

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

November ■ Persimmons



Fuyu Persimmons

Persimmons grow on a tree.

Persimmons are a fruit.

Persimmons have vitamin C.

Vitamin C helps your body heal cuts.



Hachiya Persimmons

See the *Persimmon Apple Delight* recipe in *Tasting Trios*.



■ [Click here to learn more about persimmons and watch a recipe demonstration.](#)

Write a sentence about persimmons. Share the sentence with your partner.

Brain Breaks!

Physical activity has many health benefits. It is good to be physically active every day because it:

- Gives you more energy
- Helps you keep a healthy body weight
- Helps build and keep healthy bones, muscles, and joints

Research has shown that brief bursts of exercise before taking tests helps students do better. In addition, regular activity breaks during the school day can help sharpen students' ability to focus and stay on task. When taking a break, do activities that get the body moving and the heart pumping, such as dancing, jumping, or running in place.

As a class, visit vimeo.com/album/1637740. This is a link to a list of over 50 *JAMmin Minute* videos. *JAMmin Minute* is a very quick and easy way to add exercise into the school day. After viewing the various videos, vote on activities that you would like to do in class to get a brain break. Use the space below to write what video your class chose and when you will take your brain break. Your teacher can help you complete this table.



JAMmin Minute Video Number	Time of Day