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
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Salad greens grow on the ground.

Salad greens are vegetables.

Salad greens have vitamin A.

Vitamin A helps keep your eyes healthy.


Write or draw how salad greens grow.
You have more of a chance of getting cavities if you drink sugary drinks. Drink water instead of sugary drinks. Water is good for your health.

Sugar can be in foods and drinks in two ways:
1. Naturally, like in fruit and dairy products, which is part of the overall healthy package of nutrients that these foods have.
2. Added sugar, which adds calories but little or no nutrients.

Count the number of teaspoons of sugar in the soda, sports drink, and water.

- 12-ounce can of soda = [12 teaspoons of sugar]
- 20-ounce sports drink = [20 teaspoons of sugar]
- 20-ounce bottled water = [0 teaspoons of sugar]

I will drink less and drink more.