

I Pledge Allegiance to My Health

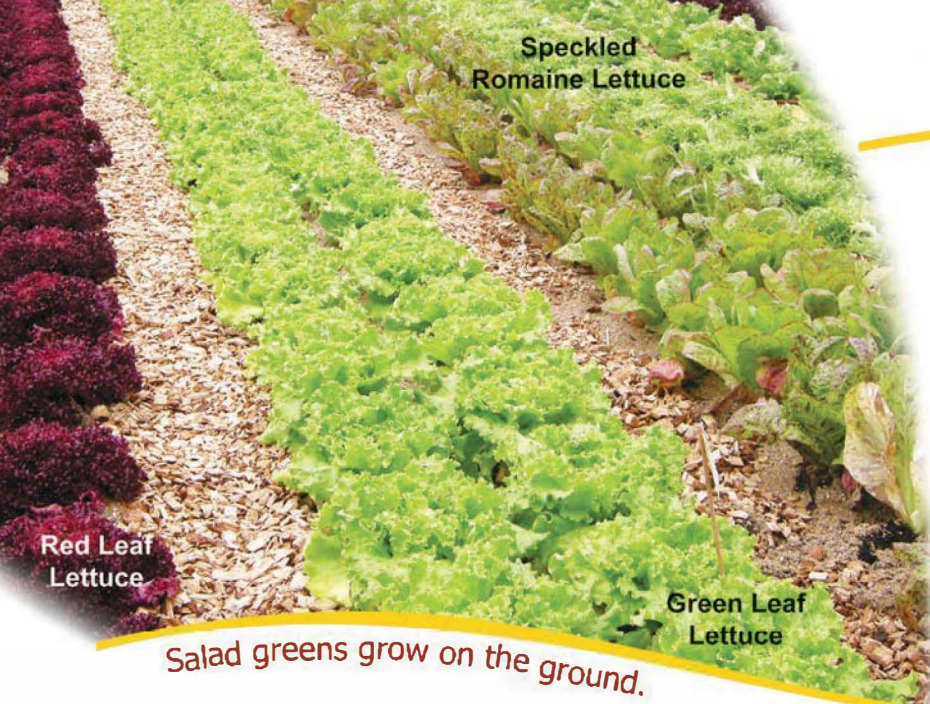
This pledge can be read daily at school or at home with your family to remind you of all the ways to take care of your body!



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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■ Salad Greens

Salad greens are vegetables.

Salad greens have vitamin A.

Vitamin A helps keep your eyes healthy.

Salad greens grow on the ground.

- Watch this video to learn about a farmer who grows spinach!

<http://bit.ly/1NCzqD8>

- What is your favorite salad green?
Draw a picture of your favorite salad green below.



See the *Spinach Cranberry Salad* recipe in *Tasting Trios*.



We Love Water!

You have more of a chance of getting cavities if you drink sugary drinks. Drink water instead of sugary drinks. Water is good for your health.

Draw a circle around the drinks that do not have added sugar. Draw an "X" on the drinks that have added sugar.



Instead of _____

I will try to drink _____

more _____.