

# 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

# ■ Cucumbers

Pickling Cucumber



Cucumbers grow on a vine.

## Nutrition Facts

Serving Size: ½ cup cucumbers, sliced (52g)	
Calories 8	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 2g	1%
Dietary Fiber 0g	1%
Sugars 1g	
Protein 0g	
Vitamin A 1%	Calcium 1%
Vitamin C 3%	Iron 1%
Other nutrients: Vitamin K (11%)	
Source: <a href="http://www.nal.usda.gov/fnic/foodcomp/search/">www.nal.usda.gov/fnic/foodcomp/search/</a> NDB No: 11205	

- A ½ cup of sliced cucumbers provides a source of water. The cucumber is 96% water by weight.
- The cucumber species is divided into two categories: slicing and pickling. Slicing cucumbers are usually served raw in salads, sandwiches, sushi, and various snacks. Pickling cucumbers are made for the pickling process. They are usually smaller than slicing cucumbers with a thick, bumpy skin.
- The inside of a cucumber can be up to 20 degrees cooler than the exterior.
- Watch this video to learn what grows in California and how it affects you! [bit.ly/LearnAboutAg](http://bit.ly/LearnAboutAg) - *It's All About You!*



## Food and Play Mapping

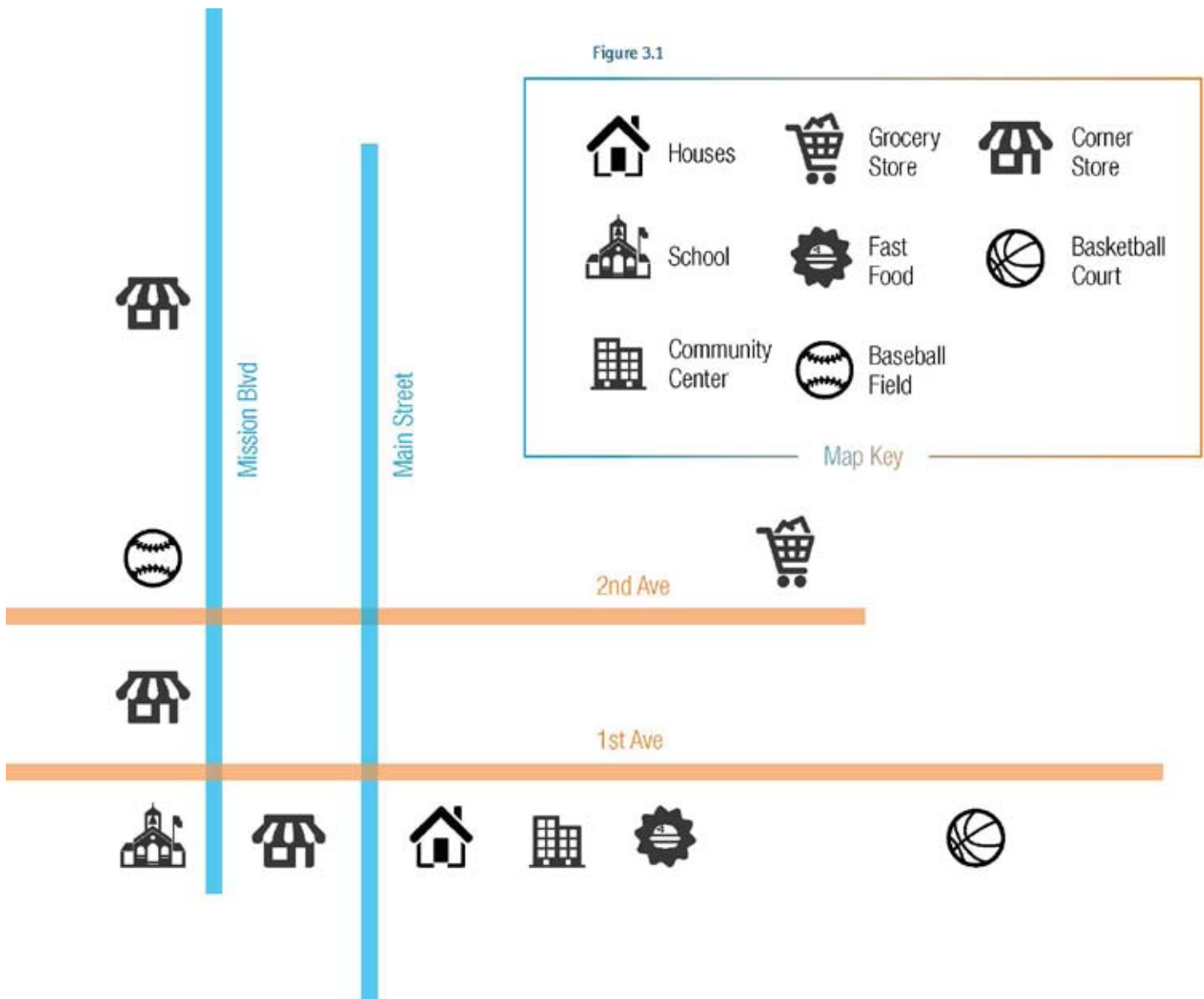
- Let's talk about the places in the community where people get food and play. We will start this by becoming familiar with maps. What purpose do maps serve? Maps present information about the world in a visual way.
- You can complete this activity in groups or as a class. Use a large piece of paper, chart paper, or the white board to map your school. You can use an internet tool like Google Maps to get familiar with the area around your school.

## See the *Cool Cucumber Cuties* recipe in *Tasting Trios*.



- Next, draw in and label the places where people get their food and the places where they get their play or physical activity in the community. You can use the map on the next page as a guide. The symbols on the next page represent only some examples of places where you can get food and play; you can add more if you would like.
- Then, if you are making maps in groups, share your map with the rest of the class.
- Last, discuss the questions listed on the next page.

# Food and Play Mapping



## Discussion Questions

After completing your map, discuss the following questions.

- What places are close for you to buy food?
- What kinds of food do they sell?
- What places are close for you to play or be physically active? Is it safe?
- Next month, this discussion will include more detail about how our environment (the area where we live), can affect our health. Keep the map handy!