

# 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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Grape Tomatoes

# ■ Tomato

Tomatoes are a fruit.

Tomatoes have vitamin C.

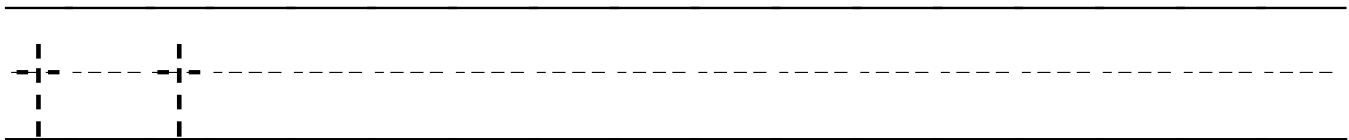
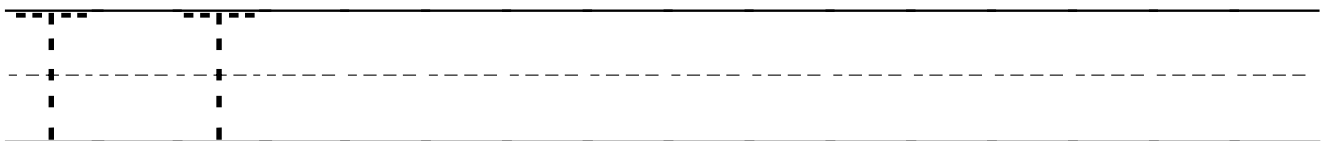
Vitamin C helps your body heal cuts.

Tomatoes grow on a bush.



T is for tomato.

Practice writing uppercase and lowercase "Tt."



Huevos Rancheros

