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!

Name

_I Pledge Allegiance to My Health_ created by Mandy Richardson, Teacher on Special Assignment
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Kiwis are a fruit.

Kiwis have vitamin K.

Vitamin K helps heal cuts faster.

You can eat the skin of kiwis.

Complete the following sentences.

Kiwis are _______________________.

Kiwis have _______________________.

Write two words that describe how kiwis taste. See the last page for adjectives.

1. _________________________

2. _________________________

See the Kool Kiwi Kabob recipe in Tasting Trios.

Draw a picture of a kiwi.
Choose a Healthy Breakfast Plate

Eating breakfast every morning is the smart thing to do. Breakfast is the most important meal of the day. It helps “power up” your body so you have the energy to do the physical activities you love. Did you know that eating breakfast can also help you do better in school?

Build a healthy breakfast by picking one food from at least three food groups. You can look on the next page to help you. Draw a picture of the food you chose in the correct food group section on your plate. Share your breakfast idea with your classmates.
**Foods Found in MyPlate**

**FRUITS**
- Apples
- Bananas
- Blueberries
- Cantaloupe
- Cherries
- Grapefruit
- Grapes
- Kiwis
- Oranges
- Peaches
- Pineapple
- Plums
- Prunes
- Raspberries
- Strawberries
- Watermelon
- 100% fruit juice

**GRAINS**
- Breakfast cereal
- Brown rice
- Corn flakes
- Crackers
- Grits
- Macaroni
- Noodles
- Oatmeal
- Popcorn
- Pretzels
- Spaghetti
- Tortillas like corn, flour, and whole wheat
- Whole wheat bread, cereals crackers and pastas

**VEGETABLES**
- Asparagus
- Beans like lima, kidney, and pinto*
- Beets
- Bell peppers**
- Broccoli
- Carrots
- Cauliflower
- Corn**
- Dark green leafy lettuce
- Green beans**
- Green peas*
- Kale
- Lettuce
- Potatoes
- Pumpkin**
- Radish
- Spinach
- Squash**
- Sweet potatoes
- Tomatoes**
- Turnip
- Vegetable juice
- Zucchini**

*beans and peas can also go in the protein group
**these vegetables are the fruit part of the plant because they contain the seeds of the plant

**PROTEIN FOODS**
- Beans and peas (see vegetables)
- Beef
- Chicken
- Eggs
- Fish
- Nuts like almonds, cashews, and walnuts
- Peanut butter
- Sunflower seeds
- Turkey
- Veggie burger

**DAIRY**
- Cheese
- Non-fat or low-fat milk
- Non-fat or low-fat yogurt
Adjectives

Adjectives are describing words. Here are a few adjectives you can use when describing the different fruits and vegetables using the five senses.

**See**
- Green
- Red
- Orange
- Purple
- Yellow
- Brown
- Tan
- White
- Blue
- Light (+color)
- Dark (+color)
- Colorful
- Appealing
- Appetizing
- Shiny
- Small
- Medium
- Large
- Thick
- Thin
- Long
- Short
- Skinny
- Round
- Oval
- Twisted

**Touch**
- Crunchy
- Crisp
- Soft
- Hard
- Juicy
- Light
- Heavy
- Sticky
- Smooth
- Wet
- Firm
- Bumpy
- Dry
- Mushy
- Tough
- Rough
- Chewy
- Cold
- Warm
- Hot
- Silky
- Furry

**Taste**
- Sweet
- Sour
- Bitter
- Delicious
- Fresh
- Tangy
- Tart
- Tasteless
- Tasty
- Plain
- Mouth-watering
- Yummy
- Good
- Bad
- Refreshing

**Hear**
- Crunchy
- Crisp
- Juicy
- Squeaky
- Noisy

**Smell**
- Sweet
- Sour
- Bitter