

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
Mandy Richardson, Teacher on Special Assignment
Network for a Healthy California-Hawthorne School District

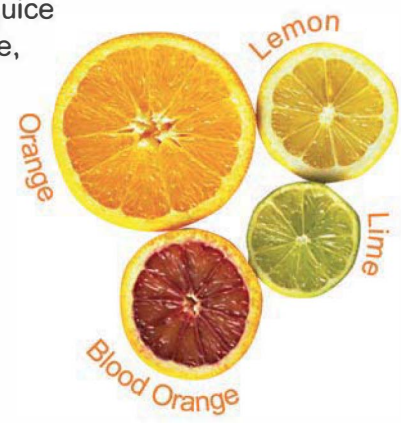


Citrus fruits grow on a tree.

Citrus Fruits

Nutrition Facts	
Serving Size: ½ cup mandarin, sections (98g)	
Calories 52	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	7%
Sugars 10g	
Protein 1g	
Vitamin A 13%	Calcium 4%
Vitamin C 43%	Iron 1%
Other nutrients: Potassium (5%)	
Source: www.nal.usda.gov/fnic/foodcomp/search/ NDB No: 09218	

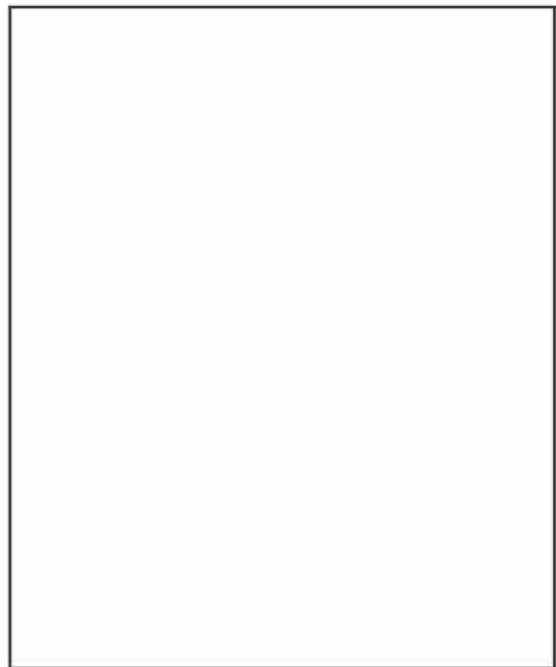
- A ½ cup of mandarin orange sections is a source of potassium.
- There is no waste in the processing of citrus fruits. The juice is used for fresh juice and refined into vinegars and syrups; the peel is used to make oils, marmalade, pectin, and citric acid; seeds are used to make oils.
- Clementine mandarins are available from November to January leading to their nickname as “Christmas Oranges.”
- Watch this video and learn about a citrus farmer! <http://bit.ly/1Dgo85t>



Activity

- 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 an orange tree and label the parts we eat.



See the *Sunny Breeze* recipe in *Tasting Trios*.



rethink YOUR DRINK


Sugar can be in foods and drinks in two ways:

- Naturally, like in fruit and dairy products, which is part of the overall healthy package of nutrients that these foods have
- Added sugar, which adds calories but little or no nutrients

Rethink Your Drink by:


- Drinking water instead of sugary drinks
- Switching to non-fat or low-fat (1%) milk instead of whole milk
- Selecting 100% fruit juice, but in limited amounts, and no more than 4-6 ounces per day
- How many teaspoons of added sugar are in these drinks?





12-ounce can of soda =

_____ teaspoons






20-ounce juice drink =


_____ teaspoons





20-ounce sports drink =

_____ teaspoons



- How many teaspoons of sugar does water have? _____
- Set a healthy beverage goal!

I will drink less _____ and more _____.