

# 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!

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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  
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## Peppers

### Nutrition Facts

Serving Size: ½ cup sweet red peppers, chopped (75g)

Calories 23      Calories from Fat 1

% Daily Value

Total Fat 0g      1%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 3mg      0%

Total Carbohydrate 5g      2%

Dietary Fiber 2g      6%

Sugars 3g

Protein 1g

Vitamin A 47%      Calcium 1%

Vitamin C 158%      Iron 2%

Other nutrients: Vitamin B6 (11%), Folate (8%),

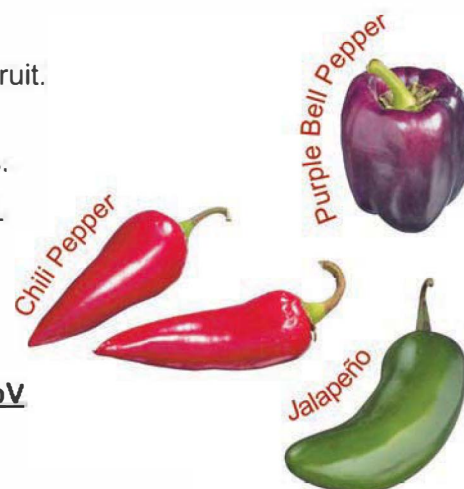
Vitamin E (6%)

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)

NDB No: 11821

peppers grow on a bush.

- A ½ cup of sweet green peppers is an excellent source of vitamin C.
- By weight, green bell peppers have twice as much vitamin C as citrus fruit. Red bell peppers have three times as much.
- Peppers are grouped into two categories: hot (chili) and sweet peppers.
- Hot peppers can be picked at any stage, but are hottest when fully ripe.
- When left to ripen, sweet peppers mature into red, yellow, orange, and purple peppers with different levels of sweetness.
- Watch this video and learn about a pepper farmer! <http://bit.ly/1F4AJpV>



### Activity

- Research what a greenhouse is and how it is useful for growing fruits and vegetables. Use the space below to write down key information.
- Think about the different types of peppers and pick your favorite. On a separate piece of paper, draw a greenhouse and describe the environment you will need for your pepper to grow. Be sure to include information like ideal temperature, amount of sunlight, and amount of water.

