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

I Pledge Allegiance to My Health created by Mandy Richardson, Teacher on Special Assignment
Network for a Healthy California-Hawthorne School District
Cooked greens are vegetables.

Cooked greens have calcium.

Calcium keeps bones strong.

Watch this video to learn about a farmer who grows cooked greens! [https://goo.gl/r6Dpo9](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

Fruits
- Apples
- Bananas
- Blueberries
- Cantaloupe
- Cherries
- Grapefruit
- Grapes
- Kiwis
- Oranges
- Peaches
- Pineapple
- Plums
- Prunes
- Raspberries
- Strawberries
- Watermelon
- 100% fruit juice

Grains
- 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

Vegetables
- 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**

Protein foods
- Beans and peas (see vegetables)
- Beef
- Chicken
- Eggs
- Fish
- Nuts like almonds, cashews, and walnuts
- Peanut butter
- Sunflower seeds
- Turkey
- Veggie burger

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

*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