

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: ½ 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/
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- 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>



Lights! Camera! Action!

- You have learned about barriers and opportunities to eating healthy and staying active. Let's practice those skills! Form groups of 3-4 students and read the following scenes:

1. *It is a sunny Saturday afternoon. Everyone in your family is watching television. You want everyone to go outside and enjoy some physical activity. What could you say and do to get them to go outside with you?*
2. *You just got home from school and you really want a fruit or vegetable as a snack. You look in the refrigerator, the cupboard, and on the counter. There are no fruits or vegetables. What could you say and do so there are healthy snacks for you to eat after school?*

Decide with your group which scene you would like to work on. What are the barriers? What are the opportunities? As a group, decide what you would say and do. You can either write it down or present your solution in front of the class by performing a short skit. Compare solutions with different groups.

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



Adapted from CDPH-Nutrition Education and Obesity Prevention Branch, Children's Power Play! Campaign Curriculum

.4, SL.4.5; Health Ed Standard: Nutrition and Physical Activity: Essential Concepts 1.3.N, Analyzing Influences 2.1.N, 2.3.N, Interpersonal Communication 4.1.N, Decision Making 5.1.N, 5.2.N, Practicing Health Enhancing Behaviors 7.1.N, 7.4.N

How to Choose a Healthy Cereal



Don't be fooled by the front of a cereal box! Turn the box over and read the ingredient list.

- Choose a healthy cereal in three steps:
 1. Whole grains should be the first ingredient. The following are examples of whole grains: whole wheat, oats, rye, whole grain corn, oat bran, and wheat bran.
 2. Look for cereals with no more than 8 grams of sugar per serving.
 3. Look for cereals that contain at least 3 grams of fiber per serving.
- Use the guidelines above to choose the healthier cereal.

Cereal A—Fruity Tooties

Nutrition Facts	
Serving Size: 1 cup (32g)	
Calories 128	Calories from Fat 14
% Daily Value	
Total Fat 2g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 28g	9%
Dietary Fiber 1g	4%
Sugars 14g	
Protein 1g	
Vitamin A 10%	Calcium 10%
Vitamin C 11%	Iron 25%
Source: www.nutritiondata.com	

Ingredients: Whole Grain Corn, Sugar, Corn Meal, Corn Syrup, Canola and/ or Rice Brain Oil, Salt, Tricalcium Phosphate, Trisodium Phosphate, Red 40, Yellow 6, Blue 1 and Other Color Added, Natural and Artificial Flavor, Citric Acid, Malic Acid. BHT

Added to preserve freshness

Cereal B—Toasted O's

Nutrition Facts	
Serving Size: 1 cup (28g)	
Calories 103	Calories from Fat 15
% Daily Value	
Total Fat 2g	3%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 186mg	8%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	11%
Sugars 1g	
Protein 3g	
Vitamin A 16%	Calcium 11%
Vitamin C 11%	Iron 49%
Source: www.nutritiondata.com	

Ingredients: Whole Grain Oats (includes the oat bran), Modified Corn Starch, Sugar, Salt, Tripotassium Phosphate, Oat Fiber, Wheat Starch. Vitamin E (mixed tocopherols) added to preserve freshness.

- Write “yes” or “no” to answer each of the questions in the table.

Cereal	Is the first ingredient a whole grain?	Does the cereal have 3 or more grams of fiber per serving?	Does the cereal have 8 grams or less of sugar per serving?
A			
B			

- Which cereal is a more nutritious choice? Cereal A Cereal B