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
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.


**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.
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?

<table>
<thead>
<tr>
<th>Meal</th>
<th>Fruit or Vegetable to Add</th>
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<tbody>
<tr>
<td>Example: cereal</td>
<td>strawberries or bananas</td>
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<tr>
<td>Example: bean burrito</td>
<td>grilled red bell peppers</td>
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</tbody>
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RI.3.1; W.3.2; Health Ed Standard: Practicing Health Enhancing Behaviors 7.1.G