

# 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!

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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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Grape Tomatoes

## ■ Tomato

### Nutrition Facts

Serving Size: ½ cup tomatoes, sliced (90g)	
Calories 16	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 1g	
Vitamin A 15%	Calcium 1%
Vitamin C 19%	Iron 1%
Other nutrients: Vitamin K (9%), Potassium (6%)	

Tomatoes grow on a bush.

- A ½ cup of tomatoes is a good source of vitamin A and C.
- Americans eat more than 22 pounds of tomatoes each year, and more than half of this amount in the form of ketchup and/or tomato sauce.
- Tomatoes are grown in every state in the United States except Alaska.
- In the 1893 U.S. Supreme court case of “Nix v. Hedden,” the tomato was declared a vegetable, along with cucumbers, squashes, beans, and peas.
- Write one way you can eat tomatoes at home.



Huevos Rancheros



- List two adjectives to describe the way tomatoes taste, look, or smell. You can use the list of adjectives on the last page to help you.

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Vitamin A helps your body maintain healthy eyes and skin.

- Find and circle vitamin A on the Nutrition Facts label.
- A ½ cup of sliced tomatoes has 15% of the Daily Value (DV) for vitamin A. Find and circle 15% DV on the Nutrition Facts label.

# Adjectives

Adjectives are describing words. Here are a few adjectives you can use when describing the different fruits and vegetables using the five senses.



Green  
Red  
Orange  
Purple  
Yellow  
Brown  
Tan  
White  
Blue  
Light (+color)  
Dark (+color)  
Colorful  
Appealing  
Appetizing  
Shiny  
Small  
Medium  
Large  
Thick  
Thin  
Long  
Short  
Skinny  
Round  
Oval  
Twisted

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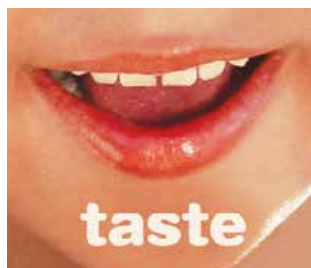


Crunchy  
Crisp  
Soft  
Hard  
Juicy  
Light  
Heavy  
Sticky  
Smooth  
Wet  
Firm  
Bumpy  
Dry  
Mushy  
Tough  
Rough  
Chewy  
Cold  
Warm  
Hot  
Silky  
Furry

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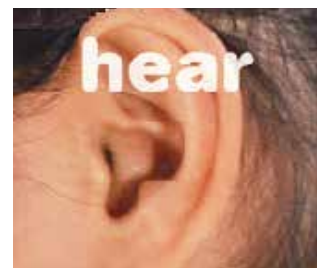


Sweet  
Sour  
Bitter  
Delicious  
Fresh  
Tangy  
Tart  
Tasteless  
Tasty  
Plain  
Mouth-watering  
Yummy  
Good  
Bad  
Refreshing

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Crunchy  
Crisp  
Juicy  
Squeaky  
Noisy

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Sweet  
Sour  
Bitter

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