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 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?

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.
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.

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