I Pledge Allegiance to My Health

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 Network for a Healthy California-Hawthorne School District
A ½ cup of mandarin orange sections is a source of potassium.

There is no waste in the processing of citrus fruits. The juice is used for fresh juice and refined into vinegars and syrups; the peel is used to make oils, marmalade, pectin, and citric acid; seeds are used to make oils.

Clementine mandarins are available from November to January leading to their nickname as “Christmas Oranges.”

Watch this video and learn about a citrus farmer! [http://bit.ly/1Dqo85t](http://bit.ly/1Dqo85t)

**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](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:

**See the Sunny Breeze recipe in Tasting Trios.**

- 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? ______________
Drink water instead of sugary drinks
Switch to non-fat or low-fat (1%) milk
Select 100% fruit juice, in limited amounts, and no more than 4-6 ounces per day for children

### Nutrition Facts Scavenger Hunt: Take-home Activity

- Make a copy of this page. Bring this activity home to complete with your family.
- If possible, visit [https://bit.ly/2AlmB5z](https://bit.ly/2AlmB5z) with your family and share what you learned in class.
- Select one beverage from your refrigerator or pantry.
- Copy the information from the Nutrition Facts label into the sample label below.
- Answer the questions below.
- Bring your activity and the label back to class to discuss.

How many teaspoons of sugar are in your beverage? Let’s take a look at it one step at a time:

Beverage name: _________________________

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Servings Per Container</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td>Calories</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% Daily Value*</th>
<th>Total Fat</th>
<th>g</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturated Fat</td>
<td>g</td>
<td></td>
<td>%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>g</td>
<td></td>
<td>%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>mg</td>
<td></td>
<td>%</td>
</tr>
<tr>
<td>Sodium</td>
<td>mg</td>
<td></td>
<td>%</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>g</td>
<td></td>
<td>%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>g</td>
<td></td>
<td>%</td>
</tr>
<tr>
<td>Sugars</td>
<td>g</td>
<td></td>
<td>%</td>
</tr>
<tr>
<td>Protein</td>
<td>g</td>
<td></td>
<td>%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vitamin A</th>
<th>%</th>
<th>•</th>
<th>Vitamin C</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>%</td>
<td>•</td>
<td>Iron</td>
<td>%</td>
</tr>
</tbody>
</table>

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

1) How many servings are in the container? __________

2) Calculate the total grams of sugar in this beverage.

\[
\text{grams (g) of sugar per serving} \times \text{# of servings per container} = \text{total g of sugar}
\]

\[
\text{_________} \times \text{_________} = \text{_________}
\]

3) Calculate the total teaspoons of sugar in this beverage.

4 grams of sugar = 1 teaspoon of sugar

\[
\text{[total g of sugar divided by 4} = \text{total teaspoons of sugar]}
\]

\[
\text{_________ divided by 4} = \text{_________}
\]

### Topics for class or group discussion:

Are you surprised by how much sugar is in the beverage you chose? Why or why not?

How did your family react to the amount of sugar in the beverage?

If you drink sugary beverages, what changes can you make to drink more water?