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 Mandy Richardson, Teacher on Special Assignment
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Salad greens are vegetables.

Salad greens have vitamin A.

Vitamin A helps keep your eyes healthy.


- 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 ____