

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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Strawberries

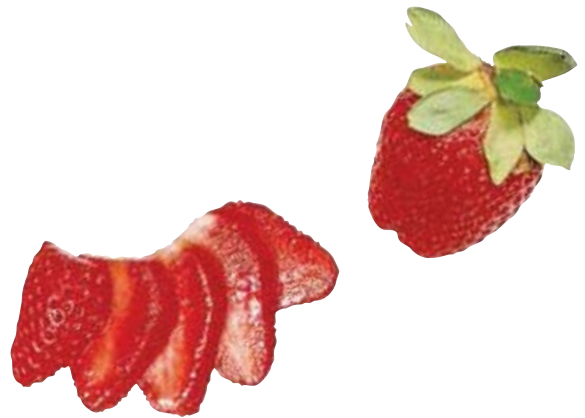


Strawberries grow on the ground.

Nutrition Facts	
Serving Size: ½ cup strawberries, sliced (83g)	
Calories 27	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Sugars 4g	
Protein 1g	
Vitamin A 0%	Calcium 1%
Vitamin C 81%	Iron 2%

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 09316

- A ½ cup of sliced strawberries provides more than 80% of the recommended Daily Value of vitamin C.
- Strawberries are usually the first fruit to ripen in the spring.
- On average, there are 200 tiny seeds on every strawberry.
- The seeds of the strawberry are really the fruit while the red fleshy part is the part that holds the flower together.
- Watch this video to learn how strawberries get to the store!
<http://bit.ly/V6dJYn>



Activity

- After watching the video, what did you learn about strawberries?

See the *Strawberry Shortcake* recipe in *Tasting Trios*.



Choose MyPlate to help make healthy food choices!

MyPlate helps you see what a healthy plate looks like. We need to be sure to pick foods from each group every day. It is important to eat different foods every day to make sure you get all the nutrients your body needs to stay healthy.



- Write the name of the foods below in the correct food group. If you are unsure about which food group a food belongs to, refer to the next page.



Cheese



Beans



Tomato



Egg



Raisins



Yogurt



Radish



Blue-berries



Orange



Tortilla



Lowfat (1%) Milk



Cereal



Carrots



Peanut Butter



Bread

Fruits

Grains

Protein

Vegetables

Dairy

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