

I Pledge Allegiance to My Health

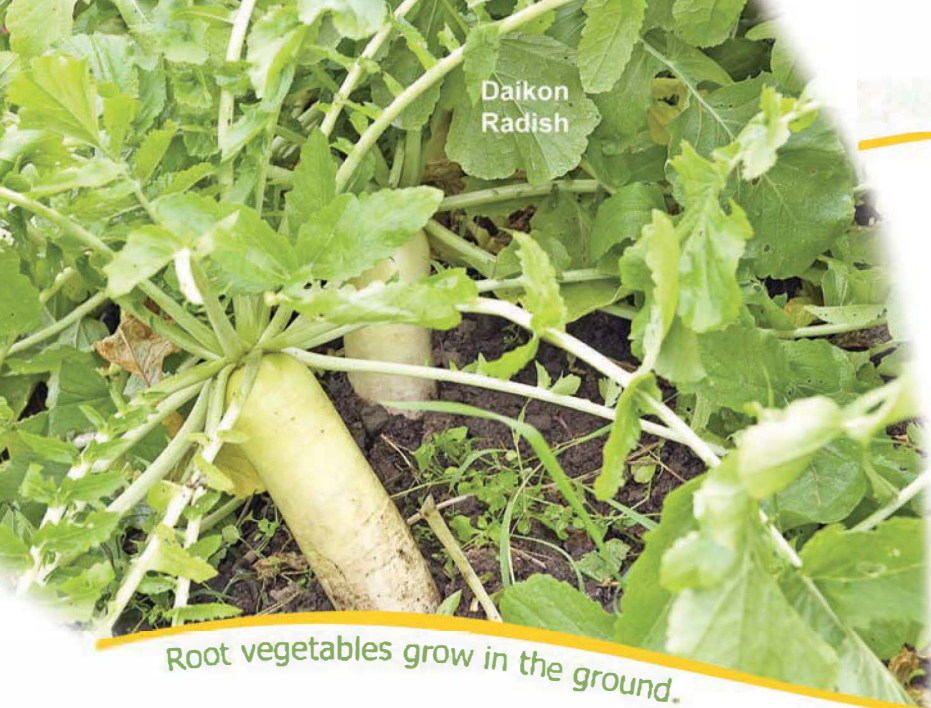
This pledge can be read daily at school or at home with your family to remind you of all the ways to take care of your body!



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
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Root vegetables grow in the ground.

Root Vegetables

Nutrition Facts

Serving Size: 1/2 cup raw daikon radish (30g)
 Calories 6 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0
Cholesterol 0g	0%
Sodium 7mg	0%
Total Carbohydrate 1g	1%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 0g	

Vitamin A 0% Calcium 0%
 Vitamin C 12% Iron 0%
Source: www.nal.usda.gov/fnic/foodcomp/search/
 NDB No. 11430

- A ½ cup of sliced daikon radish is a good source of vitamin C.
- Root vegetables include: potatoes, beets, carrots, jicama, radishes, sweet potatoes, ginger, garlic, and onions.
- Root vegetables are the roots of plants that are eaten as vegetables. They anchor the plant, absorb water and nutrients, and store energy.
- American colonists relied heavily on root vegetables because they could be stored for months in the harsh New England winters.
- California leads the nation in production of daikon radishes.



- Watch this video and learn about root vegetables! <http://bit.ly/1MkDnPr>

Activity

- In the video, the chef talks about cooking with different types of vegetables, including carrots. Do you cook? Have you cooked with carrots and other root vegetables? Think of a meal that you make with root vegetables, or think of a meal you would like to make with root vegetables. If you want to, research a recipe that uses root vegetables. Write the recipe below or use a separate piece of paper if needed.

See the *Dig Into Roots* 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

