

# 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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Peppers grow on a bush.

## ■ Peppers

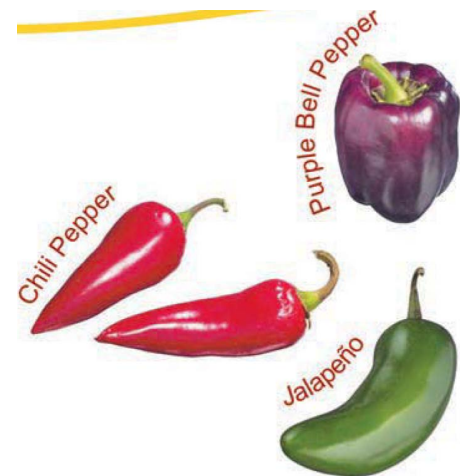
Peppers are fruits because they have seeds.

Peppers have vitamin C.

Vitamin C helps your body heal cuts.

Watch this video to learn about a pepper farmer! <http://bit.ly/1F4AJpV>

- Draw a picture of your favorite pepper from the video.

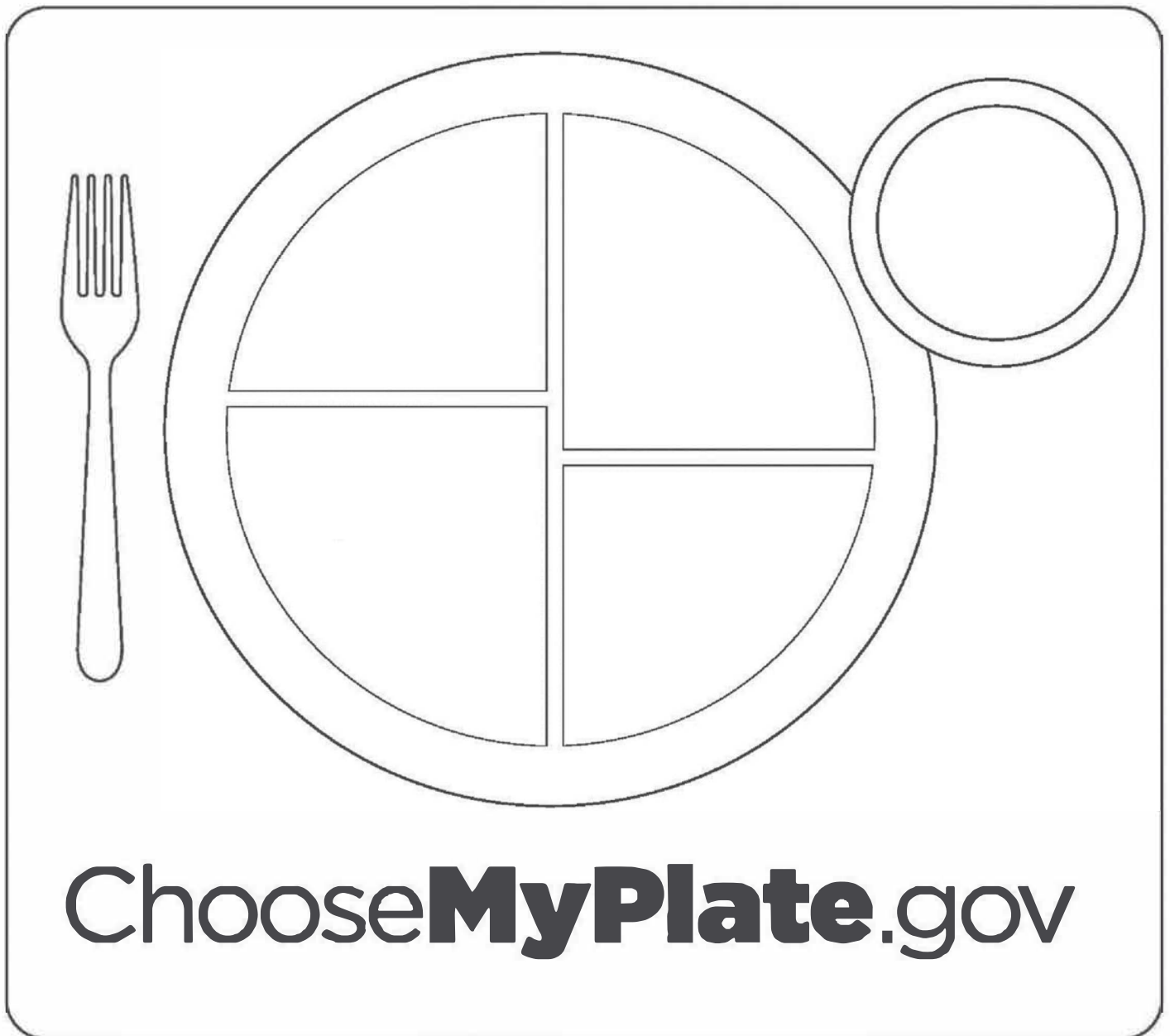
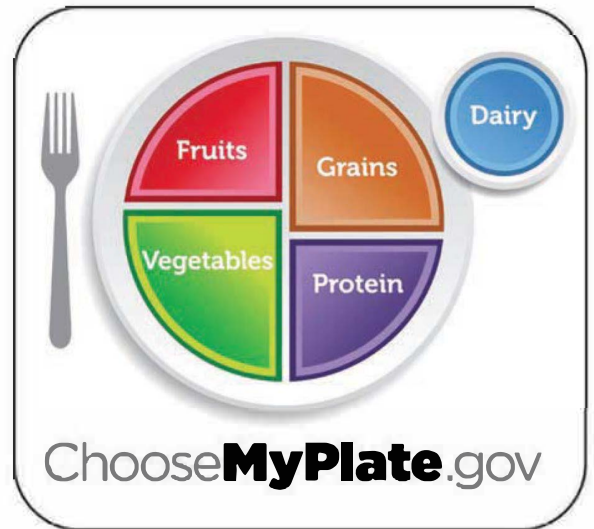


