

I Pledge Allegiance to My Health

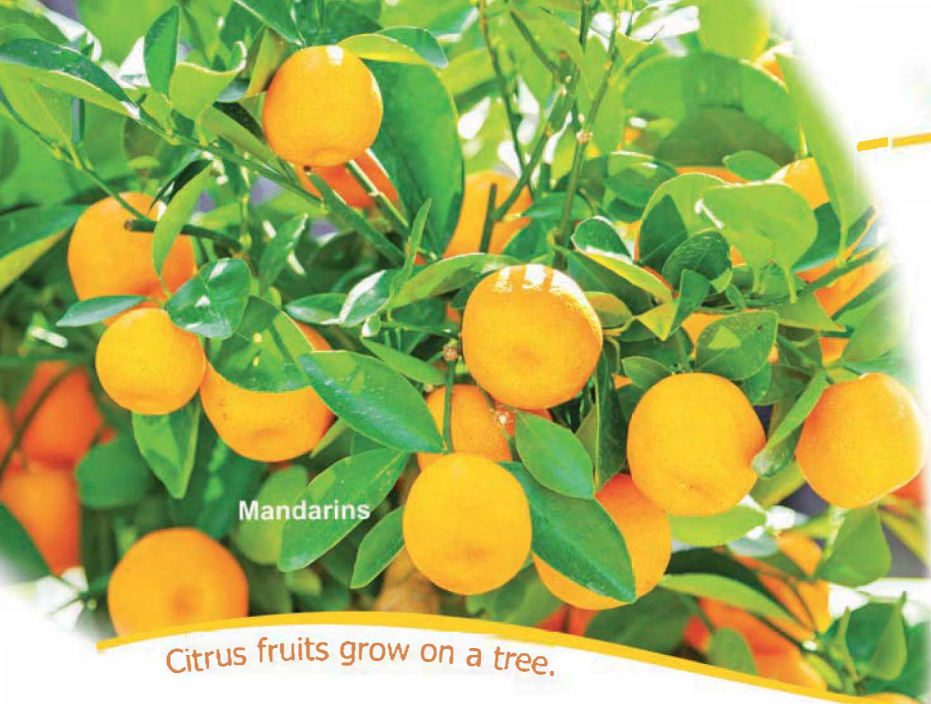
This pledge can be read daily at school or at home with your family to remind you of all the ways to take care of your body!



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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Mandarins

Citrus fruits grow on a tree.

Healthy Day ■ Citrus Fruits

Mandarins are a citrus fruit.

Citrus fruits have potassium.

Potassium helps your muscles stay healthy.

- Watch this video to learn about a citrus farmer! <http://bit.ly/1Dqo85t>
- What is your favorite citrus fruit? Draw a picture of your favorite citrus fruit below.



See the *Sunny Breeze* recipe in *Tasting Trios*.



Eat Healthy Foods: The Choice is Yours!

Did you know that food gives you the energy you need to do the physical activities you love? Picking foods that are good for you helps fuel up your body. Look at the foods in the vending machine. Circle the healthy foods. Put an "X" through the less healthy foods.



1. How many healthy foods did you circle? _____
2. Draw a picture of a healthy snack you will eat this week.