I Pledge Allegiance to My Health

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

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Stone fruit grow 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.


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.

<table>
<thead>
<tr>
<th>fries</th>
<th>crackers</th>
<th>orange</th>
<th>donut</th>
<th>celery</th>
</tr>
</thead>
<tbody>
<tr>
<td>chips</td>
<td>milk</td>
<td>soda</td>
<td>milk</td>
<td>soda</td>
</tr>
</tbody>
</table>

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