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

I Pledge Allegiance to My Health created by Mandy Richardson, Teacher on Special Assignment *Network for a Healthy California*-Hawthorne School District



See the Cottage Crunch Berries recipe in Tasting Trios.

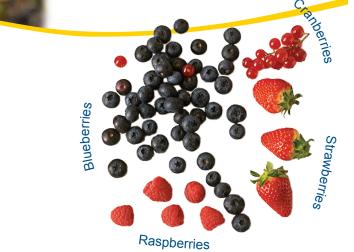
Berries are a fruit.

Berries have phytochemicals.

Berries

Phytochemicals help your body stay healthy.

Phytochemicals give fruits and vegetable their bright colors.



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



Write one sentence about berries.



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Reading Informational Text K.1, RI.K.8, Writing K.1, W.K.2, W.K.8, Language K.1, L.K.2, L.K.5, L.K.6, Speaking & Listening K.4, SL.K.5, Life Science 2c

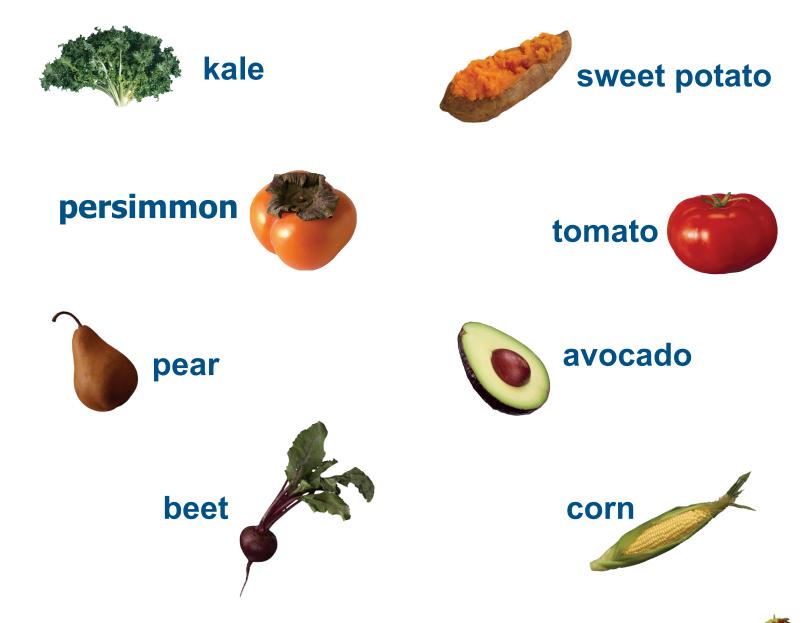
Delicious Fruits and Vegetables

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.

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Reading Informational Text 1.3, RI.1.7, RI.1.8, Writing 1.2, W.1.8, Speaking & Listening K.1, SL.K.3, SL.K.4, SL.K.5 Health Ed Standard: Nutrition & Physical Activity: Essential Concepts: 1.1.N, Interpersonal Communication 4.1.N

