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 Mandy Richardson, Teacher on Special Assignment
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Tomatoes are a fruit.

Tomatoes have vitamin C.

Vitamin C helps your body heal cuts.

Using your senses, write two words that describe tomatoes.

1. 

2. 

Senses Word Box

Oval  Sweet  Red  Juicy

Using your senses, write two words that describe tomatoes.

1. 

2. 

Huevos Rancheros