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!
One cup of salad greens provides an excellent source of vitamin A.

Lettuce was among the first vegetables brought to the New World by Christopher Columbus.

Wild forms of lettuce in Egyptian tomb paintings and written accounts of lettuce that date back to 79 A.D. all support evidence that salad greens are one of the oldest known vegetables.

In the United States, lettuce is the second most popular vegetable (behind potatoes).

Watch this video and learn about a farmer who grows salad greens!  

**Activity**

- Research what hydroponics is and how it can be better for the environment. Use the space below to write down key information.

- Think about the different types of salad greens and pick your favorite. On a separate piece of paper, draw your salad green growing using hydroponics. Describe the environment you will need for your salad greens to grow. Be sure to include information like ideal temperature, amount of sunlight, and type of water.

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**Spinach Cranberry Salad recipe in Tasting Trios.**
Eating breakfast helps you grow healthy and strong. A nutritious breakfast also fuels your body, giving you the energy needed to start a new day.

**Breakfast is the most important meal of the day.**

![Image of a mother and child enjoying a healthy breakfast]

**Breakfast helps you:**
- Improve your grades
- Pay better attention in school
- Increase school attendance
- Improve classroom behavior

**What makes a healthy breakfast?**

You should have three or more food groups in your breakfast (grains, fruits, vegetables, dairy, or protein). It is also important to include a food from either the dairy group or the protein group in your breakfast.

- Create three menus of a healthy breakfast that you plan to eat this week. You can look at the list of foods on the next page for ideas.

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**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