

# 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!

\_\_\_\_\_  
Name

# Cucumbers

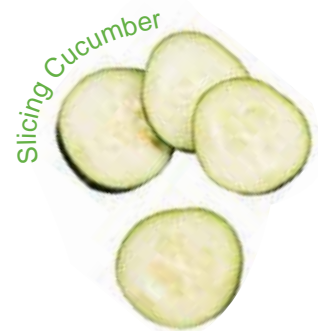
Pickling  
Cucumber



Cucumbers grow on a vine.

Nutrition Facts	
Serving Size: ½ cup cucumbers, sliced (52g)	
Calories 8	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	1%
Sugars 1g	
Protein 0g	
Vitamin A 1%	Calcium 1%
Vitamin C 3%	Iron 1%
Other nutrients: Vitamin K (11%)	
Source: <a href="http://www.nal.usda.gov/fnic/foodcomp/search/">www.nal.usda.gov/fnic/foodcomp/search/</a> NDB No: 11205	

- A ½ cup of sliced cucumbers provides a source of water. The cucumber is 96% water by weight.
- The cucumber species is divided into two categories: slicing and pickling. Slicing cucumbers are usually served raw in salads, sandwiches, sushi, and various snacks. Pickling cucumbers are made for the pickling process. They are usually smaller than slicing cucumbers with a thick, bumpy skin.
- The inside of a cucumber can be up to 20 degrees cooler than the exterior.
- Watch this video to learn what grows in California and how it affects you! [bit.ly/LearnAboutAg](http://bit.ly/LearnAboutAg) - *It's All About You!*



## Breaking Down Barriers

- The word *barrier* can have many meanings. A barrier is something that prevents you from making progress, going ahead, or taking action. Some types of barriers are easy to see, such as walls, doors, or fences. These barriers put limits on our physical movement. Other types of barriers are harder to see, such as laws and rules, but can still impact our goals or plans (or stand in the way of us achieving a goal).

## See the Cool Cucumber Cuties recipe in Tasting Trios.



## Finding Opportunities

- An *opportunity* is a chance for something good to happen. Many times reaching our own goals can be because of opportunities or good situations around us. Opportunities for living a healthy life can be found in our homes, our schools, and our neighborhoods. Some opportunities are easy to see, while others might take a little longer to find.

# Healthier, Please!

Let's talk more about barriers and opportunities that affect how people eat and how people are active. This activity can be done individually, in groups, or as a class. Use a separate piece of paper to record your ideas if needed.



## Barriers to Healthy Food

Do you eat enough fruits and vegetables? The recommended amount for your age can be found on page 4. If you feel like you don't always eat enough fruits and vegetables, write down what you think are barriers to eating healthy food. Here are some thoughts to consider and brainstorm:

- Do you have fruits and vegetables available at home?
  - Could you ask for more fruits and vegetables at home?
  - How easy is it to get fruits and vegetables? Is there a farmers' market or supermarket close to your home?
  - Are there fast food restaurants or convenience stores in your community? Do they have healthy options?
  - Do you know where to buy fruits and vegetables?
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## Opportunities for Healthy Food

After you had time to think about the barriers you may face when you want to eat more fruits and vegetables, take a few minutes to think about the opportunities you have as well. What opportunities do you see in your home, school, or community that allow you to eat healthfully? You can use the thoughts above to help guide you.

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## Barriers to Physical Activity

Are you physically active for at least 60 minutes everyday? If not, what do you think are barriers to being physically active in your home, school or community? Here are some thoughts to consider and brainstorm:

- Do you have parks or places to play in your community? Are they safe?
  - What do you like to do when you get home? Is it easy to be physically active at home?
  - Does anyone else in your family like to be physically active? Do you play sports at school?
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## Opportunities for Physical Activity

Now think about opportunities for more physical activity. What opportunities are around you that can increase the amount of time you play or are active?

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