

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



Fuyu Persimmons

persimmons grow on a tree.

Persimmons

Nutrition Facts	
Serving Size: ½ medium persimmon (84g)	
Calories 59	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 0g	
Vitamin A 27%	Calcium 1%
Vitamin C 11%	Iron 1%
Source: www.nal.usda.gov/fnic/foodcomp/search/ NDB No: 09263	

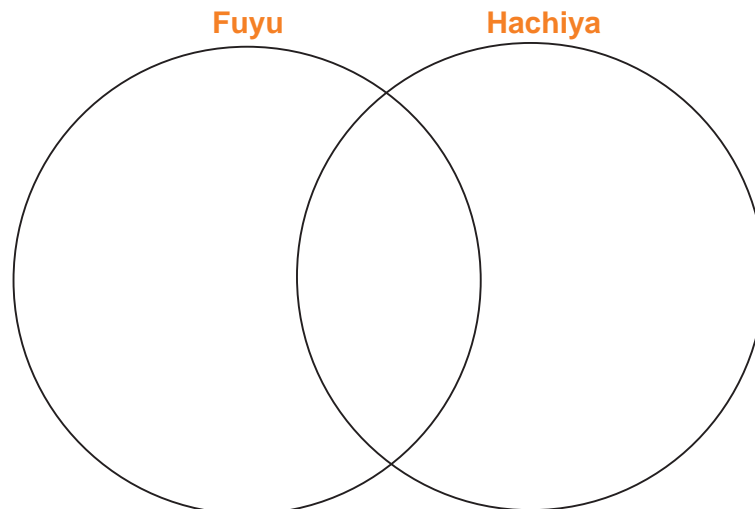
- Half of a medium persimmon is good source of fiber.
- Persimmon trees are also used for timber (used in golf clubs, fabrics, and furniture), wildlife (flowers produce nectar for honeybees), and beautification.
- In Asia, persimmons have been grown for thousands of years and are close to citrus fruit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



Hachiya Persimmons

- [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

Example: bean burrito

Fruit or Vegetable to Add

strawberries or bananas

grilled red bell peppers

