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, Hawthorne School District
Persimmons grow on a tree.

- Half of a medium persimmon is a good source of fiber.
- Persimmon trees are also used for timber (used in golf clubs, fabrics, and furniture), wildlife (flowers produce nectar for honeybees), and beautification.
- In Asia, persimmons have been grown for thousands of years and are close to citrus fruit in importance, culturally and economically.
- The art of _hoshigaki_ – hand-dried persimmons – is an important part of traditional Japanese New Year’s celebrations.

- Click here to learn more about persimmons and watch a recipe demonstration.
- Using the information you learned from the video, compare, contrast, and find similarities between the Fuyu persimmons and the Hachiya persimmons.

See the Persimmon Apple Delight recipe in Tasting Trios.
What Am I?

Fruits and vegetables are some of the healthiest and best tasting foods. They are low in sodium and calories, and most are fat-free. Fruits and vegetables help your body get the vitamins, minerals, and fiber it needs to stay healthy. Draw a line from the clue to the correct fruit or vegetable.

Before I became a box of raisins, I was a bunch of…

Grapes

I’m usually red. Although I am classified as a vegetable, I am really a fruit. I have lots of vitamin C and lycopene.

Carrot

When I’m fully grown, I can have a big head. I’m a leafy vegetable and can be green or purple.

Kiwi

I look like a fuzzy, little ball. Eat my green fruit insides with a spoon. I have lots of vitamin C and potassium.

Cabbage

I’m crunchy with lots of vitamin C and fiber. Some think I look like a little green tree.

Tomato

I’m a vegetable that is good for your eyesight. I grow under the ground. Usually I’m orange, but I can be purple too!

Broccoli