

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



Grape Tomatoes

Tomato

Nutrition Facts

Serving Size: ½ cup tomatoes, sliced (90g)	
Calories 16	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 1g	
Vitamin A 15%	Calcium 1%
Vitamin C 19%	Iron 1%
Other nutrients: Vitamin K (9%), Potassium (6%)	

Tomatoes grow on a bush.

- A ½ cup of tomatoes is a source of potassium.
- Americans eat more than 22 pounds of tomatoes each year, more than half of this amount in the form of ketchup and/or tomato sauce.
- Tomatoes are grown in every state in the United States except Alaska.
- In the 1893 U.S. Supreme court case of “Nix v. Hedden,” the tomato was declared a vegetable, along with cucumbers, squashes, beans, and peas. This came about as a result of tariff laws in 1887, which imposed a duty on vegetables but not fruits.

Huevos Rancheros



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

THE NUTRITION FACTS LABEL

The percent (%) Daily Value on a food label tells you how the food can help meet daily nutrient goals. The % Daily Value shows whether the food is an excellent, good, or low source of a nutrient. All through this workbook, we will talk about fruits and vegetables and which nutrients are an excellent source or a good source.

5% or less	=	Low Source
10-19%	=	Good Source
20% or more	=	Excellent Source

A ½ cup of sliced tomatoes has 15% of the Daily Value for vitamin A. Is a ½ cup of sliced tomatoes a low, good, or excellent source of vitamin A? _____

What do you think the % Daily Value for vitamin A would be if you ate one cup of sliced tomatoes? _____



MyPlate

MyPlate shows the five food groups using a plate. Each part of the plate shows an important food group: the red part is the fruit group; the orange part is the grain group; the green part is the vegetable group; the purple part is the protein group; and the blue part is the dairy group. Draw in healthy foods you would like to eat from the five food groups. Use Appendix 1 (Foods Found in MyPlate) on page 26 if you need help.

