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!
Strawberries grow on the ground.

Strawberries are a fruit.

Strawberries have phytochemicals.

Phytochemicals help your body stay healthy.

Phytochemicals give fruits and vegetables their bright colors.


- Draw a picture of a strawberry below.

See the Strawberry Shortcake recipe in Tasting Trios.
Delicious Fruits and Vegetables

Look at the pictures below of some of the delicious fruits and vegetables!

Draw a blue circle around the fruits and vegetables you have tried before. Draw an orange circle around the fruits and vegetables you would like to try. Talk with your classmate about the fruits and vegetables you would like to try.