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

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

- A ½ cup of blueberries is a rich source of phytochemicals.
- Colonists learned from Native Americans how to gather blueberries, dry them under the summer sun, and store them for winter.
- Berries are used to make jellies, jams, and sauces like strawberry jam and cranberry sauce.
- There are four colors of raspberries: gold, black, purple, and red.


Lights! Camera! Action!
- You have learned about barriers and opportunities to eating healthy and staying active. Let’s practice those skills!

Form groups of 3-4 students and read the following scene:

You really want to spend some time being physically active when you get home from school. Your parents want you to work on your homework right after school. When you finish your homework, it will be dark outside. What could you say or do so you can get some physical activity after school?

Talk about this scene with your group. What keeps the person in the scene from getting more physical activity? As a group, decide what you would say and do. You can either write it down, or present your solution in front of the class by performing a short skit. Compare solutions with different groups.
A Letter to Your Parents

Write a letter to your parents about why you would like to eat more fruits and vegetables. Make sure you tell them why they are good for you and include an example of a fruit or vegetable that you would like to eat. Encourage your parents to include fruits and vegetables as part of your meals and snacks at home.

Date:________________________

Dear________________________,

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Love,

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