

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: www.nal.usda.gov/fnic/foodcomp/search/	
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 and why? _____

Show Me the Sugar!



Sugar has many names!

Here are some common words for sugar in the ingredient list:

- | | | | |
|----------------|--------------|-------------|--------------------------|
| Barley malt | Brown sugar | Cane juice | Cane syrup |
| Dextrose | Fructose | Glucose | High fructose corn syrup |
| Honey | Maltodextrin | Maple syrup | Molasses |
| Powdered sugar | Raw sugar | Sucrose | |



Nutrition Facts	
Serving Size: 1 bar	
Calories 150	
	% Daily Value
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 30g	
Dietary Fiber 2g	9%
Sugars 12g	
Protein 3g	

“Healthy” Granola Bar Ingredients:

Oat bran, rice, corn syrup, sugar, fructose, whole grain rolled oats, dextrose, oat and fruit clusters (toasted oats [rolled oats, sugar, soybean oil, honey, molasses], sugar, rolled oats, strawberry flavored apples, corn syrup, brown sugar, natural and artificial flavors), high fructose corn syrup, vegetable oil, contains 2% or less of potassium chloride, brown sugar, sorbitol, glycerin, malt flavoring, natural and artificial flavor, salt, soy lecithin, niacinamide, nonfat dry milk, whole wheat flour, BHT, vitamin A, B₆, riboflavin, thiamin mononitrate, folic acid, vitamin B₁₂.

Adapted from: BANPAC (Bay Area Nutrition & Physical Activity Collaborative)

- In the space below, write all the different forms of sugar you found in the ingredient list of the granola bars.

- This granola bar is an example of a processed food. You learned earlier this year that processed foods have added sugar, salt, and/or fat. If you were looking for a healthier choice for a quick snack, what would you choose and why?
