

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!



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!

Name

Stone Fruit



Peaches

Stone fruit grows on a tree.

Nutrition Facts

Serving Size: ½ cup peach, sliced (77g)	
Calories 30	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	5%
Sugars 7g	
Protein 1g	
Vitamin A 5%	Calcium 1%
Vitamin C 9%	Iron 1%
Source: www.nal.usda.gov/fnic/foodcomp/search/ NDB No: 09236	

- A medium-sized peach provides a good source of vitamin A and vitamin C.
- Peaches are classified as a stone fruit, meaning that they have a single large seed or stone surrounded by juicy flesh. Other common stone fruit include: cherries, plums, nectarines, and apricots.
- In World War I, peach pits were used as filters in gas masks.
- Watch this video and learn about a peach farmer! <http://bit.ly/1GzPxgn>



Lights! Camera! Action!

- You have learned about barriers and opportunities to eating healthy and staying active. Let's practice those skills! Form groups of 3-4 students and read the following scenes:

1. *It is a sunny Saturday afternoon. Everyone in your family is watching television. You want everyone to go outside and enjoy some physical activity. What could you say and do to get them to go outside with you?*
2. *You just got home from school and you really want a fruit or vegetable as a snack. You look in the refrigerator, the cupboard, and on the counter. There are no fruits or vegetables. What could you say and do so there are healthy snacks for you to eat after school?*

Decide with your group which scene you would like to work on. What are the barriers? What are the opportunities? As a group, decide what you would say and do. You can either write it down or present your solution in front of the class by performing a short skit. Compare solutions with different groups.

See the *Peachy Parfait* recipe in *Tasting Trios*.



Adapted from CDPH-Nutrition Education and Obesity Prevention Branch, *Children's Power Play! Campaign Curriculum*

SL.5.2; Health Ed Standard: Nutrition and Physical Activity: Analyzing Influences 2.1.N, Interpersonal Communication 4.1.N, Decision Making 5.1.N, Practicing Health Enhancing Behaviors 7.3.N, Health Promotion 8.1.N

Advertising and Your Health

**YOUTH SEE AND HEAR
AN AVERAGE OF
40,000 ADS A YEAR**



What is an advertisement?

An *advertisement* is an announcement designed to attract people's attention. It is a specific kind of media with the main purpose of persuading people to buy something. Advertisements can be in the form of TV commercials, radio commercials, magazine ads, or internet pop-up ads.

Advertisements are everywhere and can have a powerful effect on our attitude, behaviors, and health. Most of these advertisements are for food—primarily candy, cereal, and fast food.

Companies use several advertising techniques:



- **Status:** Using the product will make you successful.
- **Peer Approval:** Using the product will make you popular.
- **Celebrity Endorsement:** Using the product will make you resemble the celebrity in the advertisement.
- **Physical Attraction:** Using the product will make you more attractive.
- **Testimonial:** Ordinary people like the product, so you should too.

Think about a TV commercial, radio commercial, magazine ad, billboard, or internet ad that advertised a food or drink and answer the following questions:

- Briefly describe the advertisement you saw: _____

- What type of food or drink was the advertisement for? _____
- Did the company use any of the advertising techniques listed above? _____
- If yes, which one? Describe how they used the technique: _____

- Do you think seeing the advertisement made you want to eat the food or drink? _____

Don't be persuaded; be media smart!