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
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/1GzPxn]

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

Body


Closing

Name

RI.1.3, RI.1.7, RI.1.8; W.1.2, W.1.8; Health Ed Standard: Growth and Development: Essential Concepts 1.3.G,
Personnel & Community Health: Analyzing Influences 2.1.P; Health Promotion 8.2.P