

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

Stone Fruit



Peaches

Stone fruit grows on a tree.

Nutrition Facts

Serving Size: ½ cup peach, sliced (77g)
Calories 30 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	5%
Sugars 7g	
Protein 1g	
Vitamin A 5%	Calcium 1%
Vitamin C 9%	Iron 1%

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 09236

A medium-sized peach provides a good source of vitamin A and vitamin C.

Peaches are classified as a stone fruit, meaning that they have a single large seed or stone surrounded by juicy flesh. Other common stone fruit include: cherries, plums, nectarines, and apricots.

In World War I, peach pits were used as filters in gas masks.

Watch this video and learn about a peach farmer! <http://bit.ly/1GzPxgn>



Activity

List two adjectives to describe the way stone fruit tastes, looks, or sounds. Use the list of adjectives on the next to last page to help you.

A half cup of sliced peaches has _____ % Daily Value (DV) for vitamin C. Use the Glossary of Nutrients on the last page to define vitamin C.

See the *Peachy Parfait* recipe in *Tasting Trios*.



Make Plans for a Healthy Summer!

Over the summer it is important to eat plenty of colorful fruits and vegetables and get 60 minutes of physical activity every day. Congratulations on your new discovery of so many delicious fruits and vegetables!



- Write a friendly letter to your family about how you plan to eat fruits and vegetables and be physically active. Remember to include the five important parts of a friendly letter: date, greeting, body, closing, and signature.



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.