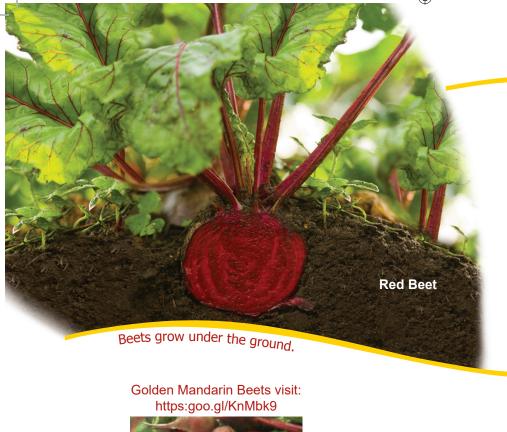
I Pledge Allegiance to My Health This pledge can be read daily at school or at home with your family to remind you of all the ways to take care of your body!

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



Beets are vegetables.

Beets

Beets have fiber.

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





Write a sentence to describe beets. You can use the adjectives on page 27 to help you.

Draw a picture of you eating beets.



۲

Reading Informational Text 1.3, RI.1.7, RI.1.8, Writing 1.2, W.1.8, Speaking & Listening 1.2, SL.1.4, Language 1.1, L.1.2, Visual Arts 2.6

•