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
Beets are vegetables.

Beets have fiber.

Fiber helps you feel full after a meal or a snack.

Read the sentence and write the sentence below it.

Beets are vegetables.

See the Golden Mandarin Beets recipe in Tasting Trios.