

# 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!

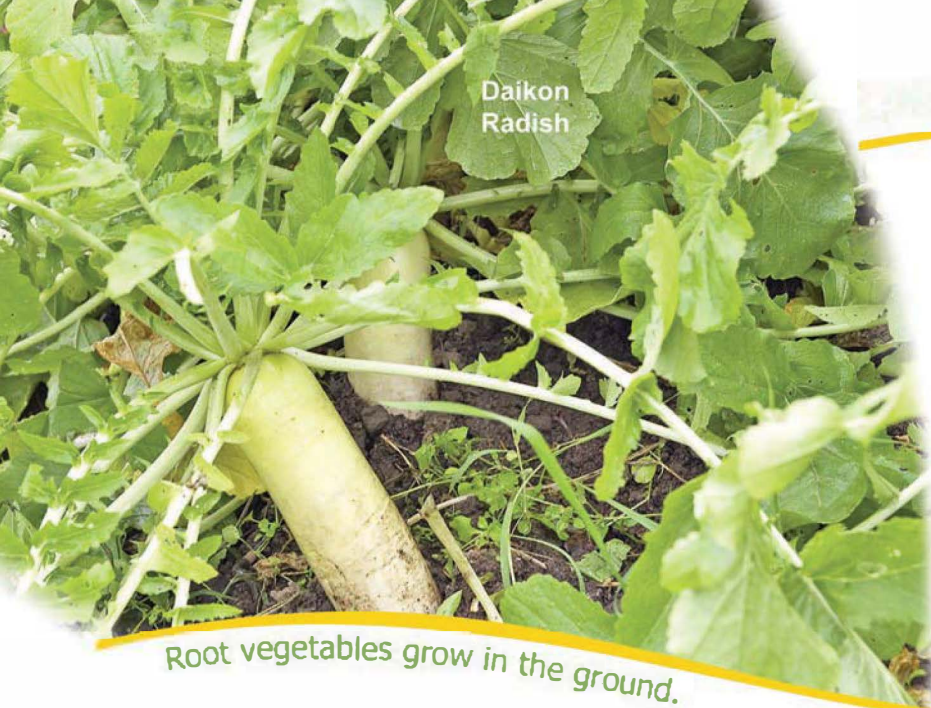
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I pledge allegiance to my health,  
to not compare myself to anyone else.  
With fruits and vegetables I'll fill my tray  
and get nice and sweaty every day.  
I have only this body and this one heart  
so today's the day I'm going to start  
eating 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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Root vegetables grow in the ground.

# Root Vegetables

Root vegetables include potatoes, beets, jicama, and onions.

Root vegetables have vitamin C.

Vitamin C keeps your gums healthy.

- Watch this video to learn about root vegetables! <http://bit.ly/1u8F3Qs>



- Write or draw how root vegetables grow.

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See the *Dig Into Roots* recipe in *Tasting Trios*.



# Brain Breaks!

Physical activity has many health benefits. It is good to be physically active every day because it:

- Gives you more energy
- Helps you keep a healthy body weight
- Helps build and keep healthy bones, muscles, and joints

Research has shown that brief bursts of exercise before taking tests helps students do better. In addition, regular activity breaks during the school day can help sharpen students' ability to focus and stay on task. When taking a break, do activities that get the body moving and the heart pumping, such as dancing, jumping, or running in place.



As a class, visit [vimeo.com/album/1637740](https://vimeo.com/album/1637740). This is a link to a list of over 50 *JAMmin' Minute* videos. *JAMmin' Minute* is a very quick and easy way to add exercise into the school day. After viewing the various videos, vote on activities that you would like to do in class to get a brain break. Use the space below to write what video your class chose and when you will take your brain break. Your teacher can help you complete this table.

JAMmin' Minute Video Number	Time of Day