

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!

Name



Avocados grow on a tree.

Pinkerton Avocados

■ Avocado

Avocado is a fruit.

Avocados have unsaturated fat.

Unsaturated fat may be good for your heart.



Hass Avocado

Complete the following sentences.

Avocado is a _____.

Avocados grow on
a _____.

Write one sentence about avocados.

See the *California Stacker* (Avocados) recipe in *Tasting Trios*



Delicious Fruits and Vegetables

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

Draw a blue circle around the fruits and vegetables you have tried already. 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.



cabbage



sweet potato

dried fruit



tomato



pear



avocado

root vegetable



kiwi

