

# 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

# Salad Greens



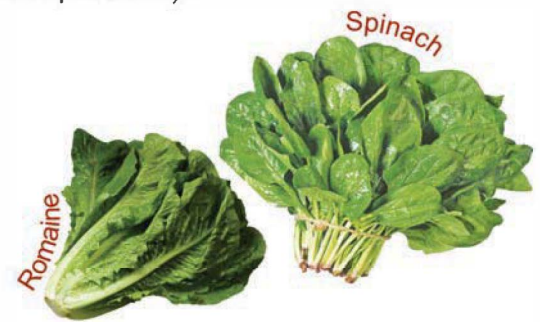
Salad greens grow on the ground.

## Nutrition Facts

Serving Size: 1 cup red leaf lettuce, shredded (28g)

Calories 4	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	1%
Sugars 0g	
Protein 0g	
Vitamin A 42%	Calcium 1%
Vitamin C 2%	Iron 2%
Other nutrients: Vitamin K (49%)	
Source: <a href="http://www.nal.usda.gov/fnic/foodcomp/search/">www.nal.usda.gov/fnic/foodcomp/search/</a>	
NDB No: 11257	

- 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/1NCzqD8>



### 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*.




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# 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

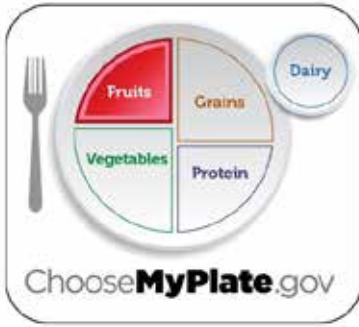
## What makes a healthy breakfast?

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.

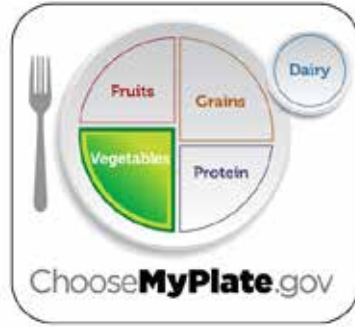
- Create three menus of a healthy breakfast. You can look at the list of foods on page 3 for ideas.

Breakfast Menu 1	Breakfast Menu 2	Breakfast Menu 3
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# Foods Found in MyPlate



- Apples
- Apricots
- Avocados
- Bananas
- Blueberries
- Cantaloupe
- Cherries
- Grapefruit
- Grapes
- Honeydew
- Kiwis
- Lemons
- Mangos
- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Plums
- Prunes
- Raisins
- Raspberries
- Strawberries
- Tangerines
- Watermelon
- 100% apple juice
- 100% grape-fruit juice
- 100% grape juice
- 100% orange juice



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

*\*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*

- Lettuce
- Lima beans\*
- Mushrooms
- Mustard greens
- Okra\*\*
- Onions
- Pinto beans\*
- Potatoes
- Pumpkin\*\*
- Soybeans\*
- Spinach
- Split peas\*
- Squash\*\*
- Sweet potatoes
- Tomatoes\*\*
- Turnip greens
- Turnips
- Vegetable juice
- Zucchini\*\*



- Almonds
- Beans and peas (see vegetables)
- Beef
- Cashews
- Chicken
- Eggs
- Fish
- Ham
- Lamb
- Peanut butter
- Peanuts
- Pecans
- Pistachios
- Pork
- Sesame seeds
- Sunflower seeds
- Tempeh
- Tofu
- Turkey
- Veggie burger
- Walnuts



- American cheese
- Cheddar cheese
- Cottage cheese
- Mozzarella cheese
- Non-fat or low-fat milk
- Non-fat or low-fat yogurt
- Parmesan cheese
- Swiss cheese



- Brown rice
- Buckwheat
- Cornbread
- Corn flakes
- Corn tortillas
- Couscous
- Crackers
- Flour tortillas
- Grits
- Macaroni

- Noodles
- Oatmeal
- Pita bread
- Popcorn
- Pretzels
- Ready to eat breakfast cereal
- Spaghetti
- White rice
- Whole grain barley
- Whole grain cornmeal
- Whole rye
- Whole wheat bread
- Whole wheat cereal
- Whole wheat crackers
- Whole wheat pasta
- Whole wheat tortillas
- Wild rice