

# 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

## ■ Peas



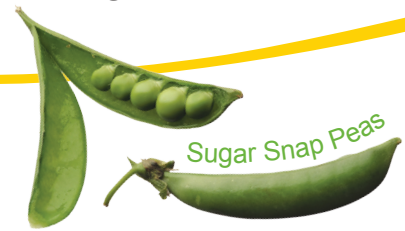
Snow Peas

Peas grow in a pod. The pods grow on a bush or a vine.

Peas can go in the protein, vegetable, or fruit group.

Peas have protein.

Protein helps your muscles stay strong.



Sugar Snap Peas

Write a sentence about peas.

---

---

---

---

---

---

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

Show your work.

See the *Pea Dippin' Good* 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.