See the *Pea Dippin' Good* recipe in *Tasting Trios*.



# MyPlate

MyPlate shows the five food groups using a plate. Each part of the plate shows an important food group. The red part is the fruit group. The green part is the vegetable group. The orange part is the grain group. The purple part is the protein group. The blue part is the dairy group. Draw in healthy foods you would like to eat from the five food groups. Use the *Foods Found in MyPlate* on the next page to help you. For more activities, games, and videos visit: [ChooseMyPlate.gov/kids](http://ChooseMyPlate.gov/kids)



# Foods Found in MyPlate



FRUITS

- Apples
- Bananas
- Blueberries
- Cantaloupe
- Cherries
- Grapefruit
- Grapes
- Kiwis
- Oranges
- Peaches
- Pears
- Pineapple
- Plums
- Raisins
- Raspberries
- Strawberries
- Watermelon
- 100% fruit juice



GRAINS

- Breakfast cereal
- Brown rice
- Corn flakes
- Crackers
- Grits
- Macaroni
- Noodles
- Oatmeal
- Popcorn
- Pretzels
- Spaghetti
- Tortillas like corn, flour, and whole wheat
- Whole wheat bread, cereals, crackers, and pastas



VEGETABLES

- Asparagus
- Beans like lima, kidney, and pinto\*
- Beets
- Bell peppers\*\*
- Broccoli
- Carrots
- Cauliflower
- Corn
- Dark green leafy lettuce
- Green beans\*\*
- Green peas\*
- Kale
- Lettuce
- Potatoes
- Pumpkin\*\*
- Radish
- Spinach
- Squash\*\*
- Sweet potatoes
- Tomatoes\*\*
- Turnip
- Vegetable juice
- Zucchini\*\*

\*beans and peas can also go in the protein group  
 \*\*these vegetables are the fruit part of the plant because they contain the seeds of the plant



PROTEIN FOODS

- Beans and peas (see vegetables)
- Beef
- Chicken
- Eggs
- Fish
- Nuts like almonds, cashews, and walnuts
- Peanut butter
- Sunflower seeds
- Turkey
- Veggie burger



DAIRY



- Cheese
- Non-fat or low-fat milk
- Non-fat or low-fat yogurt