

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

■ Berries



Blueberries

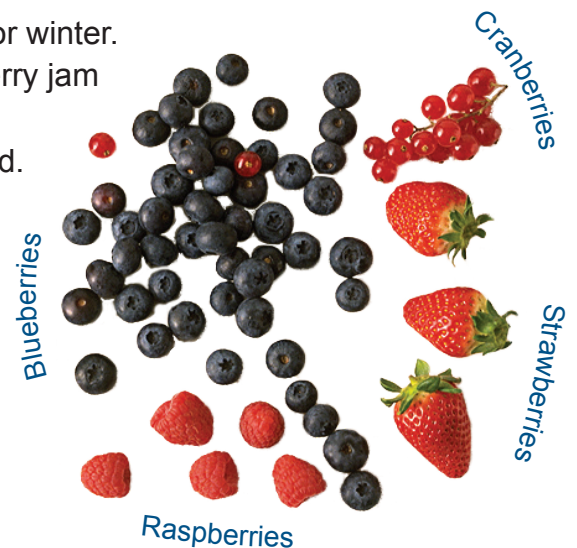
Berries grow on a bush.

Nutrition Facts

Serving Size: ½ cup blueberries (74g)	
Calories 42	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Sugars 7g	
Protein 1g	
Vitamin A 1%	Calcium 0%
Vitamin C 12%	Iron 1%
Other nutrients: Vitamin K (18%)	
Source: www.nal.usda.gov/fnic/foodcomp/search/	
NDB No: 09050	

- A ½ cup of blueberries is a rich source of phytochemicals.
- Colonists learned from Native Americans how to gather blueberries, dry them under the summer sun, and store them for winter.
- Berries are used to make jellies, jams, and sauces like strawberry jam and cranberry sauce.
- There are four colors of raspberries: gold, black, purple, and red.

- Where do strawberries come from? Visit: <http://bit.ly/V6dJYn>



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 scene:

You really want to spend some time being physically active when you get home from school. Your parents want you to work on your homework right after school. When you finish your homework, it will be dark outside. What could you say or do so you can get some physical activity after school?

See the *Cottage Crunch Berries* recipe in *Tasting Trios*.



Talk about this scene with your group. What keeps the person in the scene from getting more physical activity? 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.

What Does Healthy Look Like To Me?

It is important to pay attention to where you get your food, whether healthy or unhealthy. Eating healthy is important, but the place you are living should also support being healthy. The brainstorming activities below can be done as a class, in a group, or individually.



- What does healthy look like to you?
You can express this in words or with a picture.

■ Where do you eat healthy food? _____

■ Where do you eat unhealthy food? _____

■ Are there more places to get healthy food or unhealthy food in your school or community?

■ What do you think there should be more of in your school or community?

- Be sure to discuss with your teacher and classmates how to make positive changes for yourself and/or your community.