

I Pledge Allegiance to My Health

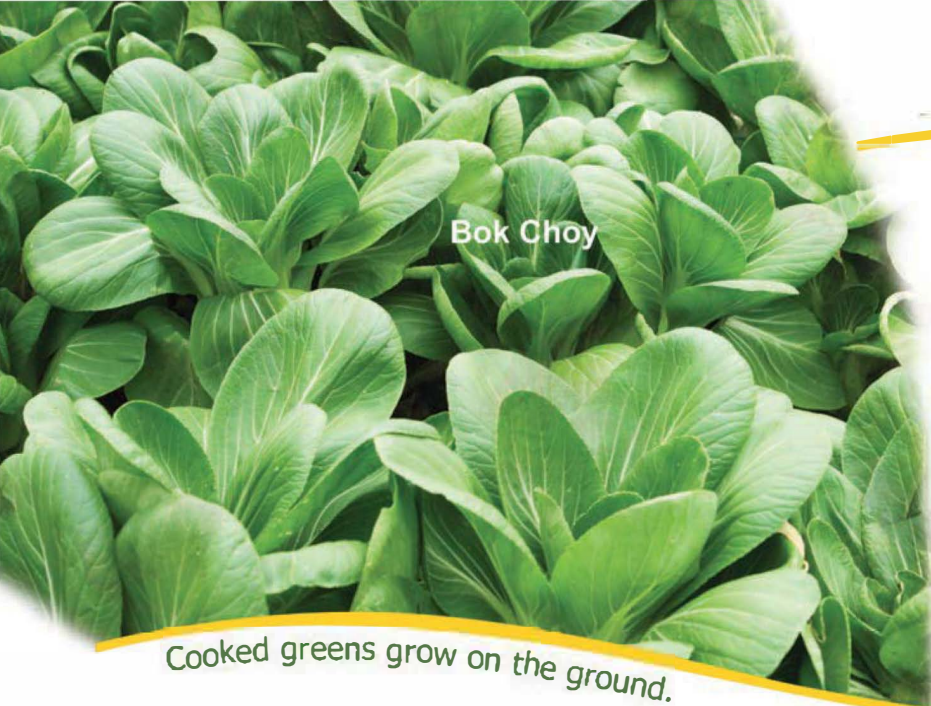
This pledge can be read daily at school or at home with your family to remind you of all the ways to take care of your body!



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

■ Cooked Greens



Bok Choy

Cooked greens grow on the ground.

Cooked greens are vegetables.

Cooked greens have calcium.

Calcium keeps bones strong.

- Watch this video to learn about a farmer who grows cooked greens!
<https://goo.gl/r6Dpo9>
- What is your favorite cooked green? Draw a picture of your favorite cooked green below.



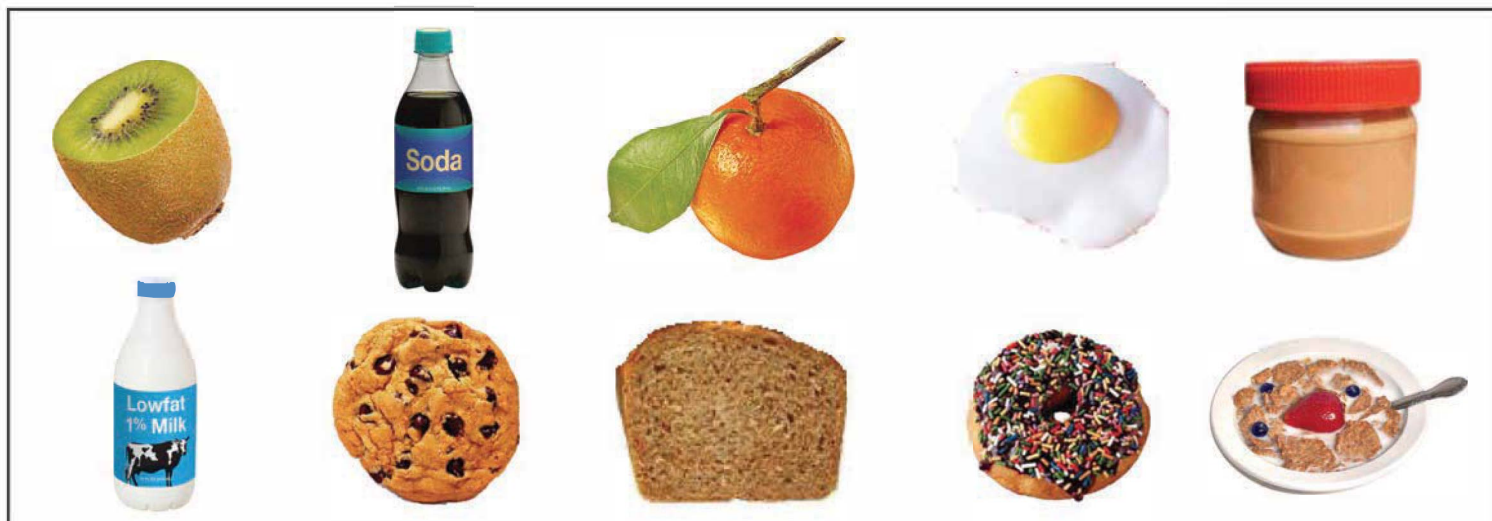
See the *Krazy Kale Salad* recipe in *Tasting Trios*.



Power Up Your Day with Breakfast!

Eating breakfast every morning is the smart thing to do. Breakfast is the most important meal of the day. It helps “power up” your body so you have the energy to do the physical activities you love. Did you know that eating breakfast can also help you do better in school?

Circle all the foods that can be part of a healthy breakfast. Put an “X” through the less healthy breakfast choices.



Draw a picture of a healthy breakfast. Use the *Foods Found in MyPlate* on page 3 to help you.

