

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
Network for a Healthy California-Hawthorne School District

Citrus Fruits



Mandarins

Citrus fruits grow on a tree.

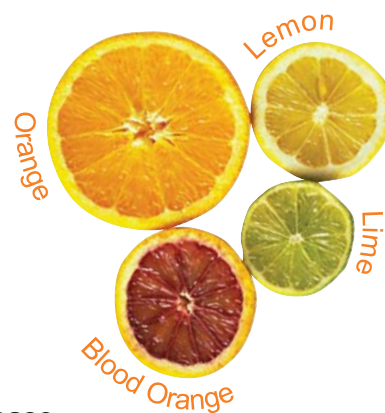
Nutrition Facts

Serving Size: ½ cup mandarin, sections (98g)	
Calories 52	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	7%
Sugars 10g	
Protein 1g	
Vitamin A 13%	Calcium 4%
Vitamin C 43%	Iron 1%
Other nutrients: Potassium (5%)	
Source: www.nal.usda.gov/fnic/foodcomp/search/ NDB No: 09218	

- 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>

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:

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> 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			
Serving Size			
Servings Per Container			
Amount Per Serving			
Calories		Calories from Fat	
% Daily Value*			
Total Fat	g		%
Saturated Fat	g		%
Trans Fat	g		
Cholesterol	mg		%
Sodium	mg		%
Total Carbohydrates	g		%
Dietary Fiber	g		%
Sugars	g		
Protein	g		
Vitamin A	%	•	Vitamin C %
Calcium	%	•	Iron %

*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.

[grams (g) of sugar per serving x # of servings per container = total g of sugar]

_____ x _____ = _____

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

4 grams of sugar = 1 teaspoon of sugar

[total g of sugar divided by 4 = total teaspoons of sugar]

_____ divided by 4 = _____

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?