

# I Pledge Allegiance to My Health

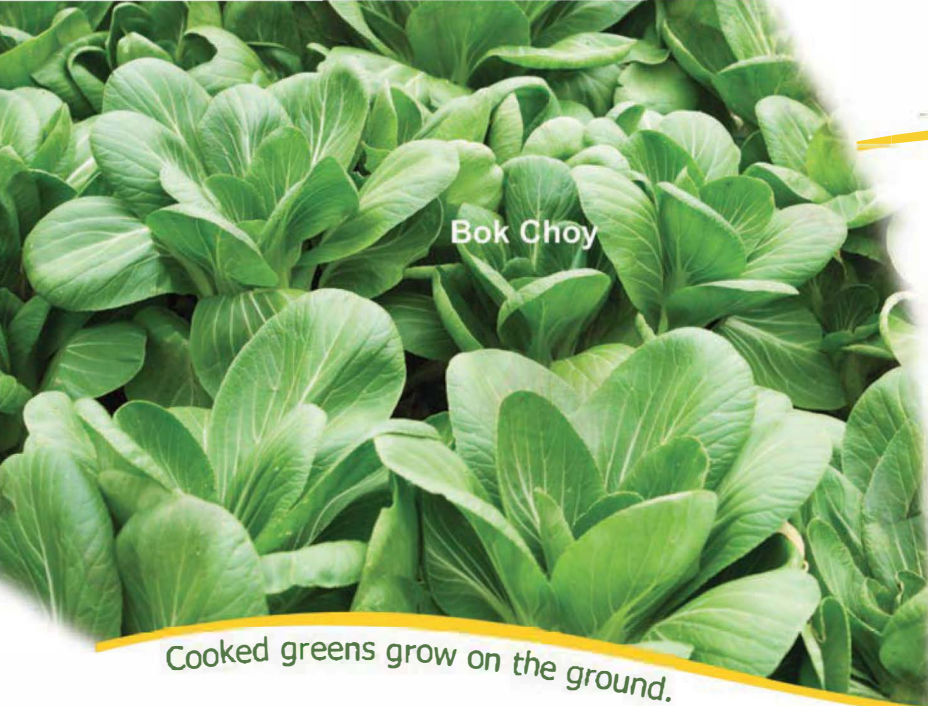
This pledge can be read daily at school or at home with your family to remind you of all the ways to take care of your body!



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

## ■ Cooked Greens



Bok Choy

Cooked greens are vegetables.

Cooked greens have calcium.

Calcium keeps bones strong.

Cooked greens grow on the ground.

- Watch this video to learn about a farmer who grows cooked greens!  
<https://goo.gl/r6Dpo9>
- What is your favorite cooked green? Draw a picture of your favorite cooked green below.



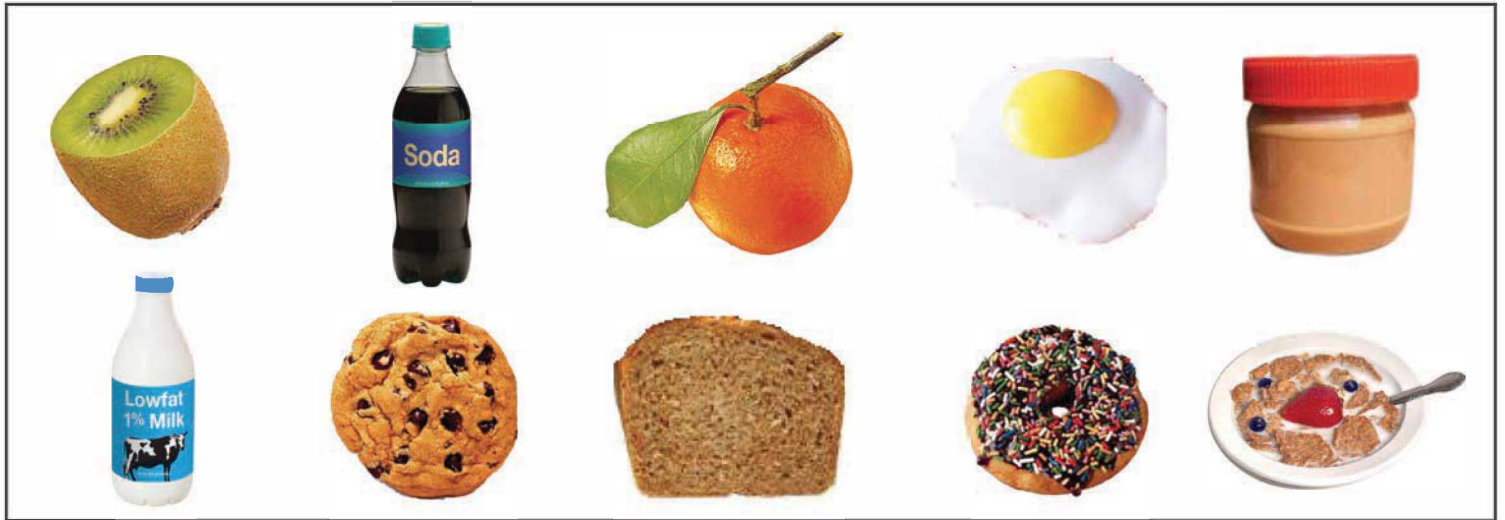
See the *Krazy Kale Salad* recipe in *Tasting Trios*.



