

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!



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■ Grapes



Grapes grow on a vine.

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.

See the *Grape Shake* recipe in *Tasting Trios*.



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.

Vitamin C



Helps keep your gums healthy

Helps heal your cuts



Vitamin A



Helps keep your skin healthy

Helps you see



Calcium



Helps build strong bones and healthy teeth

Fiber

Helps keep a healthy heart



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.



Apple

Beet

Broccoli

Carrots

Peas

Raisins

Strawberry

