

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

■ Stone Fruit



Peaches

Stone fruit grows on a tree.

Stone fruit have a large seed or stone in the middle of the fruit.

Stone fruit have vitamin A.

Vitamin A keeps your skin healthy.

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



See the *Peachy Parfait* recipe in *Tasting Trios*.



Let's Choose Healthy Snacks!

Snack time can be a great time to eat foods that provide your body with wonderful vitamins and minerals. Your body and brain need vitamins and minerals to grow strong and give you the energy you need to play and learn.

Not all snacks on television are healthy snacks. Some foods with added sugar and fat are less healthy choices. Look at the snack choices below and use the word box to write the name of the food. Next, draw a circle around the food that would be a healthy snack choice.

fries	crackers	orange	donut
chips	milk	soda	celery



or





or





or





or



Tell your friend which healthy snack you will choose this week.