

I Pledge Allegiance to My Health

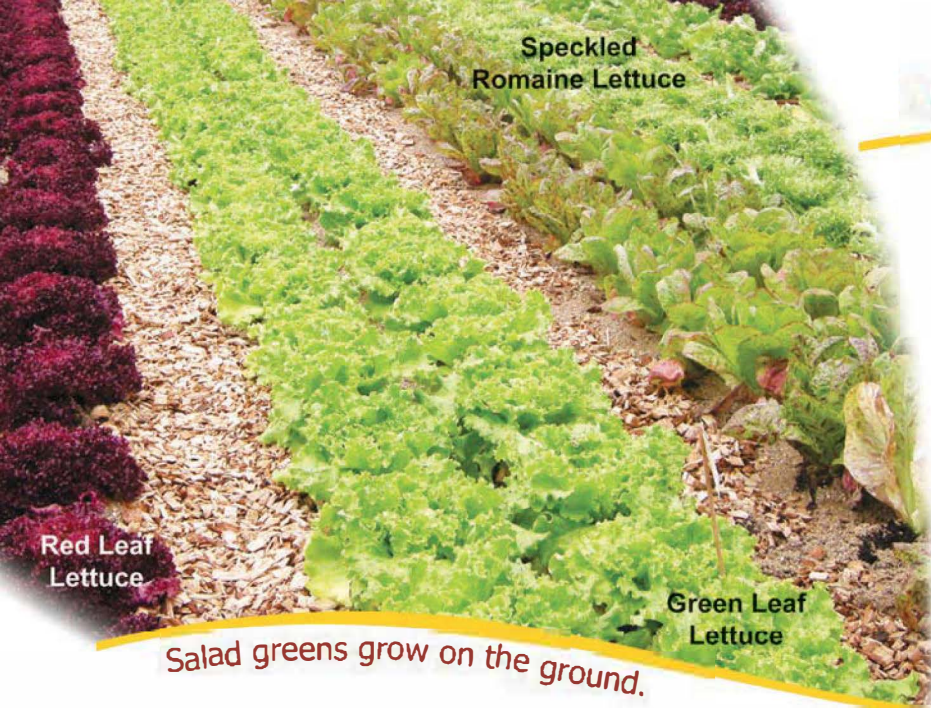
This pledge can be read daily at school or at home with your family to remind you of all the ways to take care of your body!



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
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Salad Greens

Salad greens are vegetables.
Salad greens have vitamin A.
Vitamin A helps keep your eyes healthy.

- Watch this video to learn about a farmer who grows spinach! <http://bit.ly/1NCzqD8>



- Write or draw how salad greens grow.

Four sets of primary writing lines (top solid, middle dashed, bottom solid) for student response.

See the *Spinach Cranberry Salad* recipe in *Tasting Trios*



A large empty rectangular box for drawing or writing.

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 =

_____ teaspoons of sugar



20-ounce sports drink =

_____ teaspoons of sugar



20-ounce bottled water = _____ teaspoons of sugar

I will drink less

and drink more