

# 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!

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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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## ■ Dried Fruit

Dried Apricots

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.

Dried Peaches

Dried fruit is dried by the sun or dehydrated by a machine.



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*.

