

I Pledge Allegiance to My Health

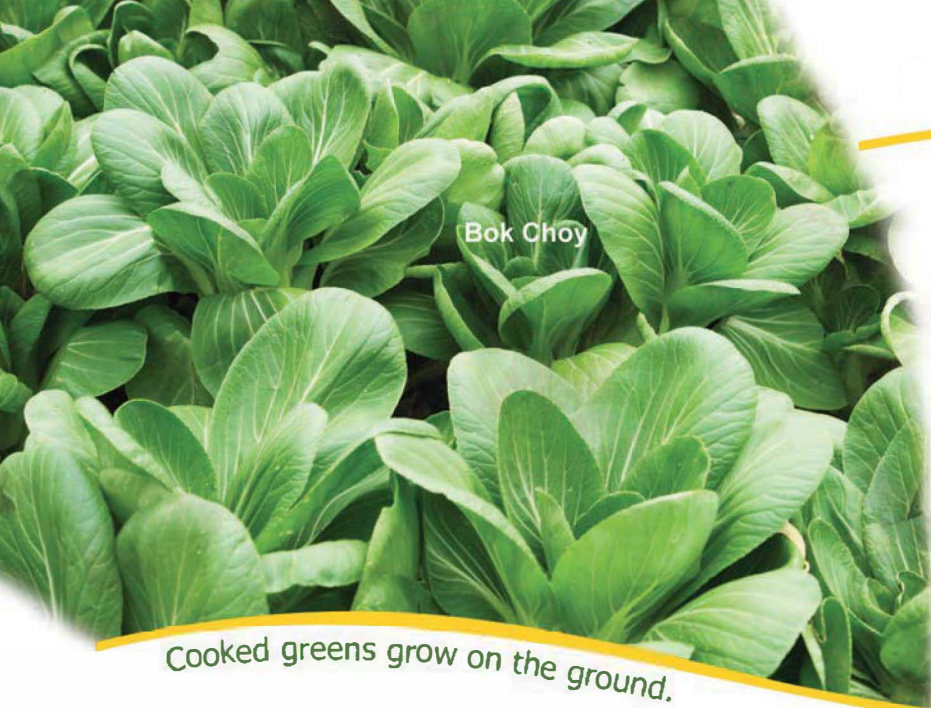
This pledge can be read daily at school or at home with your family to remind you of all the ways to take care of your body!



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

■ Cooked Greens



Bok Choy

Cooked greens grow on the ground.

Cooked greens are vegetables.

Cooked greens have calcium.

Calcium keeps bones strong.

- Watch this video to learn about a farmer who grows greens! <https://goo.gl/r6Dpo9>



Mustard Greens

Collard Greens

- Sam has 11 bunches of bok choy in his garden. Ana has 6 bunches of bok choy in her garden. How many more bunches of bok choy does Sam have than Ana? Use pictures, words, or numbers to explain your thinking.

Show your work.

See the *Krazy Kale Salad* recipe in *Tasting Trios*.



Choose a Healthy Breakfast Plate

Eating breakfast every morning is the smart thing to do. Breakfast is the most important meal of the day. It helps “power up” your body so you have the energy to do the physical activities you love. Did you know that eating breakfast can also help you do better in school?

Build a healthy breakfast by picking one food from at least three food groups. You can look on page 3 to help you. Draw a picture of the food you chose in the correct food group section on your plate. Share your breakfast idea with your classmates.

