

# 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!

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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



Grapes grow on a vine.

## Nutrition Facts

Serving Size: ½ cup grapes (76g)	
Calories 52	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	3%
Sugars 12g	
Protein 1g	
Vitamin A 1%	Calcium 1%
Vitamin C 14%	Iron 2%
Other nutrients: Vitamin K (14%)	
Source: <a href="http://www.nal.usda.gov/fnic/foodcomp/search/">www.nal.usda.gov/fnic/foodcomp/search/</a>	
NDB No: 09132	

- A ½ cup of red or green grapes is a good source of vitamin K.
- Grapes are actually berries and they are made up of about 80% water.
- On average, there are over 100 grapes in a bunch.
- Grapevines need to grow two years before the first grapes are ready to harvest.
- Concord grapes are one of the only three fruits native to North America.
- Watch this video and learn about a grape farmer! <http://bit.ly/1CyP1kb>



### Activity

- In the video, the farmer talks about why the Central Valley is one of the best places to grow grapes. Explain what weather conditions are needed to successfully grow grapes.

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See the *Grape Shake* recipe in *Tasting Trios*.




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# Read It Before You Eat It

You know how books have a table of contents that explains what's inside? Or maybe you have a toy that came with a diagram that identified each small piece. Nutrition labels are sort of like that. They tell you what's inside the food you're eating and list its parts.

The Nutrition Facts food label gives you information about which nutrients are in the food. Your body needs the right combination of nutrients, like vitamins, to work properly and grow. Other information on the label is given in percentages. The percent daily value (% Daily Value or % DV) on a food label tells you how this food can help someone meet these daily goals. The % Daily Value shows whether the food is a high or low source of a nutrient.

How many servings are you eating?

The label also tells you how many servings are contained in that package of food. The information on the label only lists nutrients for one serving. If you eat two servings, you have to multiply all the nutrients by two. It is important to look at the serving size first!



Nutrition Facts	
Serving Size 1 cup (6 oz)	
Servings Per Container 1	
Amount Per Serving	Calories from Fat 10
<b>Calories</b> 120	<b>% Daily Value*</b>
<b>Total Fat</b> 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	2%
<b>Cholesterol</b> 5mg	5%
Sodium 125mg	7%
<b>Total Carbohydrate</b> 21g	4%
Dietary Fiber 1g	
Sugars 21g	
<b>Protein</b> 6g	Vitamin C 0%
Vitamin A 2%	Iron 0%
Calcium 25%	

Spot the Block, FDA.gov

## Macaroni and Cheese

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	18%
Saturated Fat 3g	15%
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 470mg	20%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 20%	Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Get What You Need!

Get LESS  
5% or less is low  
20% or more is high

Get ENOUGH  
5% or less is low  
20% or more is high

- Circle the "Serving Size" on the Nutrition Facts label.
- Put a check by the nutrients that you want to limit.
- Put a star by the nutrients that you want to get enough of every day.

Visit a Nutrition Facts Label lesson and activity at <http://bit.ly/1oLVft6>