

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
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Network for a Healthy California-Hawthorne School District



Red Beet

Beets grow under the ground.

Beets

Beets are vegetables.

Beets have fiber.

Fiber helps you feel full after a meal or a snack.



Golden Beet

Candy Cane Beet

Read the sentence and write the sentence below it.

Beets are vegetables.

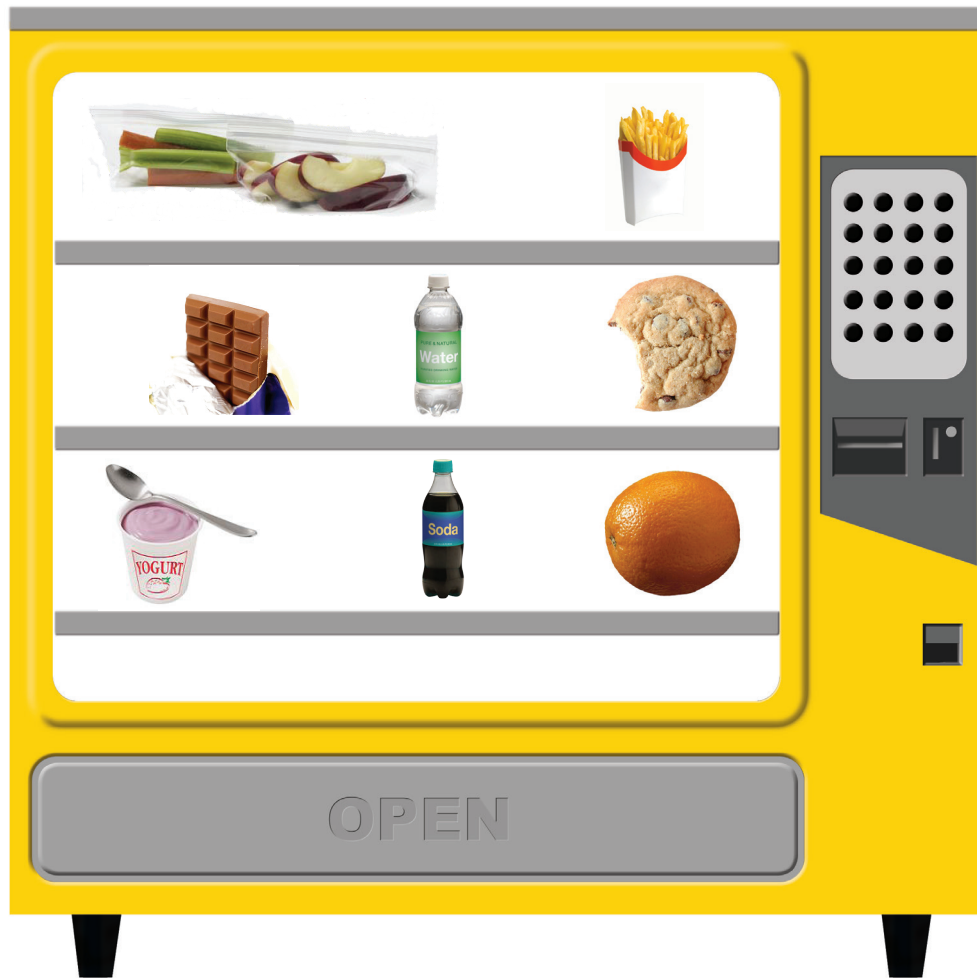
Handwriting practice lines with a solid top line, a dashed middle line, and a solid bottom line.

Golden Mandarin Beets
visit: <http://1.usa.gov/1mB1Djb>



Eat Healthy Foods: The Choice is Yours!

Did you know that food gives you the energy you need to do the physical activities you love? Picking foods that are good for you helps fuel up your body. Look at the foods in the vending machine. Circle the healthy foods. Put an “X” through the less healthy foods.



1. How many healthy foods did you circle? _____

2. Draw a picture of a healthy snack you will eat this week.

