

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

Avocado



Pinkerton Avocado

Avocados grow on a tree.

Nutrition Facts

Serving Size: ½ cup sliced avocado (73g)
Calories 117 Calories from Fat 89

	% Daily Value
Total Fat 11g	16%
Saturated Fat 2g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 5g	20%
Sugars 0g	
Protein 1g	

Vitamin A 2% Calcium 1%
Vitamin C 12% Iron 2%

Other nutrients: Vitamin K (19%), Folate (15%), Potassium (10%), Vitamin B6 (10%), Riboflavin (6%), Niacin (6%), Vitamin E (5%), Magnesium (5%)

- A ½ cup of sliced avocado is an excellent source of fiber and unsaturated fat.
- Mature avocado trees grow to between 20 and 80 feet tall. If grown from a seed, the tree will produce fruit after five to 20 years.
- The avocado fruit does not ripen on the tree but will fall off and ripen on the ground. Commercial avocados are picked unripe and shipped to ripen on the store shelf.
- Almost half of American households purchase avocados. Consumers love the rich, creamy texture of the Hass avocado and growers favor it for its disease-resistance and year-round growing cycle.

- A ½ cup of sliced avocado has _____ grams (g) of total fat and _____ grams (g) of saturated fat. Subtracting grams of saturated fat from grams of total fat gives you the amount of grams of unsaturated fat in avocados. Avocados have _____ grams (g) of unsaturated fat. Use the Glossary of Nutrients on the last page to define fat.

Hass Avocados



See the *California Stacker (Avocados)* recipe in *Tasting Trios*.



- Write three descriptive sentences using precise adjectives that describe the way avocados taste, look, or sound.

Media and Your Health

What is Media?

Media is a way of communicating or expressing information or ideas to people. Examples of media are: newspapers, radio, books, letters, recorded music, the Internet, television, and telephone calls. All media have a purpose, or a reason why they are created.

- **TO ENTERTAIN** (for example, comic books or movies)
- **TO INFORM** (for example, TV news or radio news)
- **TO PERSUADE** (for example, magazine ads, billboards, and TV ads)

**YOUTH SEE AND HEAR
AN AVERAGE OF
40,000 ADS A YEAR**



Adapted from: National Institutes of Health, *MediaSmart Youth Curriculum*

Media is all around our world. We are bombarded with all kinds of media messages, or advertisements, every day. Understanding media and advertising is an important part of becoming media smart.

Let's talk more about one of the media purposes mentioned above: to persuade. A main purpose of advertising is to persuade people to buy something—a lot of times it is for candy, sugary cereal, soda, and fast food. If we were always persuaded to buy those foods, we would definitely be eating a lot of food that is high in fat and sugar.



Companies use several techniques to catch our attention so we will buy their product. One example is using a celebrity or athlete to promote their product. Keep in mind, just because a celebrity or athlete says you should buy their product, it doesn't mean it is good for you!

Think about a TV commercial, radio commercial, magazine ad, billboard, or internet pop-up ad that used a celebrity or athlete to advertise a food or drink and answer the following questions:

- Briefly describe the advertisement you saw: _____

- What type of food or drink was the advertisement for? _____
- What did you like about the ad? Why was it appealing to you? _____

- Do you think seeing the advertisement made you want to eat the food or drink? _____
- Do you think the food or drink is nutritious? _____

Why or why not? _____

Don't be persuaded; be media smart!

Glossary of Nutrients



Calcium This mineral helps build strong bones and healthy teeth.

Carbohydrate Carbohydrates are a main nutrient found in food. Carbohydrates are the body's major source of energy.

Fat Fat helps a child's body grow and develop like it should. Fat gives the body energy and helps absorb some vitamins. There are different types of fat. Unsaturated fats may be good for your heart, while eating trans fat or too much saturated fat may be unhealthy for your heart.

Fiber Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack.

Iron This mineral helps red blood cells carry oxygen to all the parts of your body.

Magnesium This mineral helps your body maintain a steady heartbeat and keeps your muscles and nerves working properly.

Phytochemicals Phytochemicals are naturally found in plants and may help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health.

Potassium This mineral helps your body maintain a healthy blood pressure and keeps your muscles and nerves working properly.

Protein Protein is found in many different types of food. Protein builds up, maintains, and replaces the tissues in the body. Muscles, organs, and the immune system are made up mostly of protein.

Riboflavin This B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain healthy red blood cells.

Thiamin This B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain a healthy heart, muscles, and nerves.

Vitamin A This vitamin helps your body maintain healthy eyes and skin.

Vitamin C This vitamin helps the body heal cuts and wounds and maintain healthy gums.

Vitamin E This vitamin helps maintain healthy cells throughout your body.

Vitamin K This vitamin helps certain cells in your blood act like glue and stick together at the surface of a cut.

Water Water makes up more than half of your body weight. Your body cannot survive for more than a few days without it. It helps your body work right.

Zinc This mineral is needed for healthy growth and development. It also helps your body maintain a healthy immune system, and helps your body heal from cuts and wounds.