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

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 avocado is an excellent source of fiber and unsaturated fat.

Mature avocado trees grow to between 20 and 80 feet tall. If grown from a seed, the tree will produce fruit after five to 20 years.

The avocado fruit does not ripen on the tree but will fall off and ripen on the ground. Commercial avocados are picked unripe and shipped to ripen on the store shelf.

Almost half of American households purchase avocados. Consumers love the rich, creamy texture of the Hass avocado and growers favor it for its disease-resistance and year-round growing cycle.

A ½ cup of sliced avocado has _______ grams (g) of total fat and _______ grams (g) of saturated fat. Subtracting grams of saturated fat from grams of total fat gives you the amount of grams of unsaturated fat in avocados. Avocados have _______ grams (g) of unsaturated fat. Use the Glossary of Nutrients on the last page to define fat.

List three adjectives that describe the way avocados taste, look, or feel. You can use the list of adjectives on page 27 at the end of this file to help you.

_____________________________________
_____________________________________
_____________________________________

See the California Stacker (Avocados) recipe in Tasting Trios.
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,

_______________________
Adjectives are describing words. Here are a few adjectives you can use when describing the different fruits and vegetables using the five senses.

**See**
- Green
- Red
- Orange
- Purple
- Yellow
- Brown
- Tan
- White
- Blue
- Light (+color)
- Dark (+color)
- Colorful
- Appealing
- Appetizing
- Shiny
- Small
- Medium
- Large
- Thick
- Thin
- Long
- Short
- Skinny
- Round
- Oval
- Twisted

**Touch**
- Crunchy
- Crisp
- Soft
- Hard
- Juicy
- Light
- Heavy
- Sticky
- Smooth
- Wet
- Firm
- Bumpy
- Dry
- Mushy
- Tough
- Rough
- Chewy
- Cold
- Warm
- Hot
- Silky
- Furry

**Taste**
- Sweet
- Sour
- Bitter
- Delicious
- Fresh
- Tangy
- Tart
- Tasteless
- Tasty
- Plain
- Mouth-watering
- Yummy
- Good
- Bad
- Refreshing

**Hear**
- Crunchy
- Crisp
- Juicy
- Squeaky
- Noisy

**Smell**
- Sweet
- Sour
- Bitter
Glossary of Nutrients

**Calcium**  This mineral helps build strong bones and healthy teeth.

**Carbohydrate**  Carbohydrates are a main nutrient found in food. Carbohydrates are the body’s major source of energy.

**Fat**  Fat helps a child’s body grow and develop like it should. Fat gives the body energy and helps absorb some vitamins. There are different types of fat. Unsaturated fats may be good for your heart, while eating trans fat or too much saturated fat may be unhealthy for your heart.

**Fiber**  Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack.

**Iron**  This mineral helps red blood cells carry oxygen to all the parts of your body.

**Magnesium**  This mineral helps your body maintain a steady heartbeat and keeps your muscles and nerves working properly.

**Phytochemicals**  Phytochemicals are naturally found in plants and may help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health.

**Potassium**  This mineral helps your body maintain a healthy blood pressure and keeps your muscles and nerves working properly.

**Protein**  Protein is found in many different types of food. Protein builds up, maintains, and replaces the tissues in the body. Muscles, organs, and the immune system are made up mostly of protein.

**Riboflavin**  This B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain healthy red blood cells.

**Thiamin**  This B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain a healthy heart, muscles, and nerves.

**Vitamin A**  This vitamin helps your body maintain healthy eyes and skin.

**Vitamin C**  This vitamin helps the body heal cuts and wounds and maintain healthy gums.

**Vitamin E**  This vitamin helps maintain healthy cells throughout your body.

**Vitamin K**  This vitamin helps certain cells in your blood act like glue and stick together at the surface of a cut.

**Water**  Water makes up more than half of your body weight. Your body cannot survive for more than a few days without it. It helps your body work right.

**Zinc**  This mineral is needed for healthy growth and development. It also helps your body maintain a healthy immune system, and helps your body heal from cuts and wounds.