# 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!

*I Pledge Allegiance to My Health* created by
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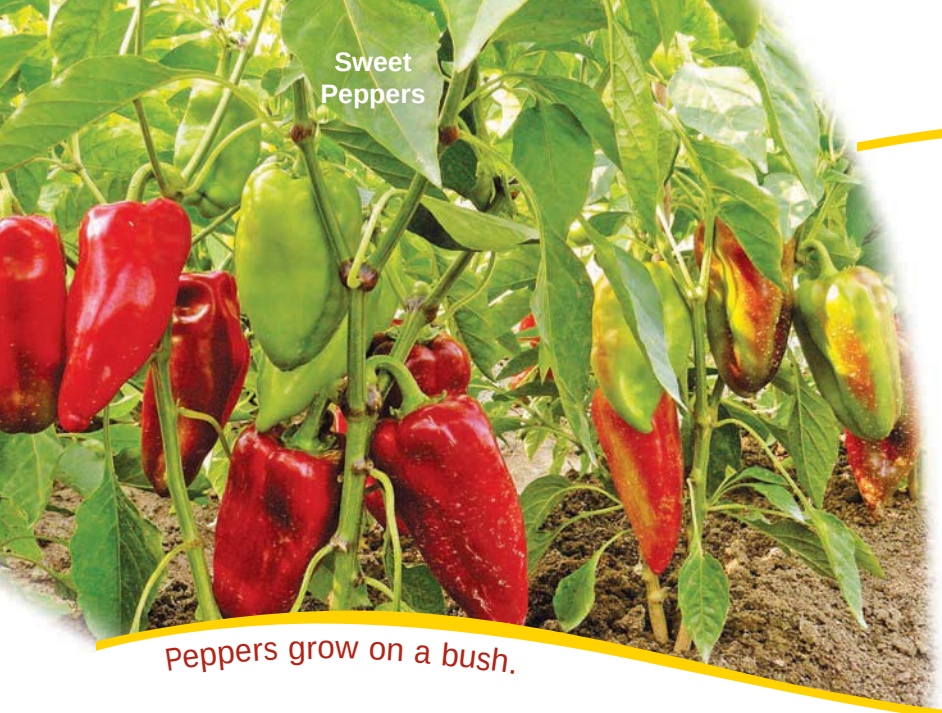
*Network for a Healthy California-Hawthorne School District*




Peppers grow on a bush.

# September ■ Peppers

## Nutrition Facts

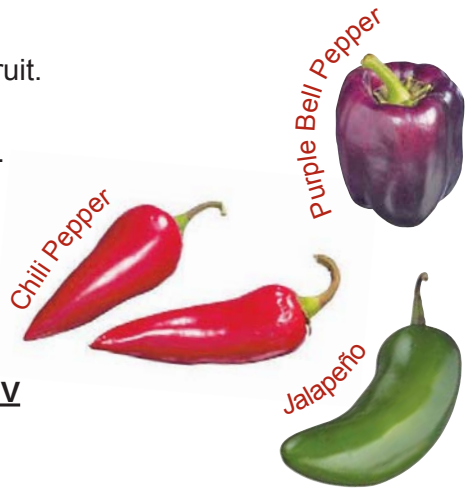
Serving Size: ½ cup sweet red peppers, chopped (75g)

| | |
|---|---|
| Calories 23 | Calories from Fat 1 |
| | % Daily Value |
| Total Fat 0g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 3mg | 0% |
| Total Carbohydrate 5g | 2% |
| Dietary Fiber 2g | 6% |
| Sugars 3g | |
| Protein 1g | |
| Vitamin A 47% | Calcium 1% |
| Vitamin C 158% | Iron 2% |

Other nutrients: Vitamin B6 (11%), Folate (8%), Vitamin E (6%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11821

- A ½ cup of sweet green peppers is an excellent source of vitamin C.
- By weight, green bell peppers have twice as much vitamin C as citrus fruit. Red bell peppers have three times as much.
- Peppers are grouped into two categories: hot (chili) and sweet peppers.
- Hot peppers can be picked at any stage, but are hottest when fully ripe.
- When left to ripen, sweet peppers mature into red, yellow, orange, and purple peppers with different levels of sweetness.




- Watch this video and learn about a pepper farmer! **http://bit.ly/1F4AJpV**

## Activity

- Research what a greenhouse is and how it is useful for growing fruits and vegetables. Use the space below to write down key information.

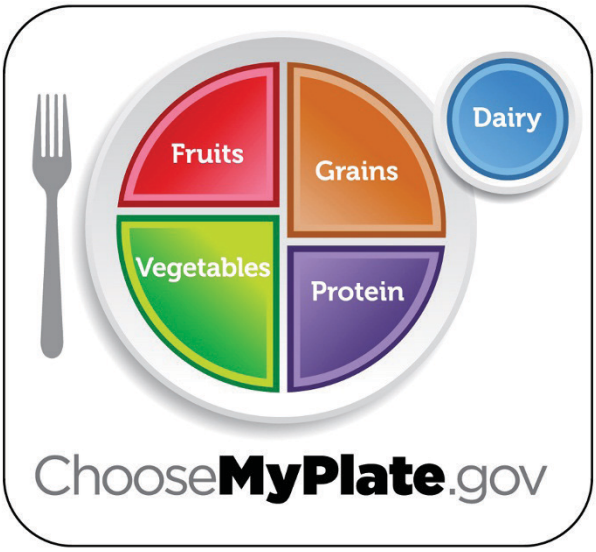
- Think about the different types of peppers and pick your favorite. On a separate piece of paper, draw a greenhouse and describe the environment you will need for your pepper to grow. Be sure to include information like ideal temperature, amount of sunlight, and amount of water.

