

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



Fuyu Persimmons

persimmons grow on a tree.

Persimmons

Nutrition Facts	
Serving Size: ½ medium persimmon (84g)	
Calories 59	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 0g	
Vitamin A 27%	Calcium 1%
Vitamin C 11%	Iron 1%
Source: www.nal.usda.gov/fnic/foodcomp/search/ NDB No: 09263	

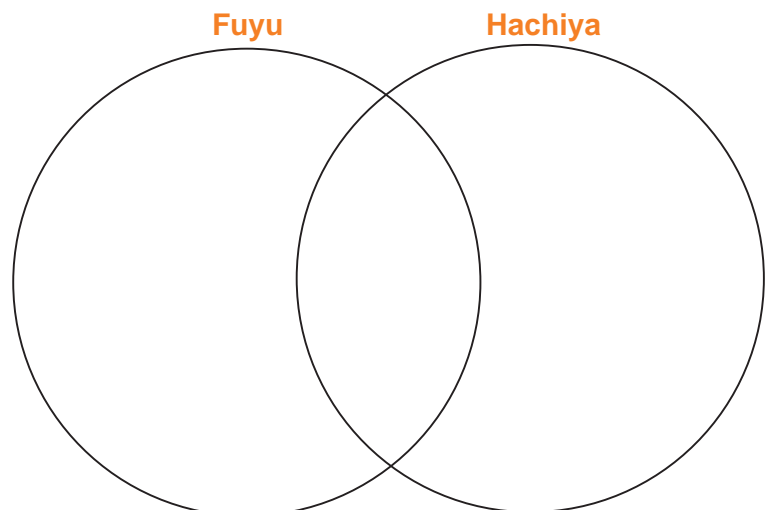
- Half of a medium persimmon is good source of vitamin C.
- Persimmon trees are also used for timber (used in golf clubs, fabrics, and furniture), wildlife (flowers produce nectar for honeybees), and beautification.
- In Asia, persimmons have been grown for thousands of years and are close to citrus 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.



Hachiya Persimmons

- [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.

See the *Persimmon Apple Delight* recipe in *Tasting Trios*.



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.



bones

eyes

gums

heal

oxygen

skin

teeth

■ 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 _____.