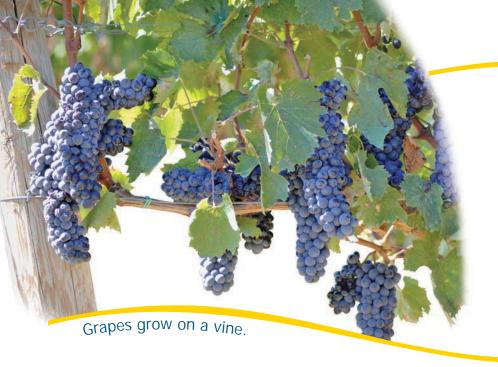
I Pledge Allegiance to My Health

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 Mandy Richardson, Teacher on Special Assignment Network for a Healthy California-Hawthorne School District





Nutrition Facts

Calories 52 Ca	alories 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%
Dietary Fiber 1g	3%
Sugars 12g	
Protein 1g	
Vitamin A 1%	Calcium 1%
Vitamin C 14% Other nutrients: Vitamin K (14	TO ASSET 191
Source: www.nal.usda.gov/fni NDB No: 09132	ic/foodcomp/search

- A ½ 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.

Visit http://bit.ly/1fEL05D to watch a video on Nutrition Facts Labels.

How many servings are you eating?

Macaroni and Cheese

Nutrition Facts Serving Size 1 cup (228g) Servings Per Container 2 Amount Per Serving Calories 250 Calories from Fat 110 % Daily Value* Total Fat 12g 18% Saturated Fat 3g 15% Cholesterol 30mg 10% Sodium 470mg 20% Total Carbohydrate 31g 10% Dietary Fiber 0q 0% Sugars 5g Protein 5g Vitamin A 4% Vitamin C 2% Calcium 20% Iron 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 Total Fat Less than

Less than

Less than

300mg

300g

2,400mg

Sat Fat

Sodium

Cholestero

Total Carbohydrate

Dietary Fiber

Get What You Need!

5% or less is low 20% or more

7% or less is low 20% or more is high

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. Based on this information, what changes would you make, if any, to the foods you buy? Why or why not? Orally present your choice to the class or your group.

Nutrition Facts

Calories	Calories from Fa	at
	% Daily	Value
Total Fat		%
Saturated Fat		%
Trans Fat		
Cholesterol		%
Sodium		%
Total Carbohyd	ate	%
Dietary Fiber		%
Sugars		
Protein		
Vitamin A %	Calcium	%
Vitamin C %	Iron	%

Nutrition Facts

Calories	Calories from Fat	
	% Daily Va	lue
Total Fat	(5)	%
Saturated Fat		%
Trans Fat		
Cholesterol	5	%
Sodium	3	%
Total Carbohyd	8	%
Dietary Fiber	9	%
Sugars		
Protein		
Vitamin A %	Calcium	%
Vitamin C %	Iron	%

Nutrition Facts

300mg

30g

2,400mg

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