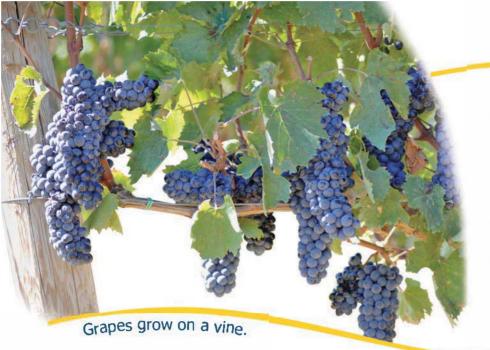
## **I Pledge Allegiance to My Health** This pledge can be read daily at school or at home with your family to remind you of all the ways to take care of your body!

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





Grapes are a fruit.

Grapes have vitamin K.

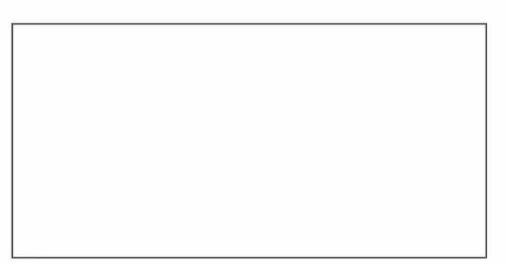
Vitamin K helps your blood act like glue and stick together on top of a cut.



Read the book Fruit is a Suitcase for Seeds! to learn more about fruit.

Write or draw how a grape grows.





## **Power Up with Fruits and Vegetables!**

Did you know that fruits and vegetables have important nutrients that your body needs? These nutrients help you grow and stay healthy.



Look at all the colorful fruits and vegetables that give you the nutrients you need! Draw a line to match the word and the picture. Talk with your friend about the produce you would like to try and why.

