

# 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

## ■ Dried Fruit



Dried Apricots

Dried Peaches

Dried fruit is dried by the sun or dehydrated by a machine.

### Nutrition Facts

Serving Size: ¼ cup dried apricots (40g)

Calories 80      Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	6%
Sugars 17g	
Protein 1g	
Vitamin A 25%	Calcium 2%
Vitamin C 0%	Iron 4%
Other nutrients: Potassium (9%)	

- A ¼ cup of dried apricots is an excellent source of vitamin A and a source of potassium.
- Common dried fruits include raisins, figs, dates, and prunes, but many fruits can be dried and eaten.
- Fruits become dry when their moisture content drops below 20 percent. California's grape growers happened upon raisins accidentally when an early heat wave dried the grapes on the vine.
- Before being sent to market, most dried fruits undergo a process—usually by boiling or steaming—to bring their moisture content up to about 30 percent. The added moisture usually makes the fruit more plump and tasty.

- A ¼ cup of dried apricots has \_\_\_\_\_ % Daily Value (DV) for potassium. Use the Glossary of Nutrients on the next page to define potassium.



See the *Do It Yourself Trail Mix (Dried Fruit)* recipe in *Tasting Trios*



Fruits become dry when their moisture content drops below \_\_\_\_\_ %.

# 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.