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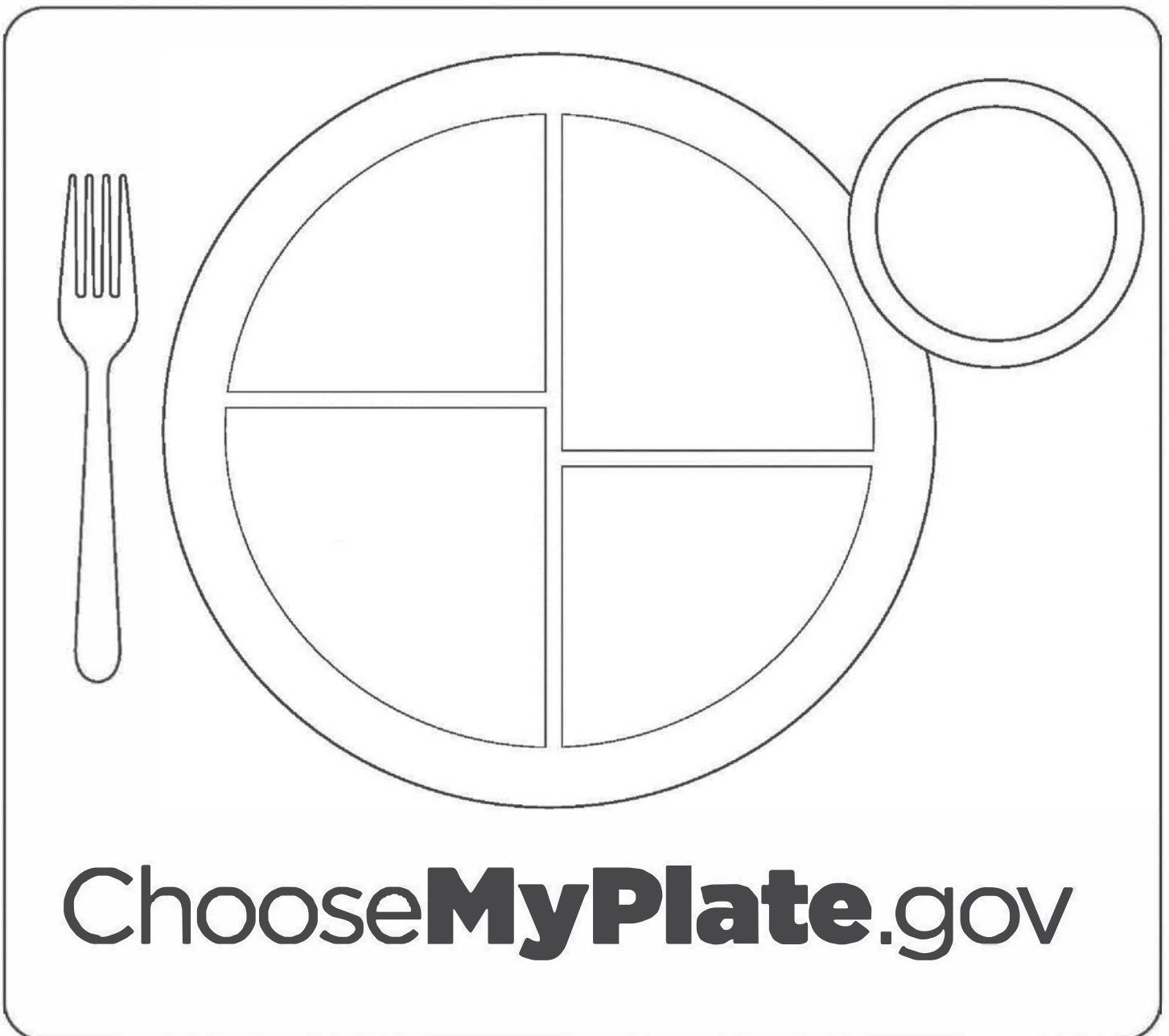
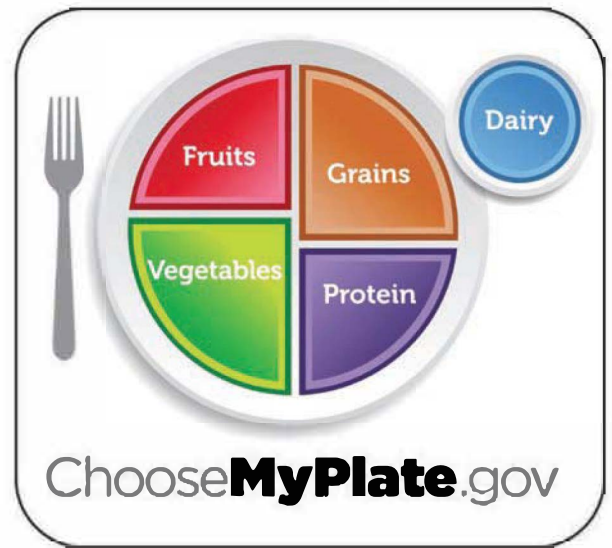
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See the *Pea Dippin' Good* recipe in *Tasting Trios*.



# MyPlate

MyPlate shows the five food groups using a plate. Each part of the plate shows an important food group. The red part is the fruit group. The green part is the vegetable group. The orange part is the grain group. The purple part is the protein group. The blue part is the dairy group. Draw in healthy foods you would like to eat from the five food groups. Use the *Foods Found in MyPlate* on the next page to help you. For more activities, games, and videos visit: [ChooseMyPlate.gov/kids](http://ChooseMyPlate.gov/kids)





# Foods Found in MyPlate



FRUITS

Apples  
Bananas  
Blueberries  
Cantaloupe  
Cherries  
Grapefruit  
Grapes  
Kiwis  
Oranges  
Peaches  
Pears  
Pineapple  
Plums  
Raisins  
Raspberries  
Strawberries  
Watermelon  
100% fruit juice



GRAINS

Breakfast cereal  
Brown rice  
Corn flakes  
Crackers  
Grits  
Macaroni  
Noodles  
Oatmeal  
Popcorn  
Pretzels  
Spaghetti  
Tortillas like corn, flour, and whole wheat  
Whole wheat bread, cereals, crackers, and pastas



VEGETABLES

Asparagus  
Beans like lima, kidney, and pinto\*  
Beets  
Bell peppers\*\*  
Broccoli  
Carrots  
Cauliflower  
Corn  
Dark green leafy lettuce  
Green beans\*\*  
Green peas\*  
Kale  
Lettuce  
Potatoes  
Pumpkin\*\*  
Radish  
Spinach  
Squash\*\*  
Sweet potatoes  
Tomatoes\*\*  
Turnip  
Vegetable juice  
Zucchini\*\*

\*beans and peas can also go in the protein group  
\*\*these vegetables are the fruit part of the plant because they contain the seeds of the plant



PROTEIN FOODS

Beans and peas (see vegetables)  
Beef  
Chicken  
Eggs  
Fish  
Nuts like almonds, cashews, and walnuts  
Peanut butter  
Sunflower seeds  
Turkey  
Veggie burger



DAIRY

Cheese  
Non-fat or low-fat milk  
Non-fat or low-fat yogurt

