

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.

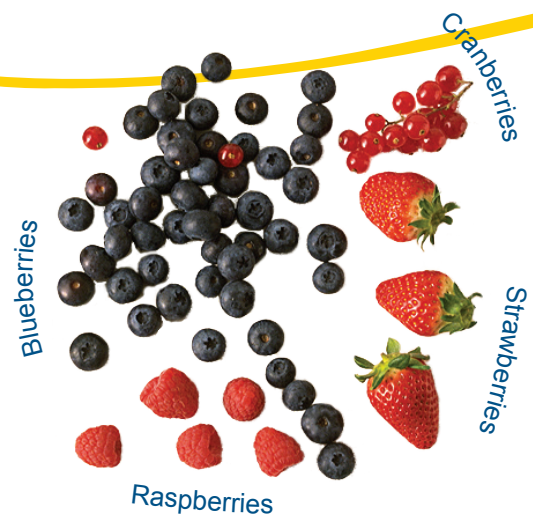
Berries are a fruit.

Berries have phytochemicals.

Phytochemicals help your body stay healthy.

Phytochemicals give fruits and vegetable their bright colors.

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



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

Berries grow on a _____.

- Write one sentence about berries.

Delicious Fruits and Vegetables

Look at the pictures below of some of the delicious fruits and vegetables you learned about!

Draw a blue circle around the fruits and vegetables you have tried already. Draw an orange circle around the fruits and vegetables you would like to try. Talk with your classmate about the fruits and vegetables you would like to try.



kale



sweet potato

persimmon



tomato



pear



avocado

beet



corn

