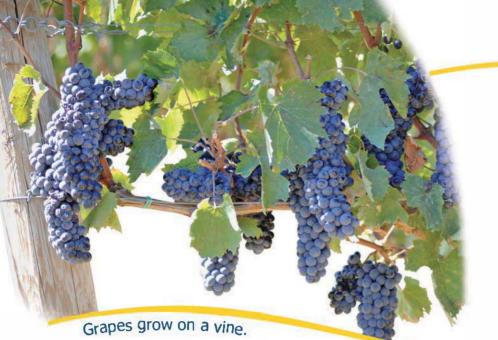
I Pledge Allegiance to My Health

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





Nutrition Facts

Calories 52 Calo	ories from Fat 0
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	3%
Sugars 12g	
Protein 1g	
Vitamin A 1%	Calcium 1%
Vitamin C 14%	Iron 2%
Other nutrients: Vitamin K (14%)

- A ½ cup of red or green grapes is a good source of vitamin K.
- Grapes are actually berries and they are made up of about 80% water.
- On average, there are over 100 grapes in a bunch.
- Grapevines need to grow two years before the first grapes are ready to harvest.
- Concord grapes are one of the only three fruits native to North America.
- Watch this video and learn about a grape farmer! http://bit.ly/1CyP1kb

Activity

After watching the video, explain how grapes grow. Also explain what kind of weather helps grapes grow big and sweet.





Read It Before You Eat It

You know how books have a table of contents that explains what's inside? Or maybe you have a toy that came with a diagram that identified each small piece. Nutrition labels are sort of like that. They tell you what's inside the food you're eating and list its parts.

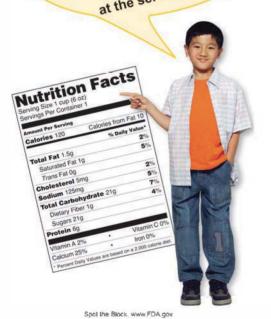
The Nutrition Facts food label gives you information about which nutrients are in the food. Your body needs the right combination of nutrients, like vitamins, to work properly and grow. Other information on the label is given in percentages. The percent daily value (% Daily Value or % DV) on a food label tells you how this food can help someone meet these daily goals. The % Daily Value shows whether the food is a high or low source of a nutrient.

How many servings are

you eating? The label also tells you how many servings are

contained in that package of food. The information on the label only lists nutrients for one serving. If you eat two servings, you have to double all the nutrients. The new total is what you use to compare to the % DV.

It is important to look at the serving size first!



Macaroni and Cheese

Nutrition Facts

Serving Size 1 cup (228a) Servings Per Container 2

Amount Per Serving				
Calories 250	Calories from Fat 110			

% Daily Valu	
Total Fat 12g	18%
Saturated Fat 3g	15%
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	

Protein 5q

Vitamin A

Sodium

Total Carbohydrate

Dietary Fiber

Carcium	20%	IIOII	4%		
Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:					
	Calories:	2,000	2,500		
Total Fat	Less than	65g	30g		
Sat Fat	Less than	20g	259		
Cholesterol	Less than	300ma	300000		

4%

Circle the "Serving Size" on the Nutrition Facts label.

2,400mg

300g

2.400mg

375g

Villamin C

Put a check by the nutrients that you want to limit.

Put a star by the nutrients that you want to get enough of every day.

Visit a Nutrition Facts Label lesson and activity at http://bit.ly/1oLVft6

Get What You Need!

% or more is high

% or more

