

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
Network for a Healthy California-Hawthorne School District

Strawberries



Strawberries grow on the ground.

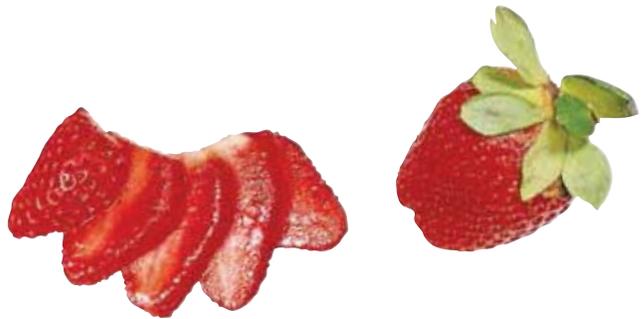
Strawberries are a fruit.

Strawberries have phytochemicals.

Phytochemicals help your body stay healthy.

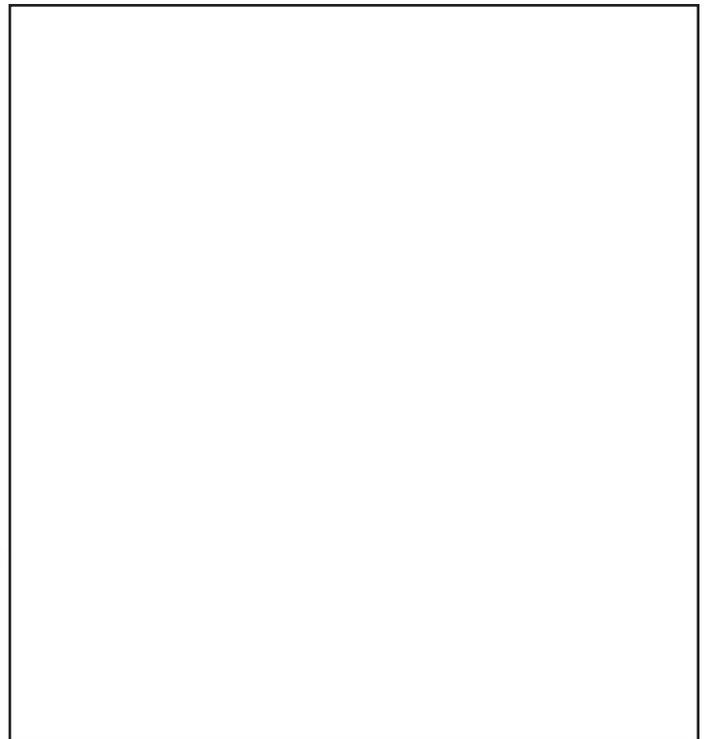
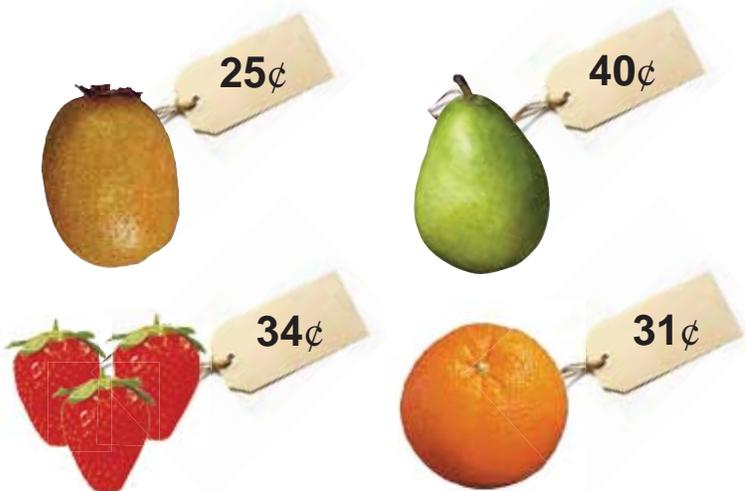
Phytochemicals give fruits and vegetables their bright colors.

See the *Strawberry Shortcake* recipe in *Tasting Trios*.



■ Watch this video to learn how strawberries get to the store! <http://bit.ly/V6dJYn>

■ Ryan has 3 dimes and 4 pennies. Circle the food item he can buy. Use pictures, words, or equations to explain your thinking.



Energize Your Day by Adding Fruits and Vegetables!

Did you know fruits and vegetables have important vitamins and minerals that your bodies need? They help you grow and stay healthy. Fruits and vegetables give you extra energy to do well in school and sports. It is important to make sure you eat fruits and vegetables every day. Draw a circle around the fruits and a rectangle around the vegetables.



cabbage



avocado



raisins

jicama



radish



tomato



kiwi



orange

Suggestions on how to add fruits and vegetables to power up your day!

Breakfast



Add fruit to your breakfast cereal.

Write the name of the fruit you will add to your cereal.

Lunch



Add vegetables to your sandwich.

Write the name of the vegetable you will add to your sandwich.

Dinner



Eat a salad with dinner.

Write the name of the vegetable you will include in your salad.
