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
Apples grow on a tree.

- Apples are fruits.
- Apples have fiber.
- Fiber helps move food through your body.


Write or draw how apples grow.

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See the Apple Trio recipe in Tasting Tios.
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.

<table>
<thead>
<tr>
<th>Broccoli</th>
<th>Carrots</th>
<th>Kale</th>
<th>Mushrooms</th>
<th>Tomato</th>
<th>Avocado</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Broccoli" /></td>
<td><img src="image2.png" alt="Carrots" /></td>
<td><img src="image3.png" alt="Kale" /></td>
<td><img src="image4.png" alt="Mushrooms" /></td>
<td><img src="image5.png" alt="Tomato" /></td>
<td><img src="image6.png" alt="Avocado" /></td>
</tr>
</tbody>
</table>

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

_________________________________________________________________

Tell your classmate: My favorite vegetable is___________________________.
You might like it because______________________________________________________________________.