I Pledge Allegiance to My Health

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, Hawthorne School District
Half of a medium persimmon is good source of vitamin C.
Persimmon trees are also used for timber (used in golf clubs, fabrics, and furniture), wildlife (flowers produce nectar for honeybees), and beautification.
In Asia, persimmons have been grown for thousands of years and are close to citrus fruit in importance, both culturally and economically.
The art of hoshigaki – hand-dried persimmons – is an important part of traditional Japanese New Year’s celebrations.

Click here to learn more about persimmons and watch a recipe demonstration.
Using the information you learned from the video, compare, contrast, and find similarities between the Fuyu persimmons and the Hachiya persimmons.
Eat Fruits and Vegetables Every Day!

Why do we need fruits and vegetables? Fruits and vegetables contain important vitamins and minerals that your body needs to help you grow and stay healthy. Four important vitamins and minerals are listed on the Nutrition Facts label. They are vitamin A, vitamin C, calcium, and iron.

- **Calcium** helps build strong **bones** and healthy **teeth**.
- **Iron** helps red blood cells carry **oxygen** to all the parts of the body.
- **Vitamin A** helps your body maintain healthy **eyes** and **gums**.
- **Vitamin C** helps the body **heal** cuts and wounds and maintain healthy **skin**.

Fill in the blanks.

1. Calcium helps build strong ____________ and healthy ______________.

2. Iron helps red blood cells carry ____________ to all the parts of the body.

3. Vitamin A helps your body maintain healthy ____________ and ______________.

4. Vitamin C helps the body ____________ cuts and wounds and maintain healthy ____________.