

# 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!

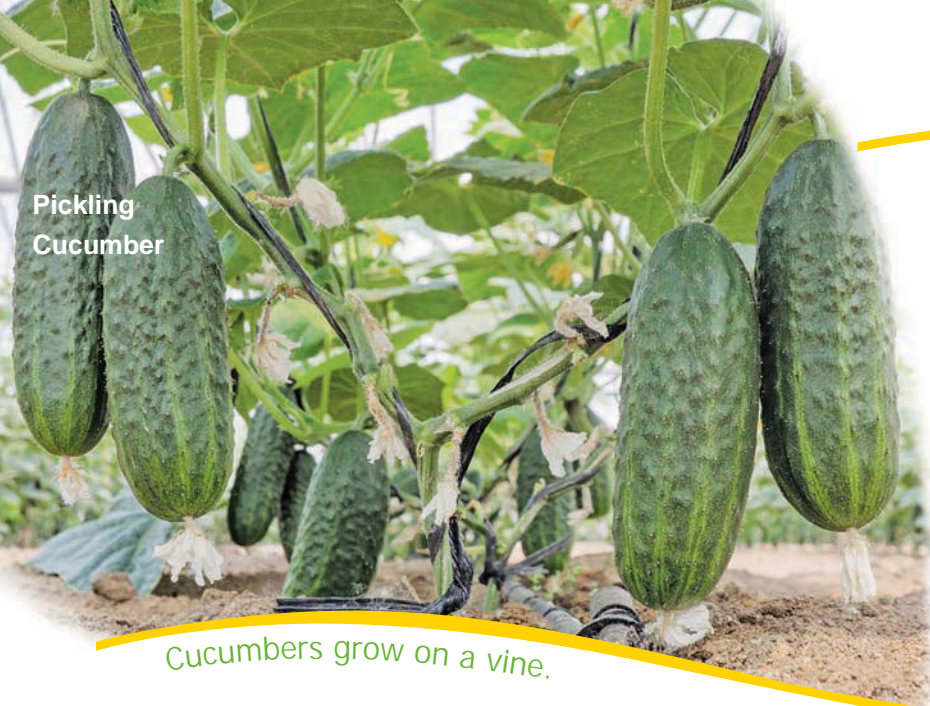


I pledge allegiance to my health,  
to not compare myself to anyone else.  
With fruits and vegetables I'll fill my tray  
and get nice and sweaty every day.  
I have only this body and this one heart  
so today's the day I'm going to start  
eating less chips and less sugary drinks  
and before I eat I'm going to think!

\_\_\_\_\_  
Name

## ■ Cucumbers

Pickling  
Cucumber



Cucumbers grow on a vine.

Cucumbers are fruits because they have seeds.

Cucumbers contain a lot of water.

Water helps your body work right.

- From the cotton in our jeans to the food on our tables, to our landscaped yards and playing fields, we all depend on agriculture. Watch this video to learn what grows in California and how it affects you!  
**[bit.ly/LearnAboutAg](http://bit.ly/LearnAboutAg)** - *It's All About You!*

- What California fruits and vegetables did you see in the video? Which one is your favorite? Draw a picture of your favorite fruit or vegetable from the video.



### Cool Cucumber Cuties [bit.ly/TastingTrios](http://bit.ly/TastingTrios)



# The Parts of Plants We Love to Eat

Vegetables are an important part of a healthy diet. Did you know that vegetables come from different parts of a plant? When we eat carrots, we are eating the root of the plant. Asparagus is the stem of the plant. Lettuce is the leaves of the plant and broccoli is the flower. Draw a line from the vegetable to the plant part.



Carrots



Root



Asparagus



Leaves



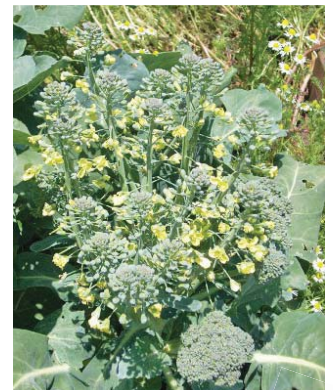
Broccoli



Stem



Lettuce



Flower