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!
One cup of salad greens provides an excellent source of vitamin A.

Lettuce was among the first vegetables brought to the New World by Christopher Columbus.

Wild forms of lettuce in Egyptian tomb paintings and written accounts of lettuce that date back to 79 A.D. all support evidence that salad greens are one of the oldest known vegetables.

In the United States, lettuce is the second most popular vegetable (behind potatoes).

Watch this video and learn about a farmer who grows salad greens!
http://bit.ly/1NCzgD8

Activity

Research what hydroponics is and how it can be better for the environment. Use the space below to write down key information.

Think about the different types of salad greens and pick your favorite. On a separate piece of paper, draw your salad green growing using hydroponics. Describe the environment you will need for your salad greens to grow. Be sure to include information like ideal temperature, amount of sunlight, and type of water.

See the Spinach Cranberry Salad recipe in Tasting Trios.
Start Smart with Breakfast

Eating breakfast helps you grow healthy and strong. A nutritious breakfast also fuels your body, giving you the energy needed to start a new day.

Breakfast is the most important meal of the day.

Breakfast helps you:
- Improve your grades
- Pay better attention in school
- Increase school attendance
- Improve classroom behavior

What makes a healthy breakfast?

You should have three or more food groups in your breakfast (grains, fruits, vegetables, dairy, or protein). It is also important to include a food from either the dairy group or the protein group in your breakfast.

- Create three menus of a healthy breakfast. You can look at the list of foods on page 3 for ideas.

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Foods Found in MyPlate

Apples  Pineapple
Apricots  Plums
Avocados  Prunes
Bananas  Raisins
Blueberries  Raspberries
Cantaloupe  Strawberries
Cherries  Tangerines
Grapefruit  Watermelon
Grapes  100% apple juice
Honeydew  100% grapefruit juice
Kiwi  Peaches
Lemons  Pears
Limes  Pineapple
Mangos  Plums
Oranges  Prunes
Papaya  Raisins
Peaches  Raspberries
Pears  Strawberries

Artichokes  Collard greens
Asparagus  Corn
Bean sprouts  Cucumbers
Beets  Dark green leafy lettuce
Bell peppers**  Eggplant**
Black beans*  Garbanzo beans (chick peas)*
Black-eyed peas*  Green beans**
Bok choy  Green peas*
Broccoli  Kale
Brussels sprouts  Kidney beans*
Cabbage  Lentils*
Carrots  Lettuce
Cauliflower  Lima beans*
Celery  Mushrooms

Beans and peas can also go in the protein group
**these vegetables are the fruit part of the plant because they contain the seeds of the plant