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 Mandy Richardson, Teacher on Special Assignment
Network for a Healthy California-Hawthorne School District
Dried fruits include raisins, figs, dates, and prunes, but many fruits can be dried and eaten.

Dried fruits have iron.

Iron helps get oxygen to parts of your body.

Write two sentences about dried fruit.

Dried Peaches

Dried Apricots

Draw a picture of dried fruit.

See the Do-It-Yourself Trail Mix (Dried Fruit) recipe in Tasting Trios.