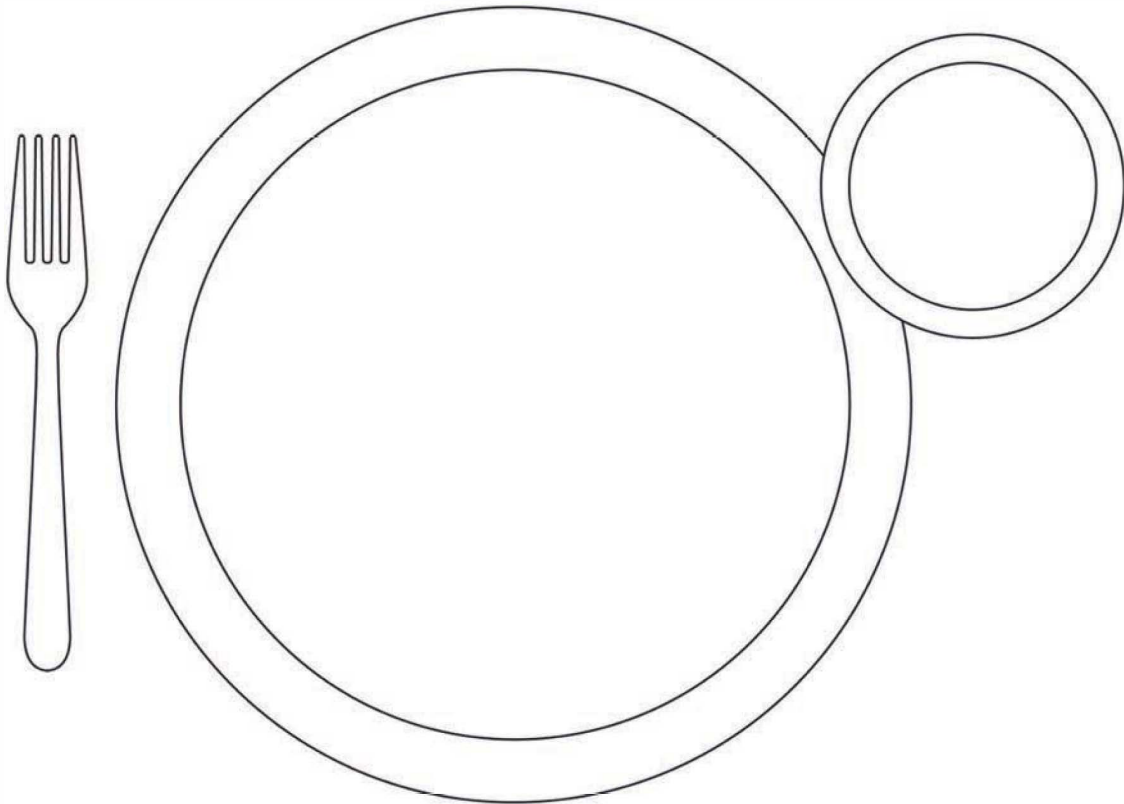
# Power Up Your Day with Breakfast!

Eating breakfast every morning is the smart thing to do. Breakfast is the most important meal of the day. It helps “power up” your body so you have the energy to do the physical activities you love. Did you know that eating breakfast can also help you do better in school?

Circle all the foods that can be part of a healthy breakfast. Put an “X” through the less healthy breakfast choices.



Draw a picture of a healthy breakfast. Use the *Foods Found in MyPlate* on the next page to help you.





# Foods Found in MyPlate



Apples  
Bananas  
Blueberries  
Cantaloupe  
Cherries  
Grapefruit  
Grapes  
Kiwis  
Oranges

Peaches  
Pineapple  
Plums  
Prunes  
Raisins  
Raspberries  
Strawberries  
Watermelon  
100% fruit juice



Breakfast cereal  
Brown rice  
Corn flakes  
Crackers  
Grits  
Macaroni  
Noodles  
Oatmeal

Popcorn  
Pretzels  
Spaghetti  
Tortillas like corn, flour, and whole wheat  
Whole wheat bread, cereals crackers and pastas



Asparagus  
Beans like lima, kidney, and pinto\*  
Beets  
Bell peppers\*\*  
Broccoli  
Carrots  
Cauliflower  
Corn\*\*  
Dark green leafy lettuce  
Green beans\*\*  
Green peas\*

Kale  
Lettuce  
Potatoes  
Pumpkin\*\*  
Radish  
Spinach  
Squash\*\*  
Sweet potatoes  
Tomatoes\*\*  
Turnip  
Vegetable juice  
Zucchini\*\*



Beans and peas (see vegetables)  
Beef  
Chicken  
Eggs  
Fish  
Nuts like almonds, cashews, and walnuts

Peanut butter  
Sunflower seeds  
Turkey  
Veggie burger

\*beans and peas can also go in the protein group  
\*\*these vegetables are the fruit part of the plant because they contain the seeds of the plant



Cheese  
Non-fat or low-fat milk  
Non-fat or low-fat yogurt

