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

I Pledge Allegiance to My Health created by
Mandy Richardson, Teacher on Special Assignment
Network for a Healthy California-Hawthorne School District
Peas grow in a pod. The pods grow on a bush or a vine.

- A ½ cup of fresh peas is a source of protein.
- There are two main kinds of peas: green and edible-pod.
- Edible-pod peas, like sugar snap peas, are also nicknamed snapping peas for how they can be “snapped” and eaten like green beans.
- Today only 5% of all peas grown are sold fresh; over half are canned and most of the rest are frozen.

**Lights! Camera! Action!**

Remember when we talked about drinking water instead of sugary drinks last month?

Work in groups of three to create a solution to the following situation:

*Three friends are walking to the park to meet their soccer team for practice. They walk past the corner store to get something to drink before practice, knowing that they will need to stay hydrated. One friend reaches for a soda. One friend reaches for a sports drink saying “I'll need this today!” You are left with a decision. What drink are you going to buy?*

After reading the information on the next page, discuss what drink would be the best choice. Next, assign each group member a part in this situation: a friend who reaches for a soda, a friend who reaches for a sports drink, and a friend who hasn’t decided yet. Then, pretend you are in the store and act out this situation. Think about how the friend who hasn’t decided can influence the other friends to make a better choice. Last, some or all of the groups can share and perform a short skit in front of the class.

What drink would be the best choice and why? _____________________________

__________________________________________________________________

__________________________________________________________________

__________________________________________________________________

See the Pea Dippin’ Good recipe in Tasting Trios.
Show Me the Sugar!

Sugar has many names!
Here are some common words for sugar in the ingredient list:

<table>
<thead>
<tr>
<th>Barley malt</th>
<th>Brown sugar</th>
<th>Cane juice</th>
<th>Cane syrup</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dextrose</td>
<td>Fructose</td>
<td>Glucose</td>
<td>High fructose corn syrup</td>
</tr>
<tr>
<td>Honey</td>
<td>Maltodextrin</td>
<td>Maple syrup</td>
<td>Molasses</td>
</tr>
<tr>
<td>Powdered sugar</td>
<td>Raw sugar</td>
<td>Sucrose</td>
<td></td>
</tr>
</tbody>
</table>

“Healthy” Granola Bar Ingredients:
Oat bran, rice, corn syrup, sugar, fructose, whole grain rolled oats, dextrose, oat and fruit clusters (toasted oats [rolled oats, sugar, soybean oil, honey, molasses], sugar, rolled oats, strawberry flavored apples, corn syrup, brown sugar, natural and artificial flavors), high fructose corn syrup, vegetable oil, contains 2% or less of potassium chloride, brown sugar, sorbitol, glycerin, malt flavoring, natural and artificial flavor, salt, soy lecithin, niacinamide, nonfat dry milk, whole wheat flower, BHT, vitamin A, B₆, riboflavin, thiamin mononitrate, folic acid, vitamin B₁₂.

■ In the space below, write all the different forms of sugar you found in the ingredient list of the granola bars.

__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

■ This granola bar is an example of a processed food. You learned earlier this year that processed foods have added sugar, salt, and/or fat. If you were looking for a healthier choice for a quick snack, what would you choose and why?

__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________