

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



Snow Peas

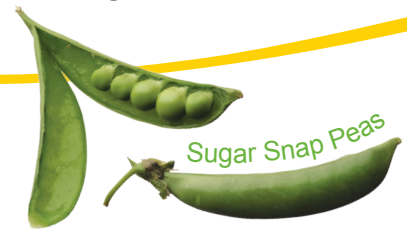
■ Peas

Peas can go in the protein, vegetable, or fruit group.

Peas have protein.

Protein helps your muscles stay strong.

Peas grow in a pod. The pods grow on a bush or a vine.



Sugar Snap Peas

Write a sentence about peas.

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

Show your work.

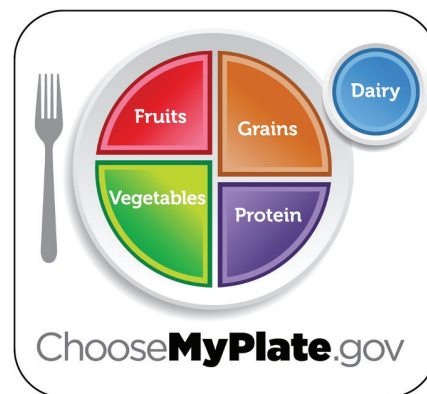
See the *Pea Dippin' Good* recipe in *Tasting Trios*.



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.



Foods Found in MyPlate



Apples
Bananas
Blueberries
Cantaloupe
Cherries
Grapefruit
Grapes
Kiwis
Oranges

Peaches
Pineapple
Plums
Prunes
Raisins
Raspberries
Strawberries
Watermelon
100% fruit juice



Breakfast cereal
Brown rice
Corn flakes
Crackers
Grits
Macaroni
Noodles
Oatmeal

Popcorn
Pretzels
Spaghetti
Tortillas like corn, flour, and whole wheat
Whole wheat bread, cereals crackers and pastas



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 (see vegetables)
Beef
Chicken
Eggs
Fish
Nuts like almonds, cashews, and walnuts

Peanut butter
Sunflower seeds
Turkey
Veggie burger



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

*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