

I Pledge Allegiance to My Health

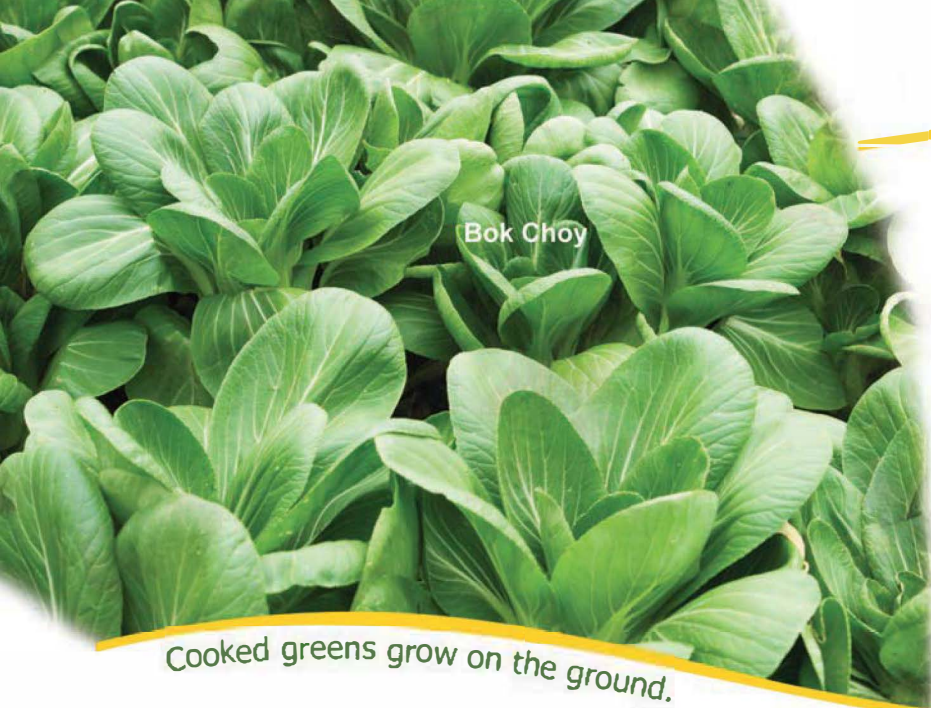
This pledge can be read daily at school or at home with your family to remind you of all the ways to take care of your body!



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.

Nutrition Facts

Serving Size: ½ cup cooked bok choy (85g)	
Calories 10	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 29mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	3%
Sugars 1g	
Protein 1g	
Vitamin A 72%	Calcium 8%
Vitamin C 37%	Iron 5%
Other nutrients: Vitamin K (36%)	
Source: www.nal.usda.gov/fnic/foodcomp/search/	
NDB No: 11117	

- A ½ cup of bok choy is a good source of calcium.
- Although it looks like romaine lettuce or celery stalks, bok choy is actually a type of cabbage. Bok choy, collards, kale, mustard greens, and turnip greens are part of the cabbage family.
- Some cooked greens like bok choy and kale can be eaten raw.
- Collard, mustard, and turnip greens are commonly known as “Southern greens.”
- Watch this video and learn about a farmer who grows cooked greens!
<https://goo.gl/r6Dpo9>

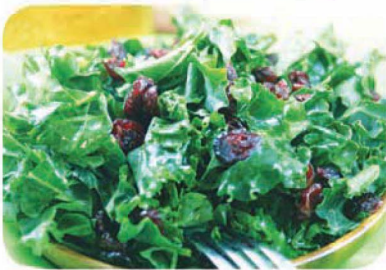
Lights! Camera! Action!

- Remember when we talked about drinking water instead of sugary drinks last month? Work in groups of three to create a solution to the following situation:

Three friends are walking to the park to meet the soccer team for practice. They walk past the corner store to get something to drink before practice, knowing that they will need to stay hydrated. One friend reaches for a soda. One friend reaches for a sports drink saying, “I’ll need this today!” The third friend is left with a decision. What drink should they buy?

After reading the information on the next page, discuss what drink would be the best choice. Next, assign each group member a part in this situation: a friend who reaches for a soda, a friend who reaches for a sports drink, and the friend who hasn’t decided yet. Then, pretend you are in the store and act out this situation.

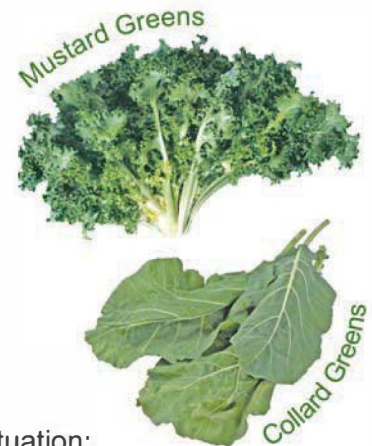
See the **Krazy Kale Salad** recipe in **Tasting Trios**.



Think about how the friend who hasn’t decided can influence the other friends to make a better choice. Last, some or all of the groups can share and perform a short skit in front of the class.

What drink would be the best choice? _____

Using evidence from last month’s *Rethink Your Drink* message and the information on the next page, explain why it is important to drink water. Write your explanation in the space provided on the next page.



Mustard Greens

Collard Greens

Water is the Way to Go

- Your body needs water to survive!
- It is important to drink water before, during, and after a practice, game, or just working out or playing hard.
- Sports drinks are not necessary for active children.
- Don't forget a water bottle. You can't play your best when you're thirsty!
- When your body doesn't have enough water, you can become dehydrated.
- Dehydration can keep you from being as fast and as sharp as you'd like to be. Dehydration may make you sick.
- Explain why it is important to drink water, especially when you are playing sports or being physically active.





Adapted from: kidshealth.org