

# 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!

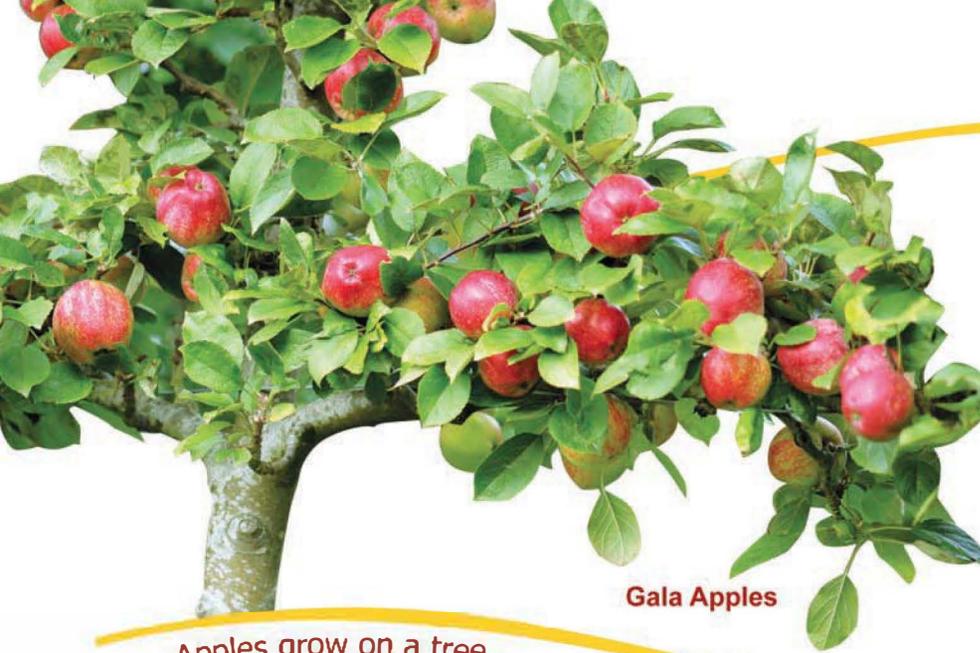
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I pledge allegiance to my health,  
to not compare myself to anyone else.  
With fruits and vegetables I'll fill my tray  
and get nice and sweaty every day.  
I have only this body and this one heart  
so today's the day I'm going to start  
eating 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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Gala Apples

Apples grow on a tree.

## Nutrition Facts

Serving Size: ½ cup apples, sliced (55g)	
Calories 28	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	5%
Sugars 6g	
Protein 0g	
Vitamin A 1%	Calcium 0%
Vitamin C 4%	Iron 0%
Source: <a href="http://www.nal.usda.gov/fnic/foodcomp/search/">www.nal.usda.gov/fnic/foodcomp/search/</a> NDB No: 09003	

- A ½ cup of sliced apples is a good source of fiber.
- Apple trees grow in the temperate regions of the world. Apple trees are best adapted to places where the average winter temperature is near freezing for at least two months, though many varieties can withstand winter temperatures as low as -40 F.
- California apples are harvested throughout the year and many varieties are available year-round. Examples of California apple varieties are: Red Delicious, Golden Delicious, Gala, Fuji, Granny Smith, McIntosh, Rome, Jonathan, and Pink Lady.



Fuji



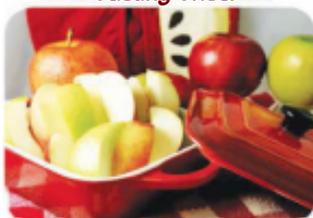
Granny Smith



Golden Delicious

- Watch this video and learn about an apple farmer! <http://bit.ly/RGYWRA>

See the *Apple Trio* recipe in *Tasting Trios*.



### Activity

- Using the information you learned from the video, write a story or use a graphic organizer to describe the apple's journey from farm to store. Be sure to include how the apple grows, is harvested, and travels to the store. Use a separate piece of paper.

# Brain Breaks!

Physical activity has many health benefits. It is good to be physically active every day because it:

- Makes you look and feel great
- Gives you more energy
- Lowers stress and helps you relax
- Helps you keep a healthy body weight
- Lowers your risk of type 2 diabetes, high blood pressure, heart disease, stroke, and some types of cancer
- Helps build and keep healthy bones, muscles, and joints



Research has shown that brief bursts of exercise before taking tests helps students do better. In addition, regular activity breaks during the school day can help sharpen students' ability to focus and stay on task. When taking a break, do activities that get the body moving and the heart pumping, such as dancing, jumping, or running in place.

As a class, visit [vimeo.com/album/1637740](https://vimeo.com/album/1637740). This is a link to a list of over 50 *JAMmin' Minute* videos. *JAMmin' Minute* is a very quick and easy way to add exercise into the school day. After viewing the various videos, vote on activities that you would like to do in class to get a brain break. Use the space below to write when you will take three brain breaks, using hours and minutes, and include the video number.

Monday	Tuesday	Wednesday	Thursday	Friday
Video Number: Time:				
Video Number: Time:				
Video Number: Time:				