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 Mandy Richardson, Teacher on Special Assignment
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Dried fruits include raisins, figs, dates, and prunes, but many fruits can be dried and eaten.

Dried fruits have iron.

Iron helps get oxygen to parts of your body.

Complete the following sentences.

Dried fruits can be dried by the _____.

Dried fruits have _________.

See the Do-It-Yourself Trail Mix (Dried Fruit) recipe in Tasting Trios.