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

I Pledge Allegiance to My Health created by Mandy Richardson, Teacher on Special Assignment Network for a Healthy California-Hawthorne School District



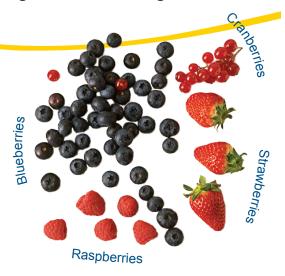


Berries are a fruit.

Berries have phytochemicals.

Phytochemicals help your body stay healthy.

Phytochemicals give fruits and vegetable their bright colors.



Cottage Crunch Berries visit: http://1.usa.gov/1mB1Djb



Where do strawberries come from? Visit: http://bit.ly/V6dJYn

Berries grow on a

V	Vrite	one	sentence	about	berries.
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Delicious Fruits and Vegetables

Look at the pictures below of some of the delicious fruits and vegetables you learned about!

Draw a blue circle around the fruits and vegetables you have tried already. Draw an orange circle around the fruits and vegetables you would like to try. Talk with your classmate about the fruits and vegetables you would like to try.





kale



sweet potato











pear



avocado









Reading Informational Text 1.3, RI.1.7, RI.1.8, Writing 1.2, W.1.8, Speaking & Listening K.1, SL.K.3, SL.K.4, SL.K.5 Health Ed Standard: Nutrition & Physical Activity: Essential Concepts: 1.1.N, Interpersonal Communication 4.1.N