

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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Peas



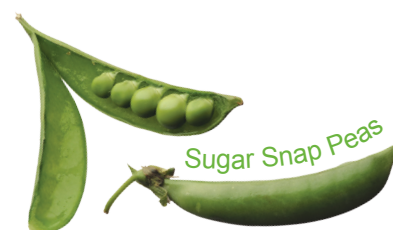
Snow Peas

Peas grow in a pod. The pods grow on a bush or a vine.

Nutrition Facts

Serving Size: ½ cup fresh peas (73g)	
Calories 59	Calories from Fat 2
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 4g	15%
Sugars 4g	
Protein 4g	
Vitamin A 11%	Calcium 2%
Vitamin C 48%	Iron 6%
Other nutrients: Vitamin K (23%), Thiamin (13%), Folate (12%), Protein (8%), Niacin (8%), Vitamin B6 (6%), Magnesium (6%)	
Source: www.nal.usda.gov/fnic/foodcomp/search/	
NDB No: 11304	

- A ½ cup of fresh peas is a source of protein.
- There are two main kinds of peas: green and edible-pod.
- Edible-pod peas, like sugar snap peas, are also nicknamed snapping peas for how they can be “snapped” and eaten like green beans.
- Today only 5% of all peas grown are sold fresh; over half are canned and most of the rest are frozen.



Sugar Snap Peas

- 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.

See the *Pea Dippin' Good* recipe in *Tasting Trios*.



For example: vitamin A

11%



vitamin C

48%

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 the party.

Physical Activity

Physical Activity Picture

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