

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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Beets



Red Beet

Beets are vegetables.

Beets have fiber.

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

Beets grow under the ground.

Golden Mandarin Beets visit:
<https://goo.gl/KnMbk9>



Golden Beet

Candy Cane Beet

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

Draw a picture of you eating beets.

A large, empty rectangular box with a black border, intended for a student to draw a picture of themselves eating beets.