

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

Stone Fruit



Peaches

Stone fruit grows on a tree.

Stone fruit have a large seed or stone in the middle of the fruit.

Stone fruit have vitamin A.

Vitamin A keeps your skin healthy.

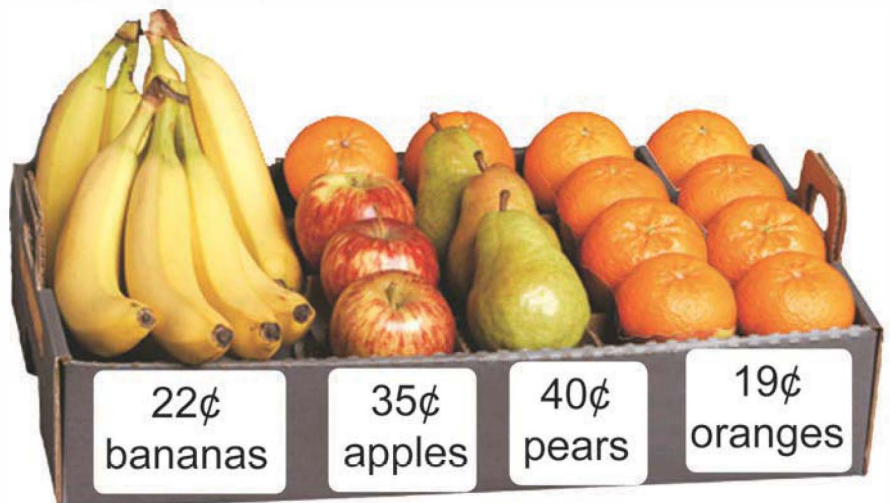


- Watch this video to learn about a farmer who grows peaches! <http://bit.ly/1GzPxgn>

- Write a sentence describing how you like to eat stone fruit.

- Isabel has one quarter. Which fruit can she buy? Circle your answers.

See the *Peachy Parfait* recipe in *Tasting Trios*.



Make Plans for a Healthy Summer!

Congratulations on your discovery of so many delicious fruits and vegetables! Over the summer it is important to continue to eat plenty of colorful fruits and vegetables every day. Write a letter to your parents about the fruits and vegetables you would like your family to eat over the summer.



Dear _____

Greeting

Date

B
o
d
y

Closing

Name