

# 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!

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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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Mandarins

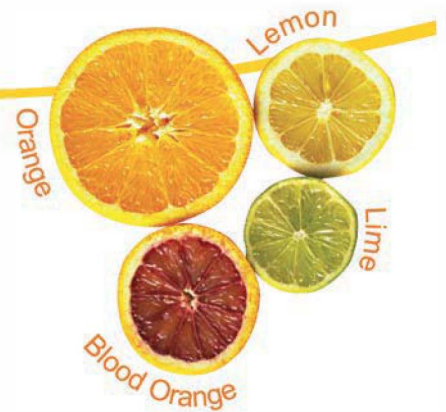
Citrus fruits grow on a tree.

## ■ Citrus Fruits

Mandarins are a citrus fruit.

Citrus fruits have potassium.

Potassium helps your muscles stay healthy.



- Watch this video to learn about a citrus farmer! <http://bit.ly/1Dqo85t>

- Write or draw how citrus grow.

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See the *Sunny Breeze* recipe in *Tasting Trios*.











# Let's Choose Healthy Snacks!

Snack time can be a great time to eat foods that provide your body with wonderful vitamins and minerals. Your body and brain need vitamins and minerals to grow strong and give you the energy you need to play and learn.

Not all snacks are healthy snacks. Some foods with added sugar and fat make less healthy choices. Look at the snack choices below and use the word box to write the name of the food. Next, draw a circle around the food that would be a healthy snack choice.

<b>fries</b>	<b>crackers</b>	<b>orange</b>	<b>donut</b>
<b>chips</b>	<b>milk</b>	<b>soda</b>	<b>celery</b>

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Make a goal to eat a healthy snack instead of a less healthy snack.

This week instead of \_\_\_\_\_  
I will eat \_\_\_\_\_