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

- 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.

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:

1. vitamin A 11% < vitamin C 48%
2. vitamin C
3. iron

See the Pea Dippin’ Good recipe in Tasting Trios.
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

Physical Activity

____________________
____________________
____________________
____________________
____________________

Physical Activity Picture