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
Network for a Healthy California-Hawthorne School District
Apples grow on a tree.

Apples are fruits.

Apples have fiber.

Fiber helps move food through your body.


What is your favorite color apple? Draw a picture of your favorite apple below.

See the Apple Trio recipe in Tasting Trios.
Make a Super Salad!

It is important to eat vegetables every day. Eating salad is a great way to get the vegetables you need to grow, to be strong, and to be healthy. Draw a picture of a salad you would like to eat at dinner. Here are some suggestions to include in your salad:

<table>
<thead>
<tr>
<th>Broccoli</th>
<th>Carrots</th>
<th>Lettuce</th>
<th>Mushrooms</th>
<th>Tomato</th>
<th>Avocado</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Broccoli" /></td>
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Share what vegetables you included in your salad with a family member. Tell them why eating vegetables keeps your body healthy. Eating vegetables keeps your body healthy because __________________________.