

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!

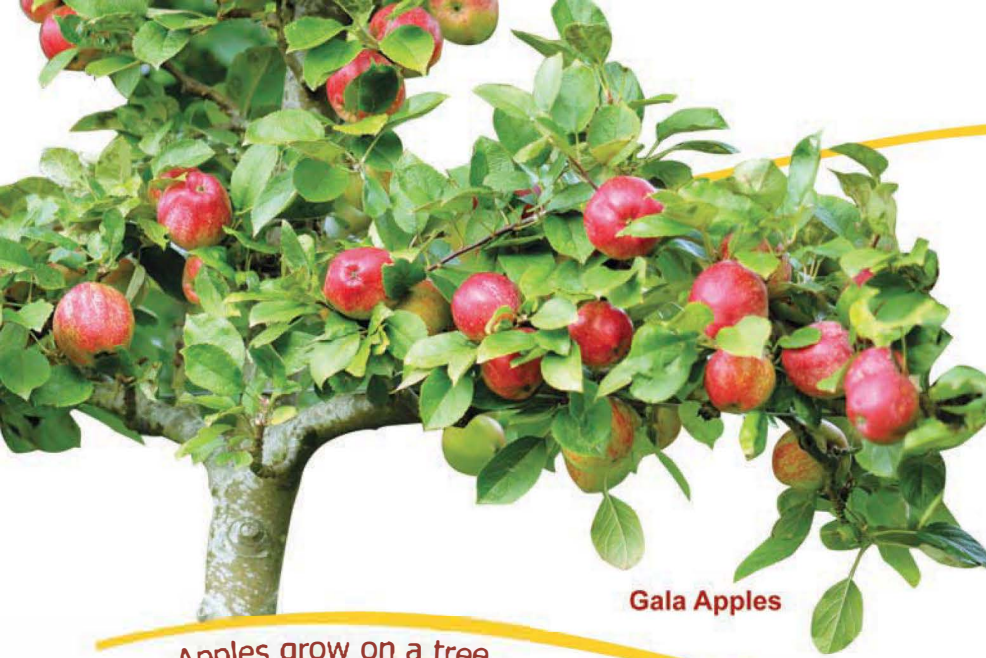


I pledge allegiance to my health,
to not compare myself to anyone else.
With fruits and vegetables I'll fill my tray
and get nice and sweaty every day.
I have only this body and this one heart
so today's the day I'm going to start
eating less chips and less sugary drinks
and before I eat I'm going to think!



I Pledge Allegiance to My Health created by
Mandy Richardson, Teacher on Special Assignment
Network for a Healthy California-Hawthorne School District

December ■ Apples



Gala Apples

Apples grow on a tree.

Apples are fruits.

Apples have fiber.

Fiber helps move food through your body.



Fuji



Granny Smith



Golden Delicious

- Watch this video to learn about an apple farmer! <http://bit.ly/RGYWRA>
- Write or draw how apples grow.








See the *Apple Trio* recipe in *Tasting Trios*



Make a Super Salad!

It is important to eat vegetables every day. Eating salad is a great way to get the vegetables you need to grow, to be strong, and to be healthy. Draw a picture of a salad you would like to eat for dinner. Here are some suggestions to include in your salad.



| Broccoli | Carrots | Kale | Mushrooms | Tomato | Avocado |
|---|---|---|---|---|---|
|  |  |  |  |  |  |



Write the name of your favorite vegetable in your salad bowl.

Tell your classmate: My favorite vegetable is _____.
You might like it because _____.