

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
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Grapes



Grapes grow on a vine.

Grapes are a fruit.

Grapes have vitamin K.

Vitamin K helps your blood act like glue and stick together on top of a cut.



- Read the book *Fruit is a Suitcase for Seeds!* to learn more about fruit.
- What color is your favorite grape? Draw a picture of your favorite grape below.

See the *Grape Shake* recipe in *Tasting Trios*.



Power Up With Fruits and Vegetables!

Did you know that fruits and vegetables have important vitamins that your body needs? Vitamins help you grow and stay healthy. Look at some of the ways vitamins help you.

Vitamin C



Helps keep your gums healthy

Helps heal your cuts



Vitamin A



Helps keep your skin healthy

Helps you see



Draw a picture of a healthy you eating your favorite fruit or vegetable.



Share with your classmates how you will ask a family member for your favorite fruit or vegetable.