

# 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

## 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: <a href="http://www.nal.usda.gov/fnic/foodcomp/search/">www.nal.usda.gov/fnic/foodcomp/search/</a>	
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.



# 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.

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Adapted from: UC Berkeley Center for Weight & Health FAQ's about Sports Drinks and kidshealth.org