

# 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 can go in the protein, vegetable, or fruit group.

Peas have protein.

Protein helps your muscles stay strong.

Peas grow in a pod. The pods grow on a bush or a vine.

See the *Pea Dippin' Good* recipe in *Tasting Trios*.



Sugar Snap Peas

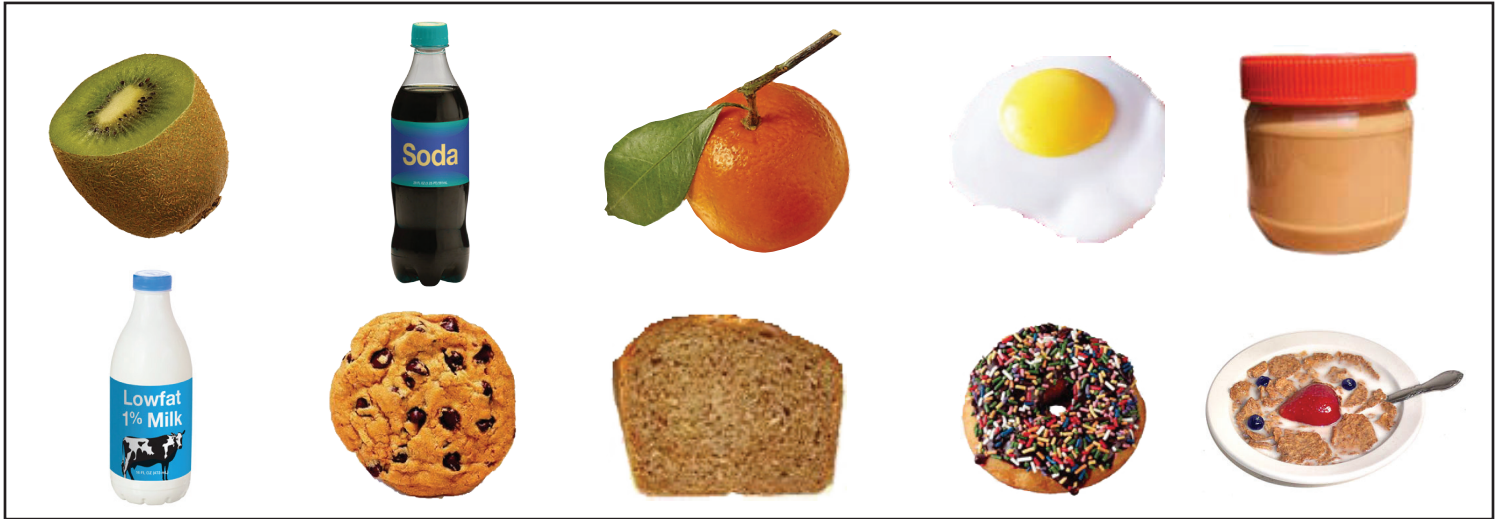
■ Read the sentence and write the sentence below it.

Peas have protein

Handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line. The first set of lines is partially filled with the sentence 'Peas have protein'.

# 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.

