

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

Strawberries

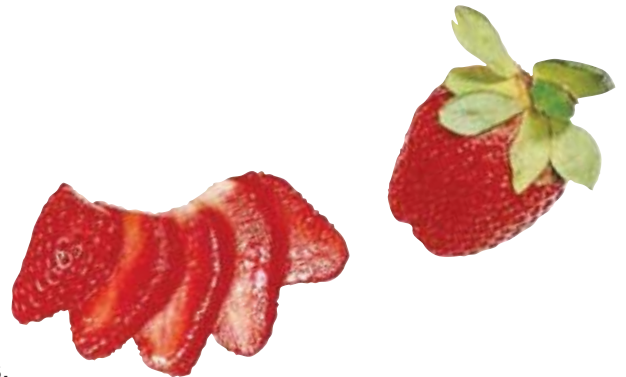


Strawberries grow on the ground.

Nutrition Facts	
Serving Size: ½ cup strawberries, sliced (83g)	
Calories 27	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 6g	2%
Dietary Fiber 2g	7%
Sugars 4g	
Protein 1g	
Vitamin A 0%	Calcium 1%
Vitamin C 81%	Iron 2%

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 09316

- A ½ cup of sliced strawberries provides more than 80% of the recommended Daily Value of vitamin C.
- Strawberries are usually the first fruit to ripen in the spring.
- On average, there are 200 tiny seeds on every strawberry.
- The seeds of the strawberry are really the fruit while the red fleshy part is the part that holds the flower together.



- Visit this website to learn about California strawberry farmers. Click on *Meet the Growers: A Diverse Heritage*. bit.ly/MeetGrowers

Activity

- Using information from the video, what percent of California strawberry farmers are Mexican-American? _____
- What percent of California strawberry farmers are Japanese-American? _____
- If there are 600 California strawberry farmers, then:
How many are Mexican-American? _____ How many are Japanese-American? _____
Use the space below to show your work.

See the *Strawberry Shortcake* recipe in *Tasting Trios*.



My Community, My Health

You may remember talking about barriers and opportunities last year and how it can affect your health. As a reminder, the definitions of barriers and opportunities are below.

Breaking Down Barriers

- The word *barrier* can have many meanings. A barrier is something that prevents you from making progress, going ahead, or taking action. Some types of barriers are easy to see, such as walls, doors, or fences. These barriers put limits on our physical movement. Other types of barriers are harder to see, such as laws and rules, but can still impact our goals or plans (or stand in the way of us achieving a goal).

Finding Opportunities

- An *opportunity* is a chance for something good to happen. Many times reaching our own goals can be because of opportunities or good situations around us. Opportunities for living a healthy life can be found in our home, our schools, and our neighborhoods. Some opportunities are easy to see, while others might take a little longer to find.

Now, let's think back to the map you created last month that highlighted the places we eat and play. This map can give you an overall picture of what is around you and how that may impact the choices you make. It is important to pay attention to where you get your food, whether healthy or unhealthy. Eating healthy is important, but the place you are living should also support being healthy. Think about these questions and brainstorm with a group or with the class. Use a separate piece of paper to record your ideas if needed.

Using the map as your guide, answer the following questions:

- What barriers do you see to eating healthy and being physically active in your community?
- What opportunities do you see to eating healthy and being physically active in your community?
- What is one way you plan to take advantage of a healthy eating or a physical activity opportunity in your community? Draw yourself taking advantage of a healthy eating or physical activity opportunity in your community.