

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

■ Cooked Greens

Cooked greens are vegetables.

Cooked greens have calcium.

Calcium keeps bones strong.



Bok Choy

Cooked greens grow on the ground.

- Watch this video to learn about a farmer who grows greens! <https://goo.gl/r6Dpo9>



Mustard Greens

Collard Greens

- Sam has 11 bunches of bok choy in his garden. Ana has 6 bunches of bok choy in her garden. How many more bunches of bok choy does Sam have than Ana? Use pictures, words, or numbers to explain your thinking.

Show your work.

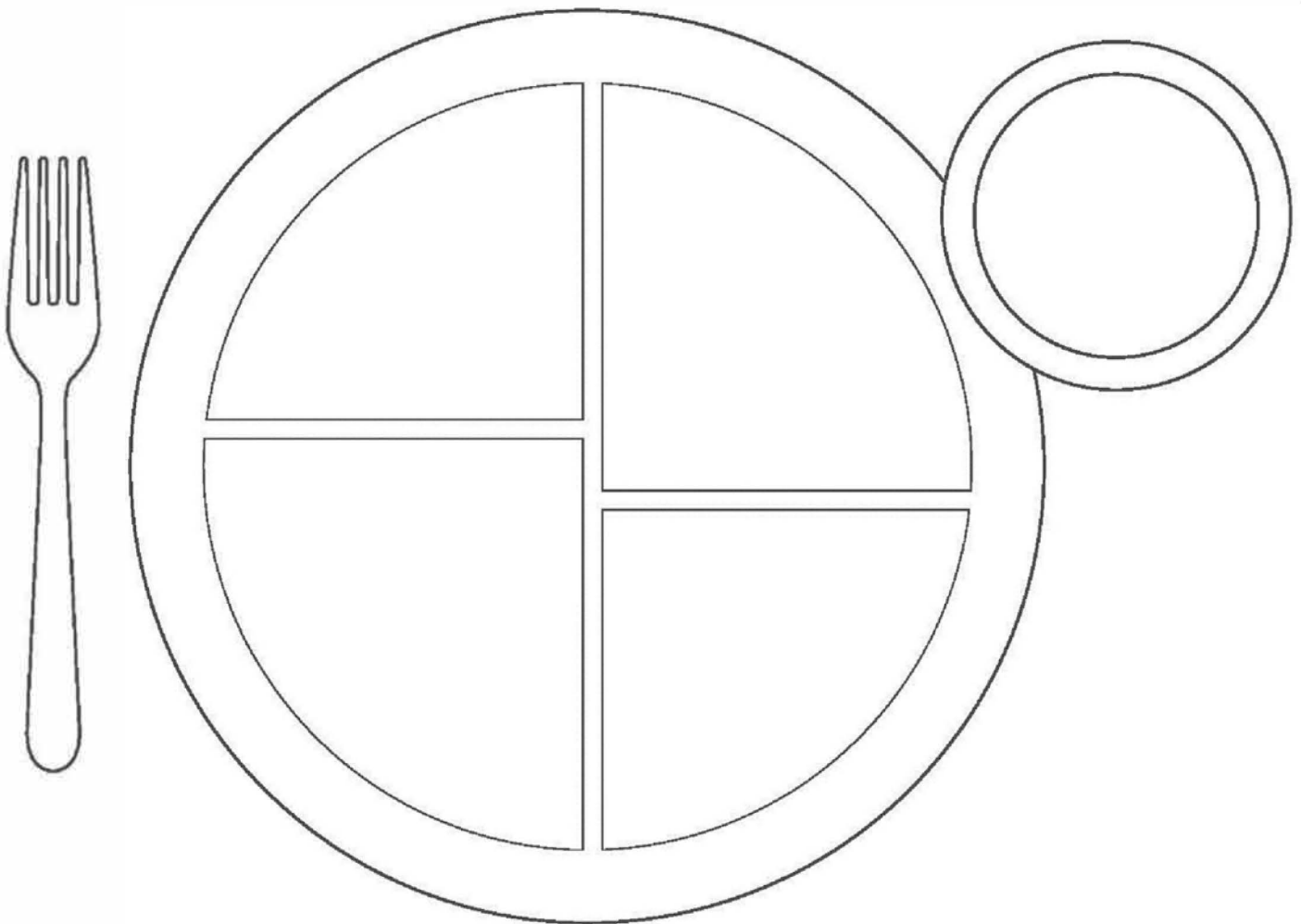
See the *Krazy Kale Salad* recipe in *Tasting Trios*.



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.



ChooseMyPlate.gov

Foods Found in MyPlate



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



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



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



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



Cheese
 Non-fat or low-fat milk
 Non-fat or low-fat yogurt

