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!

I Pledge Allegiance to My Health created by Mandy Richardson, Teacher on Special Assignment
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A ½ cup of tomatoes is a source of potassium.

Americans eat more than 22 pounds of tomatoes each year, more than half of this amount in the form of ketchup and/or tomato sauce.

Tomatoes are grown in every state in the United States except Alaska.

In the 1893 U.S. Supreme court case of “Nix v. Hedden,” the tomato was declared a vegetable, along with cucumbers, squashes, beans, and peas. This came about as a result of tariff laws in 1887, which imposed a duty on vegetables but not fruits.

Write three descriptive sentences using precise adjectives that describe the way tomatoes taste, look, or smell.

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THE NUTRITION FACTS LABEL
The percent (%) Daily Value on a food label tells you how the food can help meet daily nutrient goals. The % Daily Value shows whether the food is an excellent, good, or low source of a nutrient. All through this workbook, we will talk about fruits and vegetables and which nutrients are an excellent source or a good source.

A ½ cup of sliced tomatoes has 15% of the Daily Value for vitamin A. Is a ½ cup of sliced tomatoes a low, good, or excellent source of vitamin A? ____________

What do you think the % Daily Value for vitamin A would be if you ate one cup of sliced tomatoes? ____________