

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



Avocados grow on a tree.

Pinkerton
Avocado

■ Avocado

Avocados are a fruit.

Avocados have
unsaturated fat.

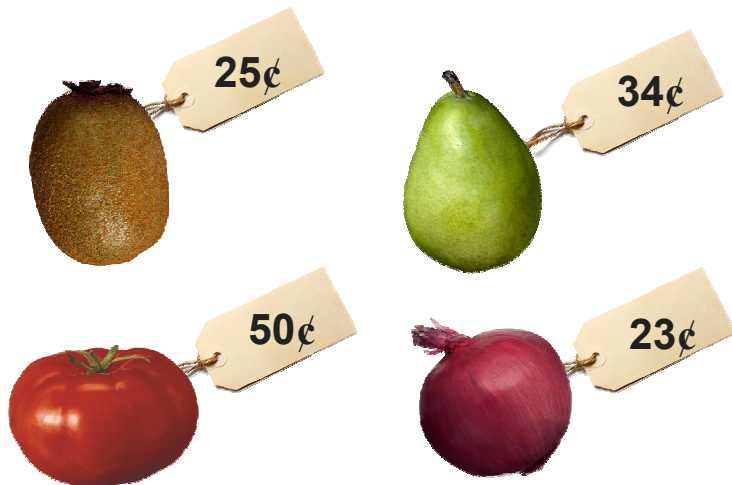
Unsaturated fat may
be good for your heart.



Hass Avocado

Write three sentences about avocados.

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



Draw or write to explain.

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



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 on your salad.
