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
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Peas

Snow Peas

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

Nutrition Facts

Serving Size: ½ cup fresh peas (73g)

Calories 59	Calories from Fat 2
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 4g	15%
Sugars 4g	
Protein 4g	
Vitamin A 11%	Calcium 2%
Vitamin C 48%	Iron 6%

Other nutrients: Vitamin K (23%), Thiamin (13%), Folate (12%), Protein (8%), Niacin (8%), Vitamin B6 (6%), Magnesium (6%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11304

- A ½ cup of fresh peas is a source of protein.
- There are two main kinds of peas: green and edible-pod.
- Edible-pod peas, like sugar snap peas, are also nicknamed snapping peas for how they can be “snapped” and eaten like green beans.
- Today only 5% of all peas grown are sold fresh; over half are canned and most of the rest are frozen.

Sugar Snap Peas

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 their 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!.” You are left with a decision. What drink are you going to buy?

See the *Pea Dippin’ Good* recipe in *Tasting Trios*.

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 a friend who hasn’t decided yet. Then, pretend you are in the store and act out this situation. 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.

Reading Informational Text 3.5, Language 3.1, L.3.6, Speaking & Listening 3.1, SL.3.5, Health Ed Standard: Growth and Development: Decision Making 5.1.G, Practicing Health Enhancing Behaviors 7.1.G, Personal and Community Health: Essential Concepts 1.3.P, Analyzing Influences 2.1.P

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

Writing 3.2, Language 3.3, Physical Education: Fitness Concepts 4.5
Health Standard: Personal and Community Health: Essential Concepts 1.3.P