

I Pledge Allegiance to My Health

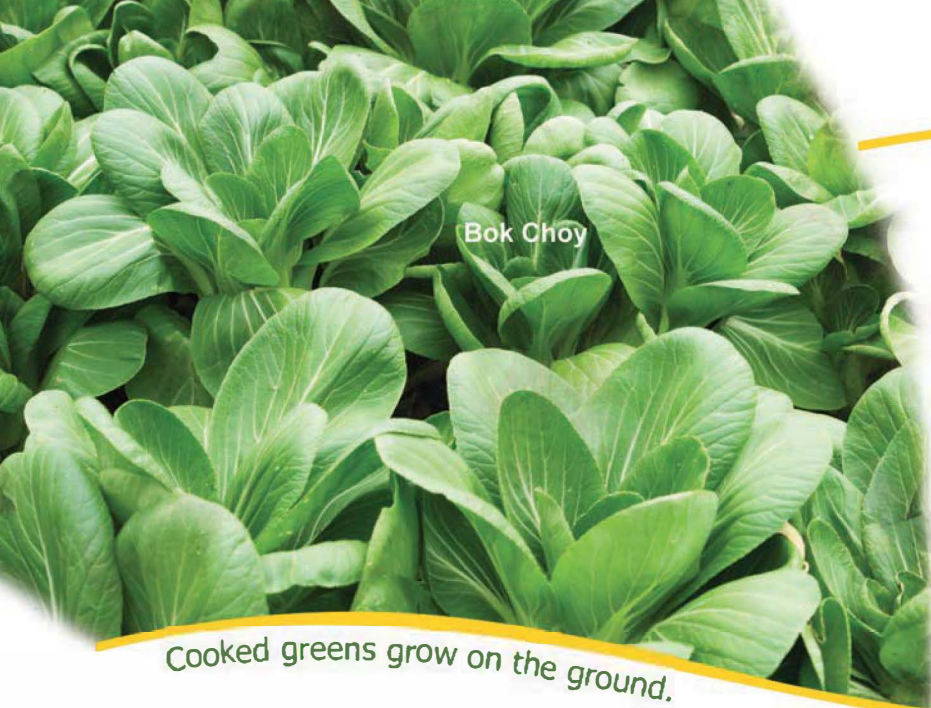
This pledge can be read daily at school or at home with your family to remind you of all the ways to take care of your body!



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

Cooked Greens



Bok Choy

Cooked greens grow on the ground.

Nutrition Facts

Serving Size: ½ cup cooked bok choy (85g)	
Calories 10	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 29mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	3%
Sugars 1g	
Protein 1g	
Vitamin A 72%	Calcium 8%
Vitamin C 37%	Iron 5%
Other nutrients: Vitamin K (36%)	
Source: www.nal.usda.gov/fnic/foodcomp/search/	
NDB No: 11117	

- A ½ cup of bok choy is a good source of calcium.
- Although it looks like romaine lettuce or celery stalks, bok choy is actually a type of cabbage. Bok choy, collards, kale, mustard greens, and turnip greens are part of the cabbage family.
- Some cooked greens like bok choy and kale can be eaten raw.
- Collard, mustard, and turnip greens are commonly known as “Southern greens.”
- Watch this video and learn about a farmer who grows cooked greens!
<https://goo.gl/r6Dpo9>



Activity

- Look at the Nutrition Facts label above and find the nutrients listed below (vitamin A, vitamin C, calcium, and iron). Then, using the percent (%) Daily Value, decide which nutrient is greater or equal.

For example: vitamin A

72%



vitamin C

37%

See the *Krazy Kale Salad* recipe in *Tasting Trios*.



1. vitamin A



calcium

2. vitamin C



iron

3. iron



calcium

Healthy & Fun Parties

■ Discuss the following questions with your classmates:

1. Why is it important for us to have healthy snacks and beverages?
2. Do you think we have had healthy class parties this year?
3. Should we include a fun physical activity during our school parties?

■ Pretend you are the official Party Planner. First, plan your healthy party menu. Next, plan the fun physical activity you would like to include during your party. Last, draw a picture of your party and share your ideas with your classmates.



Party Menu Party Picture

A large, empty rectangular box with a black border, intended for drawing a picture of a party.

Physical Activity Physical Activity Picture

A large, empty rectangular box with a black border, intended for drawing a picture of a physical activity.