

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

Stone Fruit



Peaches

Stone fruit grows on a tree.

Nutrition Facts

Serving Size: ½ cup peach, sliced (77g)
Calories 30 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	5%
Sugars 7g	
Protein 1g	
Vitamin A 5%	Calcium 1%
Vitamin C 9%	Iron 1%

Source: www.nal.usda.gov/fnic/foodcomp/search/
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A medium-sized peach provides a good source of vitamin A and vitamin C.

Peaches are classified as a stone fruit, meaning that they have a single large seed or stone surrounded by juicy flesh. Other common stone fruit include: cherries, plums, nectarines, and apricots.

In World War I, peach pits were used as filters in gas masks.

Watch this video and learn about a peach farmer! <http://bit.ly/1GzPxgn>



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 scenes:

1. *It is a sunny Saturday afternoon. Everyone in your family is watching television. You want everyone to go outside and enjoy some physical activity. What could you say and do to get them to go outside with you?*
2. *You just got home from school and you really want a fruit or vegetable as a snack. You look in the refrigerator, the cupboard, and on the counter. There are no fruits or vegetables. What could you say and do so there are healthy snacks for you to eat after school?*

See the *Peachy Parfait* recipe in *Tasting Trios*.



Decide with your group which scene you would like to work on. What are the barriers? What are the opportunities? 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

3.4; Health Ed Standard: Growth and Development: Decision Making 5.1.G, Practicing Health Enhancing Behaviors 7.1.G, Personal and Community Health: Essential Concepts 1.3.P, Analyzing Influences 2.1.P

How I Can Be a Healthy Child

■ As a child, you are always growing and your body is developing. In this workbook, you have learned about the different ways to keep your body healthy and strong. In paragraph form, write three different things you can do to help your body grow healthy and strong this summer.




