

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



Grape Tomatoes

■ Tomato

Nutrition Facts

Serving Size: ½ cup tomatoes, sliced (90g)

Calories 16

Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 4mg 0%

Total Carbohydrate 4g 1%

Dietary Fiber 1g 4%

Sugars 2g

Protein 1g

Vitamin A 15% Calcium 1%

Vitamin C 19% Iron 1%

Other nutrients: Vitamin K (9%), Potassium (6%)

Tomatoes grow on a bush.

- 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.

Huevos Rancheros



- 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

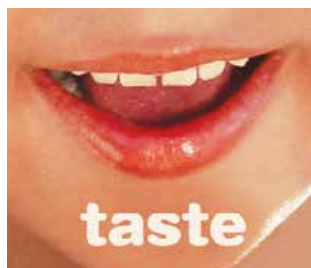
Adjectives are describing words. Here are a few adjectives you can use when describing the different fruits and vegetables using the five senses.



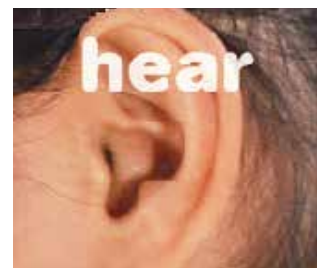
Green
Red
Orange
Purple
Yellow
Brown
Tan
White
Blue
Light (+color)
Dark (+color)
Colorful
Appealing
Appetizing
Shiny
Small
Medium
Large
Thick
Thin
Long
Short
Skinny
Round
Oval
Twisted



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



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



Crunchy
Crisp
Juicy
Squeaky
Noisy



Sweet
Sour
Bitter
