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
Cooked greens are vegetables.

Cooked greens have calcium.

Calcium keeps bones strong.

Watch this video to learn about a farmer who grows greens! [https://goo.gl/r6Dpo9](https://goo.gl/r6Dpo9)

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

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

**BREAKFAST CEREAL**
- Breakfast cereal
- Brown rice
- Corn flakes
- Crackers
- Grits
- Macaroni
- Noodles
- Oatmeal

**GRAINS**
- 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