

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!

Name



■ Avocado

Nutrition Facts

Serving Size: ½ cup sliced avocado (73g)
Calories 117 Calories from Fat 89

	% Daily Value
Total Fat 11g	16%
Saturated Fat 2g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 5g	20%
Sugars 0g	
Protein 1g	

Vitamin A 2% Calcium 1%
Vitamin C 12% Iron 2%

Other nutrients: Vitamin K (19%), Folate (15%), Potassium (10%), Vitamin B6 (10%), Riboflavin (6%), Niacin (6%), Vitamin E (5%), Magnesium (5%)

Avocados grow on a tree.

Pinkerton
Avocado

- A ½ cup of sliced avocado is an excellent source of fiber and unsaturated fat.
- Mature avocado trees grow to between 20 and 80 feet tall. If grown from a seed, the tree will produce fruit after five to 20 years.
- The avocado fruit does not ripen on the tree but will fall off and ripen on the ground. Commercial avocados are picked unripe and shipped to ripen on the store shelf.
- Almost half of American households purchase avocados. Consumers love the rich, creamy texture of the Hass avocado, and growers favor it for its disease-resistance and year-round growing cycle.

See the **California Stacker**
(Avocados) recipe in **Tasting Trios**.

- List two adjectives to describe the way avocados taste, look, or feel. Use the list of adjectives on page 27 at the end of this file to help you.



- A ½ cup of sliced avocado is an excellent source of unsaturated fat. Use the Glossary of Nutrients on the last page to define fat and unsaturated fat.



Hass Avocado

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
						
Kiwi	Mandarin	Tortilla	Milk	Cereal	Peanut Butter	Bread

Fruits	Grains	Protein	Vegetables	Dairy
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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 (see vegetables)	Peanut butter
Beef	Sunflower seeds
Chicken	Turkey
Eggs	Veggie burger
Fish	
Nuts like almonds, cashews, and walnuts	



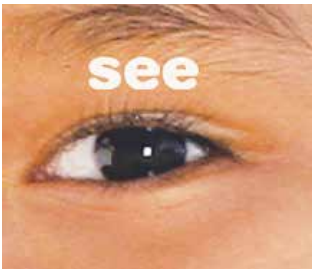
Cheese
Non-fat or low-fat milk
Non-fat or low-fat yogurt



*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

Adjectives

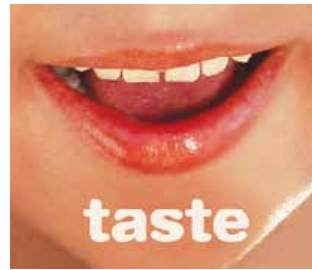
Adjectives are describing words. Here are a few adjectives you can use when describing the different fruits and vegetables using the five senses.



Green
Red
Orange
Purple
Yellow
Brown
Tan
White
Blue
Light (+color)
Dark (+color)
Colorful
Appealing
Appetizing
Shiny
Small
Medium
Large
Thick
Thin
Long
Short
Skinny
Round
Oval
Twisted



Crunchy
Crisp
Soft
Hard
Juicy
Light
Heavy
Sticky
Smooth
Wet
Firm
Bumpy
Dry
Mushy
Tough
Rough
Chewy
Cold
Warm
Hot
Silky
Furry



Sweet
Sour
Bitter
Delicious
Fresh
Tangy
Tart
Tasteless
Tasty
Plain
Mouth-watering
Yummy
Good
Bad
Refreshing



Crunchy
Crisp
Juicy
Squeaky
Noisy



Sweet
Sour
Bitter

Glossary of Nutrients



Calcium This mineral helps build strong bones and healthy teeth.

Carbohydrate Carbohydrates are a main nutrient found in food.
Carbohydrates are the body's major source of energy.

Fat Fat helps a child's body grow and develop like it should. Fat gives the body energy and helps absorb some vitamins. There are different types of fat. Unsaturated fats may be good for your heart, while eating trans fat or too much saturated fat may be unhealthy for your heart.

Fiber Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack.

Iron This mineral helps red blood cells carry oxygen to all the parts of your body.

Magnesium This mineral helps your body maintain a steady heartbeat and keeps your muscles and nerves working properly.

Phytochemicals Phytochemicals are naturally found in plants and may help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health.

Potassium This mineral helps your body maintain a healthy blood pressure and keeps your muscles and nerves working properly.

Protein Protein is found in many different types of food. Protein builds up, maintains, and replaces the tissues in the body. Muscles, organs, and the immune system are made up mostly of protein.

Riboflavin This B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain healthy red blood cells.

Thiamin This B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain a healthy heart, muscles, and nerves.

Vitamin A This vitamin helps your body maintain healthy eyes and skin.

Vitamin C This vitamin helps the body heal cuts and wounds and maintain healthy gums.

Vitamin E This vitamin helps maintain healthy cells throughout your body.

Vitamin K This vitamin helps certain cells in your blood act like glue and stick together at the surface of a cut.

Water Water makes up more than half of your body weight. Your body cannot survive for more than a few days without it. It helps your body work right.

Zinc This mineral is needed for healthy growth and development. It also helps your body maintain a healthy immune system, and helps your body heal from cuts and wounds.