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
Cucumbers are fruits because they have seeds.

Cucumbers contain a lot of water.

Water helps your body work right.

From the cotton in our jeans to the food on our tables, to our landscaped yards and playing fields, we all depend on agriculture. Watch this video to learn what grows in California and how it affects you! [bit.ly/LearnAboutAg](http://bit.ly/LearnAboutAg) - It’s All About You!

What California fruits and vegetables did you see in the video? Which one is your favorite? Draw a picture of your favorite fruit or vegetable from the video.

See the Cool Cucumber Cuties recipe in TastingTrios.
The Parts of Plants We Love to Eat

Vegetables are an important part of a healthy diet. Did you know that vegetables come from different parts of a plant? When we eat carrots, we are eating the root of the plant. Asparagus is the stem of the plant. Lettuce is the leaves of the plant and broccoli is the flower. Draw a line from the vegetable to the plant part.

Carrots

Asparagus

Broccoli

Lettuce

Root

Leaves

Stem

Flower