

I Pledge Allegiance to My Health

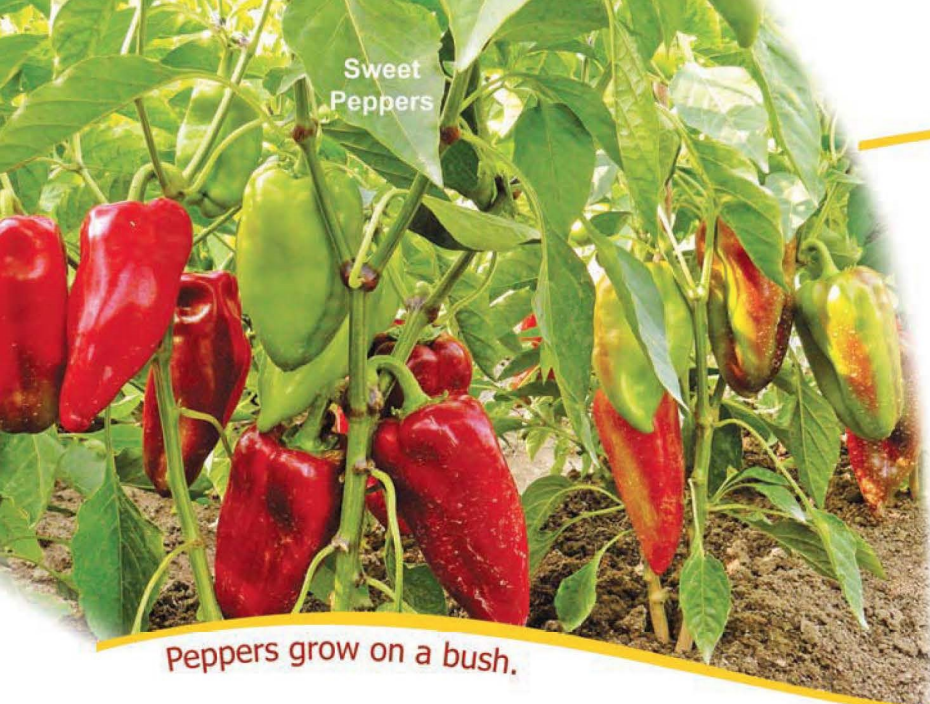
This pledge can be read daily at school or at home with your family to remind you of all the ways to take care of your body!



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
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Peppers grow on a bush.

Peppers

Nutrition Facts

Serving Size: ½ cup sweet red peppers, chopped (75g)

Calories 23 Calories from Fat 1

% Daily Value

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 3mg 0%

Total Carbohydrate 5g 2%

Dietary Fiber 2g 6%

Sugars 3g

Protein 1g

Vitamin A 47% Calcium 1%

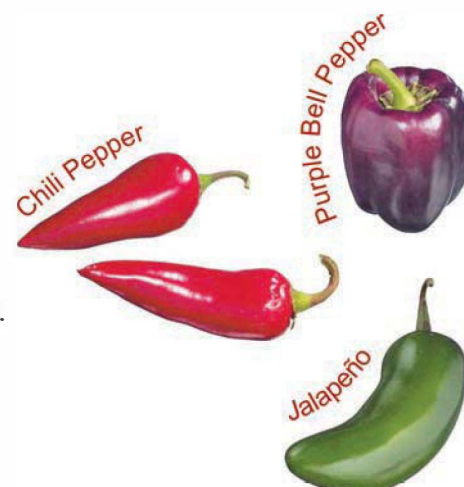
Vitamin C 158% Iron 2%

Other nutrients: Vitamin B6 (11%), Folate (8%), Vitamin E (6%)

Source: www.nal.usda.gov/fnic/foodcomp/search/

NDB No: 11821

- A ½ cup of sweet green peppers is an excellent source of vitamin C.
- By weight, green bell peppers have twice as much vitamin C as citrus fruit. Red bell peppers have three times as much.
- Peppers are grouped into two categories: hot (chili) and sweet peppers.
- Hot peppers can be picked at any stage, but are hottest when fully ripe.
- When left to ripen, sweet peppers mature into red, yellow, orange, and purple peppers with different levels of sweetness.



- Watch this video and learn about a pepper farmer! <http://bit.ly/1F4AJpV>

Activity

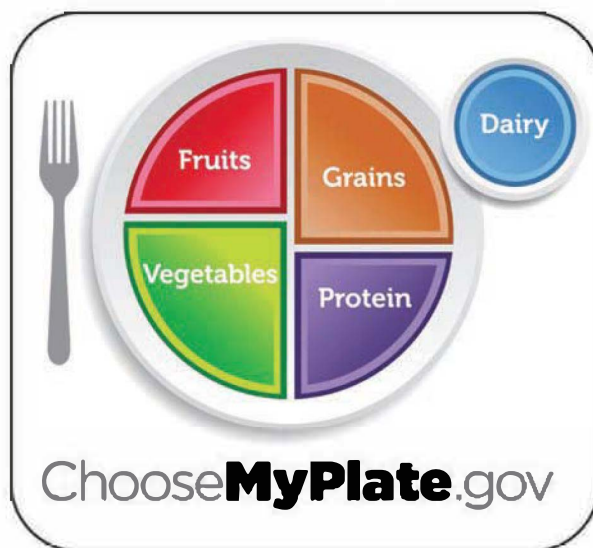
- Think about the different types of peppers and pick your favorite. On a separate piece of paper, draw a greenhouse and describe the environment you will need for your pepper to grow. Include information like temperature, amount of sunlight, and amount of water.

See the *Pea Dippin' Good* recipe in *Tasting Trios*.



MyPlate

MyPlate shows the five food groups using a plate. Each part of the plate shows an important food group. The red part is the fruit group. The green part is the vegetable group. The orange part is the grain group. The purple part is the protein group. The blue part is the dairy group. Draw in healthy foods you would like to eat from the five food groups. Use the *Foods Found in MyPlate* on the next page to help you. For more activities, games, and videos visit: www.ChooseMyPlate.gov/kids



Foods Found in MyPlate



Apples	Peaches
Bananas	Pears
Blueberries	Pineapple
Cantaloupe	Plums
Cherries	Raisins
Grapefruit	Raspberries
Grapes	Strawberries
Kiwis	Watermelon
Oranges	100% fruit juice



Breakfast cereal	Popcorn
Brown rice	Pretzels
Corn flakes	Spaghetti
Crackers	Tortillas like corn, flour, and whole wheat
Grits	Whole wheat bread, cereals, crackers, and pastas
Macaroni	
Noodles	
Oatmeal	



Asparagus	Kale
Beans like lima, kidney, and pinto*	Lettuce
Beets	Potatoes
Bell peppers**	Pumpkin**
Broccoli	Radish
Carrots	Spinach
Cauliflower	Squash**
Corn	Sweet potatoes
Dark green leafy lettuce	Tomatoes**
Green beans**	Turnip
Green peas*	Vegetable juice
	Zucchini**

*beans and peas can also go in the protein group
 **these vegetables are the fruit part of the plant because they contain the seeds of the plant



Beans and peas (see vegetables)	Peanut butter
Beef	Sunflower seeds
Chicken	Turkey
Eggs	Veggie burger
Fish	
Nuts like almonds, cashews, and walnuts	



Cheese
 Non-fat or low-fat milk
 Non-fat or low-fat yogurt

