

# 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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Beets grow under the ground.

## Beets

### Nutrition Facts

Serving Size: ½ cup cooked beets, sliced (85g)

Calories 37

Calories from Fat 1

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Sugars 7g	
Protein 1g	

Vitamin A 1% Calcium 1%  
Vitamin C 5% Iron 4%

Other nutrients: Folate (17%), Potassium (7%), Magnesium (5%),

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
NDB No: 11081



- A ½ cup of cooked, sliced beets is a source of fiber.
- Beet juice is widely used as a “natural” dye to give pink or red color to processed foods.
- Romans were some of the first to grow and develop beets for their roots and used them for feeding animals. Greeks were the first to consume both roots and leaves.
- Growing beets adds minerals to the soil, as the leaves are made up of 25% magnesium, which is great for compost piles.

**Let's Rethink Your Drink!** Sugar can be in foods and drinks in two ways:

- Naturally, like in fruit and dairy products, which is part of the overall healthy package of nutrients that these foods provide.
- Added sugar, which adds calories but little or no nutrients. Drinking too many sugary beverages can increase the chances of experiencing some health problems, including weight gain, obesity, tooth decay, diabetes, and heart disease.

### Activity

- Visit <https://bit.ly/2AlmB5z> and as a class or in groups, decide what this poster is trying to communicate and then discuss the following questions:

Which drink has the most teaspoons of sugar? \_\_\_\_\_

How many minutes of brisk walking will it take to burn off that drink? \_\_\_\_\_

Is it surprising to you how much sugar is in these drinks? \_\_\_\_\_

What about the amount of brisk walking needed to burn it off? \_\_\_\_\_

See the *Golden Mandarin Beets* recipe in *Tasting Trios*.



Reading Informational Text 5.2, RI.5.3, RI.5.4, Speaking & Listening 5.1, Measurement & Data A.1, A.5, Health Ed Standard: Nutrition and Physical Activity: Essential Concepts 1.2.N, Accessing Valid Information 3.2.N, Decision Making 5.1.N