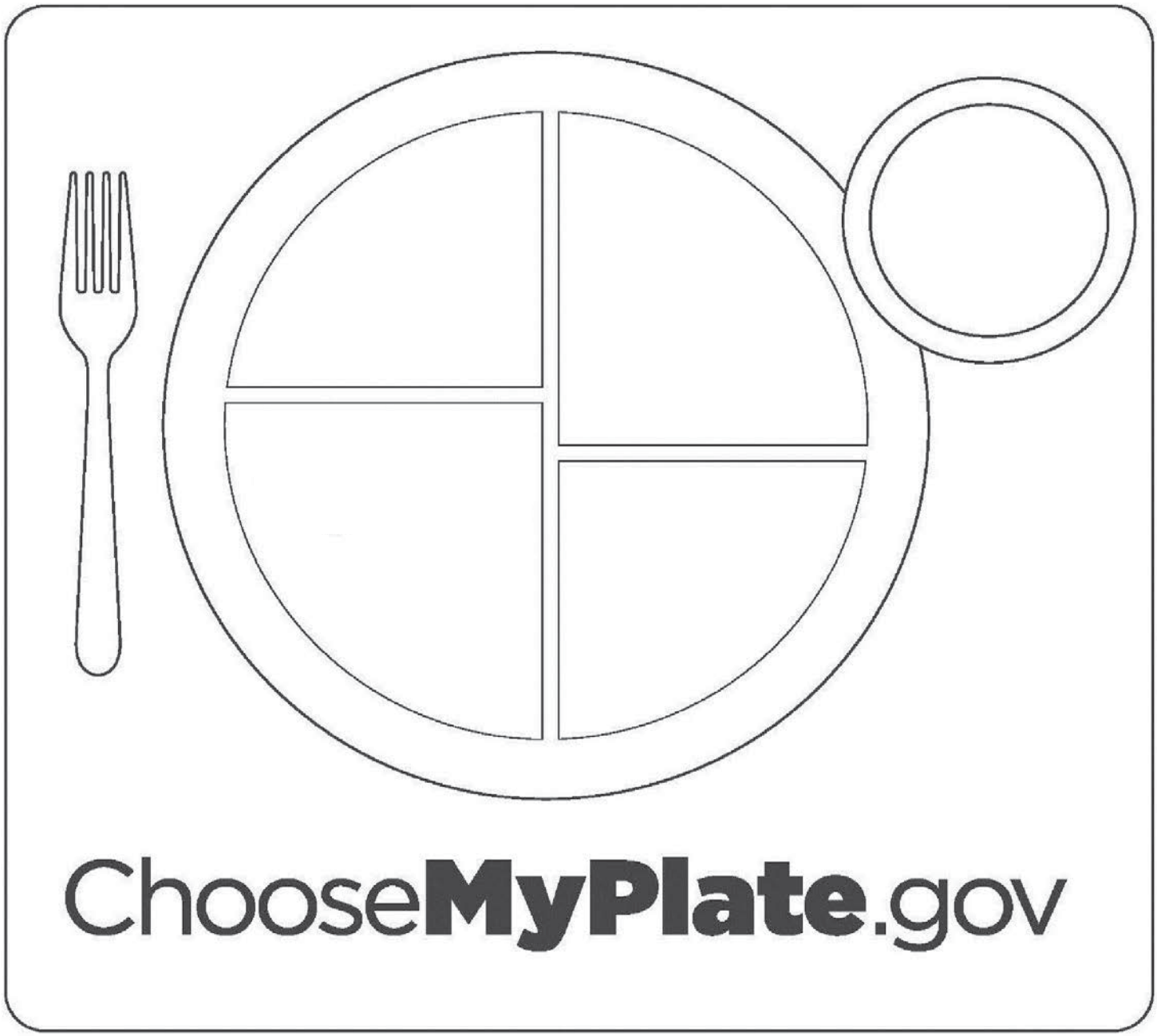
**Pea Dippin' Good**
**https://goo.gl/KnMbk9**

RI.6.2, RI.6.3, RI.6.7; W.6.2, W.6.3, W.6.8; SL.6.1, SL.6.2; L.6.1, L.6.2, L.6.3

# MyPlate

MyPlate shows the five food groups using a plate. Each part of the plate shows an important food group. The red part is the fruit group. The green part is the vegetable group. The orange part is the grain group. The purple part is the protein group. The blue part is the dairy group. Draw in healthy foods you would like to eat from the five food groups. Use the *Foods Found in MyPlate* on page 3 to help you. For more activities, games, and videos visit: **www.ChooseMyPlate.gov/kids**




Health Ed Standard: Mental, Emotional and Social Health: Decision Making 5.1.M