

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!



I Pledge Allegiance to My Health created by
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Red Beet

■ Beets

Beets are vegetables.

Beets have fiber.

Fiber helps you feel full after a meal or a snack.

Beets grow under the ground.

See the *Golden Mandarin Beets* recipe in *Tasting Trios*.



Write a sentence to describe beets.
You can use the adjectives on the next page to help you.

Draw a picture of you eating beets.

A large, empty rectangular box with a black border, intended for a drawing of a person eating beets.

Adjectives

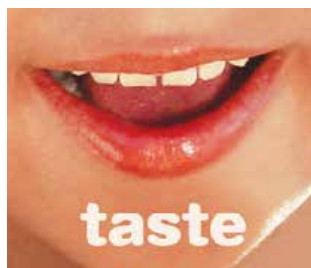
Adjectives are describing words. Here are a few adjectives you can use when describing the different fruits and vegetables using the five senses.



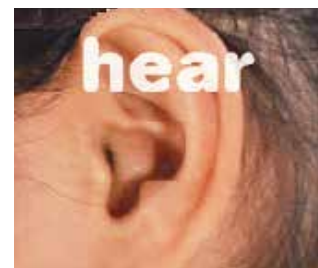
Green
Red
Orange
Purple
Yellow
Brown
Tan
White
Blue
Light (+color)
Dark (+color)
Colorful
Appealing
Appetizing
Shiny
Small
Medium
Large
Thick
Thin
Long
Short
Skinny
Round
Oval
Twisted



Crunchy
Crisp
Soft
Hard
Juicy
Light
Heavy
Sticky
Smooth
Wet
Firm
Bumpy
Dry
Mushy
Tough
Rough
Chewy
Cold
Warm
Hot
Silky
Furry



Sweet
Sour
Bitter
Delicious
Fresh
Tangy
Tart
Tasteless
Tasty
Plain
Mouth-watering
Yummy
Good
Bad
Refreshing



Crunchy
Crisp
Juicy
Squeaky
Noisy



Sweet
Sour
Bitter
