

I Pledge Allegiance to My Health

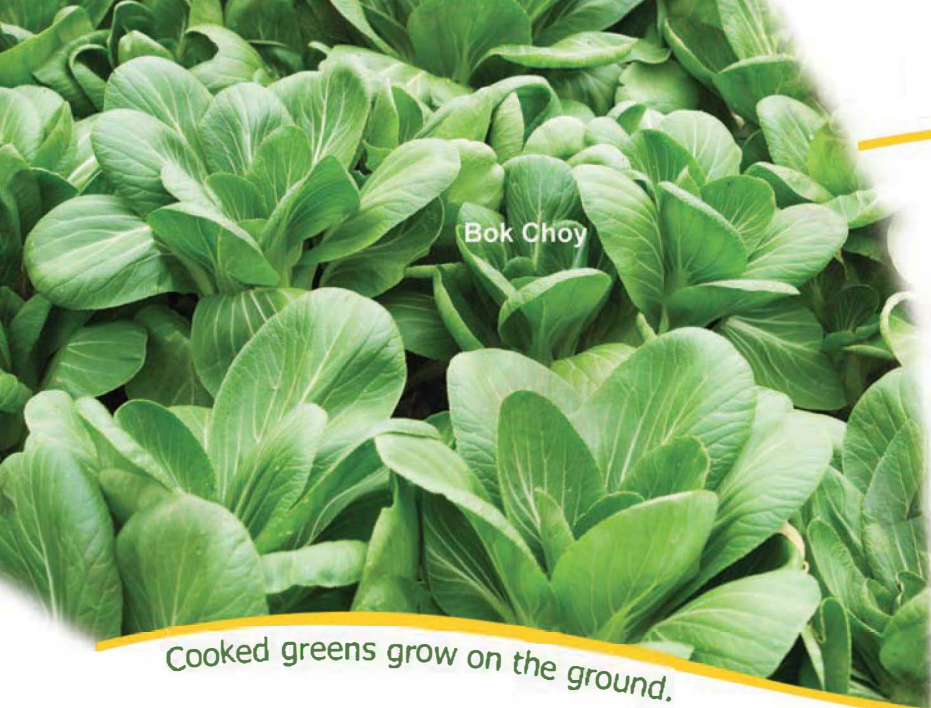
This pledge can be read daily at school or at home with your family to remind you of all the ways to take care of your body!



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!
<http://bit.ly/1xAMd72>



Collard Greens

Mustard Greens

Activity

- On a separate piece of paper, explain how the Ikeda family farm was affected by World War II. How can war affect people who are not directly involved? What do you think would have happened to the family farm if their friends did not help them?
- What is your favorite cooked green? Have you ever eaten any cooked greens raw, like kale or bok choy? How can you include more cooked greens into the meals or snacks you eat? Write your ideas below and share with a group or the class.

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



Water is the Way to Go



It is important that children drink water daily for good health. If your body doesn't have water, it can stop working properly. This may be surprising, but there is no magic number of cups of water that kids need to drink every day. You can get water from the foods you eat, especially fruits and vegetables, and other sources of fluid such as milk.

There are times when you will need to drink more water than you normally do. When it's sunny and warm, keep a water bottle on your desk. If you're going to play a sport or be physically active, you will need to drink water before, during, and after playing. It is necessary to replace the water that leaves your body in the form of sweat. 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 would like to be. Dehydration can even make you feel sick. Water is the best drink for active kids your age. Water doesn't have calories or artificial sweeteners and you don't need the extra sugar that sports drinks have.

By drinking enough water, your body will be able to do all of its wonderful jobs and you'll feel great!



- Using the facts from the information above, summarize why it is important for your classmates to drink water, especially when they are playing sports or being physically active.