

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!



I Pledge Allegiance to My Health created by
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Beets grow under the ground.

Beets

Nutrition Facts

Serving Size: ½ cup cooked beets, sliced (85g)

Calories 37

Calories from Fat 1

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Sugars 7g	
Protein 1g	

Vitamin A 1%

Calcium 1%

Vitamin C 5%

Iron 4%

Other nutrients: Folate (17%), Potassium (7%), Magnesium (5%),

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11081



- A ½ cup of cooked, sliced beets is a source of fiber.
- Sugar beets contain a natural sugar called sucrose and contain twice the amount of sugar as table beets. They provide about one-third of the world's table sugar supply.
- Romans were some of the first to grow and develop beets for their roots and used them for feeding animals. Greeks were the first to consume both roots and leaves.
- Growing beets adds minerals to the soil, as the leaves are made up of 25% magnesium, which is great for compost piles.

- Visit <http://bit.ly/2HEt65L> to learn all about the parts of the plant and how we eat them. Then, play “Supermarket Botany” and see the different parts of the plant we eat! Based on the information above, draw a beet plant and label the parts we eat.

See the *Golden Mandarin Beets* recipe in *Tasting Trios*.

