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!

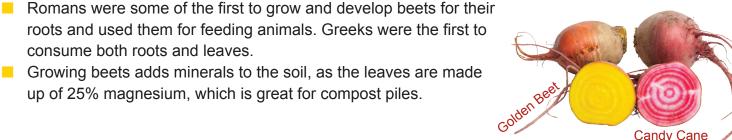
I pledge allegiance to my health, to not compare myself to anyone else. With fruits and vegetables I'll fill my tray and get nice and sweaty every day. I have only this body and this one heart so today's the day I'm going to start eating less chips and less sugary drinks and before I eat I'm going to think!



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

ΙΝΠΓΙΤΙΟ	n racts	
Serving Size: ½ cup (85g)	cooked beets, sliced	
Calories 37	Calories from Fat 1	
	% Daily Value	
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 65mg	3%	
Total Carbohydrate 8	3g 3%	
Dietary Fiber 2g	7%	
Sugars 7g		
Protein 1g		
Vitamin A 1%	Calcium 1%	
Vitamin C 5%	Iron 4%	
Other nutrients: Folate (Magnesium (5%),	17%), Potassium (7%),	
Source: <u>www.nal.usda.</u> NDB No: 11081	gov/fnic/foodcomp/search/	

Nutrition



Let's *Rethink Your Drink*! Sugar can be in foods and drinks in two ways:

Naturally, like in fruit and dairy products, which is part of the overall healthy package of nutrients that these foods provide.

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Added sugar, which adds calories but little or no nutrients. Drinking too many sugary beverages can increase the chances of experiencing some health problems, including weight gain, obesity, tooth decay, diabetes, and heart disease.

Activity

Visit https://bit.ly/2AlmB5z and as a class or in groups, decide what this poster is trying

to communicate and then discuss the following questions:

Which drink has the most teaspoons of sugar?

How many minutes of brisk walking will it take to burn off that drink?

Is it surprising to you how much sugar is in these drinks?

What about the amount of brisk walking needed to burn it off?

Reading Informational Text 3.1, RI.3.5, Measurement & Data A.2



A $\frac{1}{2}$ cup of cooked, sliced beets is a source of fiber.

color to processed foods.

consume both roots and leaves.

Beet juice is widely used as a "natural" dye to give pink or red

up of 25% magnesium, which is great for compost piles.







