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
Berries are a fruit.

Berries have phytochemicals.

Phytochemicals help your body stay healthy.

Phytochemicals give fruits and vegetables their bright colors.


Berries grow on a _________.

Write one sentence about berries. 

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Delicious Fruits and Vegetables

Look at the pictures below of some of the delicious fruits and vegetables you learned about!

Draw a blue circle around the fruits and vegetables you have tried already. Draw an orange circle around the fruits and vegetables you would like to try. Talk with your classmate about the fruits and vegetables you would like to try.