

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

Strawberries

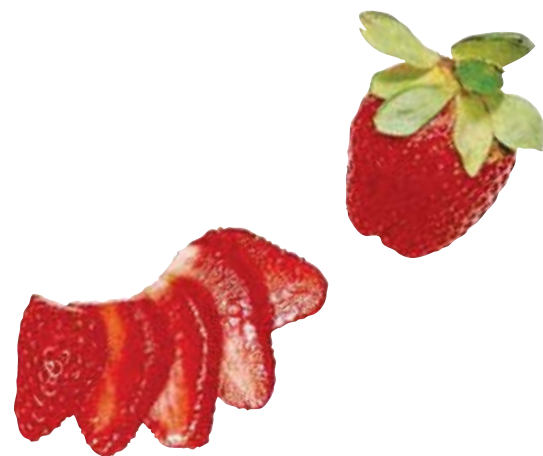


Strawberries grow on the ground.

Nutrition Facts	
Serving Size: ½ cup strawberries, sliced (83g)	
Calories 27	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 6g	2%
Dietary Fiber 2g	7%
Sugars 4g	
Protein 1g	
Vitamin A 0%	Calcium 1%
Vitamin C 81%	Iron 2%

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 09316

- A ½ cup of sliced strawberries provides more than 80% of the recommended Daily Value of vitamin C.
- Strawberries are usually the first fruit to ripen in the spring.
- On average, there are 200 tiny seeds on every strawberry.
- The seeds of the strawberry are really the fruit while the red fleshy part is the part that holds the flower together.
- Visit this website to learn about California strawberry farmers. Click on *Meet the Growers: A Diverse Heritage*. <https://bit.ly/2NTL2c6>



Lights! Camera! Action!

- You have learned about barriers and opportunities to eating healthy and staying active. Let's practice those skills! Form groups of 3-4 students and read the following scene:

You really want to spend some time being physically active when you get home from school. Your parents want you to work on your homework right after school. When you finish your homework, it will be dark outside. What could you say or do so you can get some physical activity after school?

See the *Strawberry Shortcake* recipe in *Tasting Trios*.



Talk about this scene with your group. What keeps the person in the scene from getting more physical activity? As a group, decide what you would say and do. You can either write it down, or present your solution in front of the class by performing a short skit. Compare solutions with different groups.

Adapted from CDPH-Nutrition Education and Obesity Prevention Branch, Children's Power Play! Campaign Curriculum

SL.3.1, SL.3.4; Health Ed Standard: Growth and Development: Practicing Health Enhancing Behaviors 7.1.G, Personal and Community Health: Essential Concepts 1.3.P, Analyzing Influences 2.1.P

A Letter to Your Parents

Write a letter to your parents about why you would like to eat more fruits and vegetables. Make sure you tell them why they are good for you and include an example of a fruit or vegetable that you would like to eat. Encourage your parents to include fruits and vegetables as part of your meals and snacks at home.

Date: _____

Dear _____,

Love,
