

# 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!

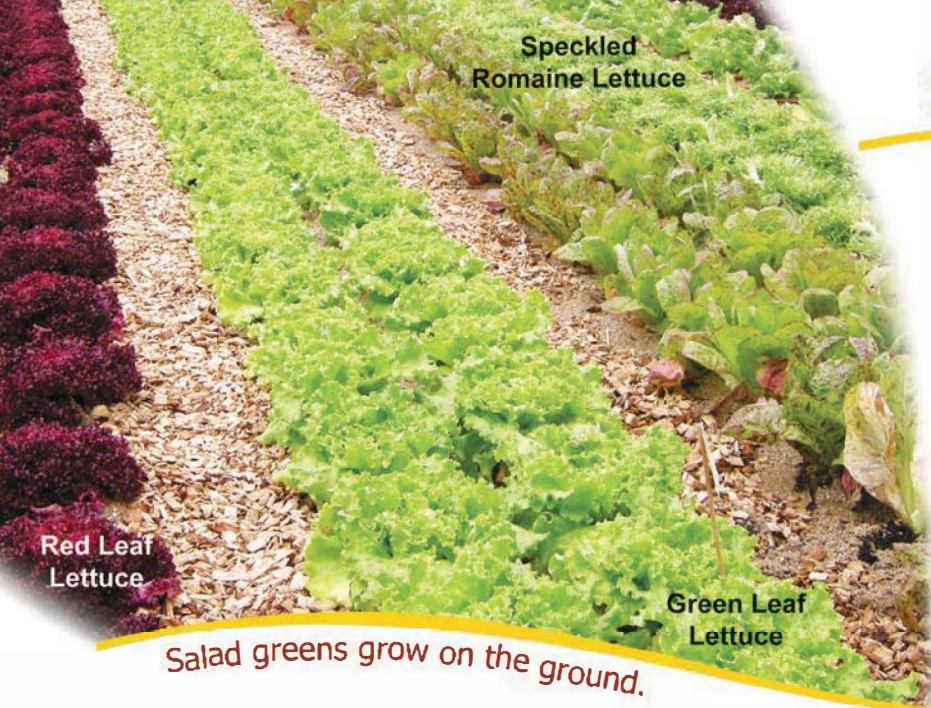
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I pledge allegiance to my health,  
to not compare myself to anyone else.  
With fruits and vegetables I'll fill my tray  
and get nice and sweaty every day.  
I have only this body and this one heart  
so today's the day I'm going to start  
eating 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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Network for a Healthy California-Hawthorne School District

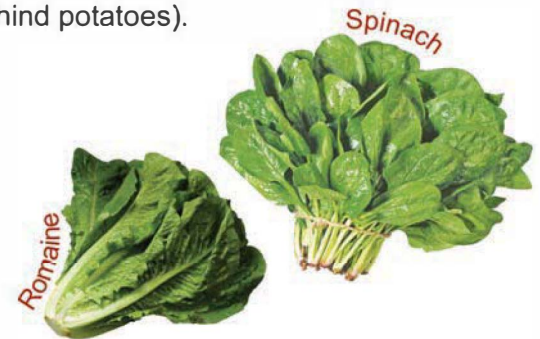


# Salad Greens

Nutrition Facts	
Serving Size: 1 cup red leaf lettuce, shredded (28g)	
Calories 4	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	1%
Sugars 0g	
Protein 0g	
Vitamin A 42%	Calcium 1%
Vitamin C 2%	Iron 2%
Other nutrients: Vitamin K (49%)	
Source: <a href="http://www.nal.usda.gov/fnic/foodcomp/search/">www.nal.usda.gov/fnic/foodcomp/search/</a>	
NDB No: 11257	

- One cup of salad greens provides an excellent source of vitamin A.
- Lettuce was among the first vegetables brought to the New World by Christopher Columbus.
- Wild forms of lettuce in Egyptian tomb paintings and written accounts of lettuce that date back to 79 A.D. all support evidence that salad greens are one of the oldest known vegetables.
- In the United States, lettuce is the second most popular vegetable (behind potatoes).

■ Watch this video and learn about a farmer who grows salad greens!  
<http://bit.ly/1NCzqD8>



## Activity

■ Think about the different types of salad greens and pick your favorite. On a separate piece of paper, draw your salad green growing using hydroponics. Describe the environment you will need for your salad greens to grow. Be sure to include information like ideal temperature, amount of sunlight, and type of water.

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See the *Spinach Cranberry Salad* recipe in *Tasting Trios*.



# Power Your Day With Breakfast

Eating breakfast every morning is the smart thing to do. Breakfast is the most important meal of the day. It helps “power up” your body so you have the energy to do the activities you love. Breakfast can even help you do better in school!

**Dairy**  
Get your calcium-rich foods.

**Fruit**  
Focus on fruits.

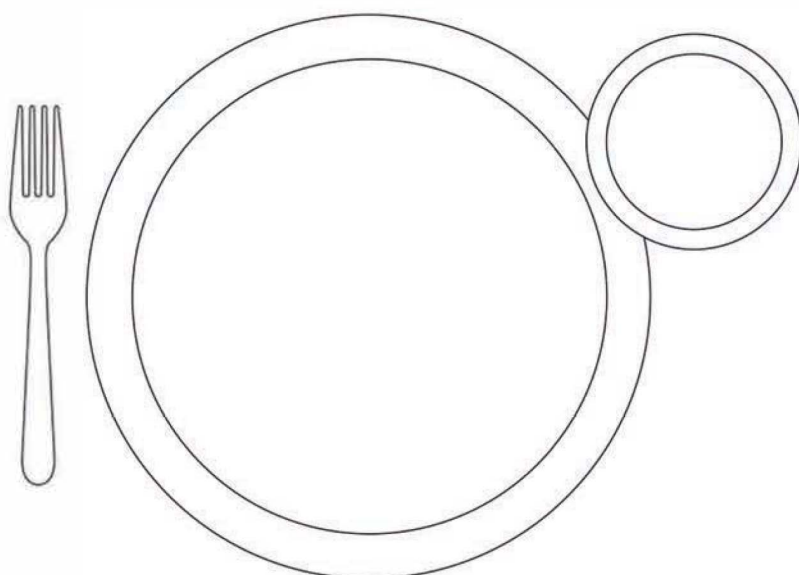


**Grains**  
Make half your grains whole.

**Vegetables**  
Vary your veggies.

**Protein Foods**  
Go lean with protein.

Plan a nutritious breakfast below. Choose one food from at least three different food groups. Your breakfast should include a protein source from the dairy or protein food group plus two other food groups. Write the name of your nutritious food choices on the first line. Then, write the name of the food group each food is from on the second line. For nutritious food ideas, refer to the next page.



Example: **whole wheat toast** from the **grain** food group

\_\_\_\_\_ from the \_\_\_\_\_ food group.

\_\_\_\_\_ from the \_\_\_\_\_ food group.

\_\_\_\_\_ from the \_\_\_\_\_ food group.

\_\_\_\_\_ from the \_\_\_\_\_ food group.

\_\_\_\_\_ from the \_\_\_\_\_ food group

(name of food) (name of food group)



# Foods Found in MyPlate



FRUITS

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



GRAINS

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



VEGETABLES

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



PROTEIN FOODS

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



DAIRY



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