I Pledge Allegiance to My Health

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 Mandy Richardson, Teacher on Special Assignment
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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.


**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.
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://www.choosemyplate.gov/kids)

ChooseMyPlate.gov

### 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

#### 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

#### 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

#### 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