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
Network for a Healthy California-Hawthorne School District
Write three sentences about avocados.

Avocados are a fruit.

Avocados have unsaturated fat.

Unsaturated fat may be good for your heart.

See the California Stacker (Avocados) recipe in Tasting Trios.

Ryan has 2 dimes and 3 pennies. Circle the food item he can buy.

25¢ 34¢ 50¢ 23¢

Draw or write to explain.
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.

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

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Add fruit to your breakfast cereal.</th>
<th>Write the name of the fruit you will add to your cereal.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td>Add vegetables to your sandwich.</td>
<td>Write the name of the vegetable you will add to your sandwich.</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td>Eat a salad with dinner.</td>
<td>Write the name of the vegetable you will include on your salad.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- cabbage
- jicama
- tomato
- raisins
- avocado
- cabbage
- avocado
- radish
- kiwi
- orange