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, Hawthorne School District
Persimmons grow on a tree.

- Half of a medium persimmon is good source of fiber.
- Persimmon trees are also used for timber (used in golf clubs, fabrics, and furniture), wildlife (flowers produce nectar for honeybees), and beautification.
- In Asia, persimmons have been grown for thousands of years and are close to citrus fruit in importance, both culturally and economically.
- The art of *hoshigaki* – hand-dried persimmons – is an important part of traditional Japanese New Year’s celebrations.

- **Click here to learn more about persimmons and watch a recipe demonstration.**
- Using the information you learned from the video, compare, contrast, and find similarities between the Fuyu persimmons and the Hachiya persimmons.

See the Persimmon Apple Delight recipe in Tasting Trios.
Why Fruits and Vegetables are Good for You

- Fruits and vegetables are some of the healthiest and best tasting foods.
- They are low in sodium and calories, and most are fat-free.
- Reach for blue, purple, green, white, yellow, orange, and red fruits and vegetables for your meals and snacks.
- Fruits and vegetables help your body get the vitamins, minerals, and fiber it needs to stay healthy.

How can I make a rainbow of fruits and vegetables on my plate?

**Meal**

*Example: cereal*  
*strawberries or bananas*

*Example: bean burrito*  
*grilled red bell peppers*

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