

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

Stone Fruit



Peaches

Stone fruit grows on a tree.

Nutrition Facts

Serving Size: 1/2 cup peach, sliced (77g)
 Calories 30 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	5%
Sugars 7g	
Protein 1g	
Vitamin A 5%	Calcium 1%
Vitamin C 9%	Iron 1%

Source: www.nal.usda.gov/fnic/foodcomp/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! <http://bit.ly/1GzPxqn>



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.

Peachy Parfait
<https://goo.gl/KnMbk9>



