

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
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Beets grow under the ground.

■ Beets

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.

Handwriting practice lines consisting of three sets of solid top and bottom lines with a dashed middle line for letter height guidance.

See the *Golden Mandarin Beets* recipe in *Tasting Trios*.

