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

I Pledge Allegiance to My Health created by
Mandy Richardson, Teacher on Special Assignment
Network for a Healthy California-Hawthorne School District
■ 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.

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.
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.

![MyPlate diagram]

- Cheese
- Beans
- Tomato
- Egg
- Raisins
- Yogurt
- Radish
- Kiwi
- Mandarin
- Tortilla
- Milk
- Cereal
- Cabbage
- Peanut Butter
- Bread

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Grains</th>
<th>Protein</th>
<th>Vegetables</th>
<th>Dairy</th>
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### 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**

**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

---
*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

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

touch

hear

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

smell

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.

Source: CDPH-Nutrition Education and Obesity Prevention Branch and kidshealth.org