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

I Pledge Allegiance to My Health created by Mandy Richardson, Teacher on Special Assignment *Network for a Healthy California*-Hawthorne School District

	Stone
	Nutrition Facts Serving Size: ½ cup peach, sliced (77g) Calories 30 Calories from Fat 0
	% Daily Value
	Total Fat 0g 0%
	Saturated Fat 0g 0%
Peache	S Trans Fat Og
	Cholesterol Orng 0%
	Sodium Omg 0%
	Total Carbohydrate 7g 2%
	Dietary Fiber 1g 5%
	Sugars 7g
a fruit arous	Protein 1g
Stone fruit grows on a tree.	Vitamin A 5% Calcium 1% Vitamin C 9% Iron 1%
	Source: www.nai.usda.gov/fnic/loodcomp/search/ NDB No: 09236

- A medium-sized peach provides a good source of vitamin A and vitamin C.
- Peaches are classified as a stone fruit, meaning that they have a single large seed or stone surrounded by juicy flesh. Other common stone fruit include: cherries, plums, nectarines, and apricots.
- In World War I, peach pits were used as filters in gas masks.
- Watch this video and learn about a peach farmer! <u>http://bit.ly/1GzPxgn</u>

Activity

List two adjectives to describe the way stone fruit tastes, looks, or sounds. Use the list of adjectives on page 27 to help you.



A half cup of sliced peaches has _____ % Daily Value (DV) for vitamin C. Use the Glossary of Nutrients on page 28 to define vitamin C.

Make Plans for a Healthy Summer!

Over the summer it is important to eat plenty of colorful fruits and vegetables and get 60 minutes of physical activity every day. Congratulations on your new discovery of so many delicious fruits and vegetables!

Write a friendly letter to your family about how you plan to eat fruits and vegetables and be physically active. Remember to include the five important parts of a friendly letter: date, greeting, body, closing, and signature.



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