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

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 created by Mandy Richardson, Teacher on Special Assignment
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A ½ cup of tomatoes is a good source of vitamin A and C.

Americans eat more than 22 pounds of tomatoes each year, more than half of this amount in the form of ketchup and/or tomato sauce.

Tomatoes are grown in every state in the United States except Alaska.

In the 1893 U.S. Supreme court case of “Nix v. Hedden,” the tomato was declared a vegetable, along with cucumbers, squashes, beans, and peas. This came about as a result of tariff laws in 1887, which imposed a duty on vegetables but not fruits.

What different types of tomatoes have you eaten? In paragraph form, describe a meal you have eaten that has tomatoes in it.

List three adjectives that describe the way tomatoes taste, look, or smell. You can use the list of adjectives on the next page to help you.
Adjectives are describing words. Here are a few adjectives you can use when describing the different fruits and vegetables using the five senses.

**See**
- Green
- Red
- Orange
- Purple
- Yellow
- Brown
- Tan
- White
- Blue
- Light (+color)
- Dark (+color)
- Colorful
- Appealing
- Appetizing
- Shiny
- Small
- Medium
- Large
- Thick
- Thin
- Long
- Short
- Skinny
- Round
- Oval
- Twisted

**Touch**
- Crunchy
- Crisp
- Soft
- Hard
- Juicy
- Light
- Heavy
- Sticky
- Smooth
- Wet
- Firm
- Bumpy
- Dry
- Mushy
- Tough
- Rough
- Chewy
- Cold
- Warm
- Hot
- Silky
- Furry

**Taste**
- Sweet
- Sour
- Bitter
- Delicious
- Fresh
- Tangy
- Tart
- Tasteless
- Tasty
- Plain
- Mouth-watering
- Yummy
- Good
- Bad
- Refreshing

**Smell**
- Sweet
- Sour
- Bitter
- Juicy
- Squeaky
- Noisy

**Hear**
- Crunchy
- Crisp
- Juicy
- Squeaky
- Noisy