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
Introduction

Harvest of the Month is a program that your class will take part in this year. Through participation in this program, you will try fruits and vegetables that you may have never tasted before. All of these fruits and vegetables are grown in California and will be in season, which is when they cost less and are fresh.

You may have seen a food picture called MyPlate. MyPlate is a reminder for people to make healthier food choices. A healthy meal starts with more fruits and vegetables and smaller sizes of protein like meat and grains like rice. Think about how you can change what is on your plate to make it healthier.

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What’s on Your Plate?

Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.

ChooseMyPlate.gov

Make half your plate fruits and vegetables.

Make at least half your grains whole.

Switch to non-fat or low-fat (1%) milk.

Vary your protein food choices.
Foods Found in MyPlate

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

**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**

*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

**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

**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
The Key to a Healthy Life is in Your Hands

You do not need to carry measuring cups with you to eat your recommended amount of fruits and vegetables. In general, children your age should eat 1½ cups of vegetables and 1-1½ cups of fruit every day.*

½ cup of fruit

½ cup of vegetables

1 cup of raw leafy greens

1 cup of fruit

½ cup of vegetables

¼ cup of dried fruit

½ cup of vegetables

*Source: MyPlate
The Key to a Healthy Life is in Your Hands

½ cup of vegetables

Complete the sentence on how the produce helps your body.  
Example: Apples have fiber.

<table>
<thead>
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</table>
Peppers grow on a bush.

Peppers are fruits because they have seeds.

Peppers have vitamin C.

Vitamin C helps your body heal cuts.


- Draw a picture of your favorite pepper from the video.

Pea Dippin’ Good [http://bit.ly/1Tm0OtI](http://bit.ly/1Tm0OtI)
MyPlate

MyPlate shows the five food groups using a plate. Each part of the plate shows an important food group. The red part is the fruit group. The green part is the vegetable group. The orange part is the grain group. The purple part is the protein group. The blue part is the dairy group. Draw in healthy foods you would like to eat from the five food groups. Use the Foods Found in MyPlate on page 3 to help you. For more activities, games, and videos visit: www.ChooseMyPlate.gov/kids
Grapes grow on a vine.

Grapes are a fruit.

Grapes have vitamin K.

Vitamin K helps your blood act like glue and stick together on top of a cut.

■ Read *Fruit is a Suitcase for Seeds!* at [http://bit.ly/URo0aC](http://bit.ly/URo0aC) to learn more about fruit.

■ Write or draw how a grape grows.

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Quick and Creamy Grape Shake
Power Up with Fruits and Vegetables!

Did you know that fruits and vegetables have important nutrients that your body needs? These nutrients help you grow and stay healthy.

<table>
<thead>
<tr>
<th>Vitamin C</th>
<th>Vitamin A</th>
</tr>
</thead>
<tbody>
<tr>
<td>Helps heal your cuts</td>
<td>Helps you see</td>
</tr>
<tr>
<td>Helps keep your gums healthy</td>
<td>Helps keep your skin healthy</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Calcium</th>
<th>Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>Helps build strong bones and healthy teeth</td>
<td>Helps keep a healthy heart</td>
</tr>
</tbody>
</table>

Look at all the colorful fruits and vegetables that give you the nutrients you need! Draw a line to match the word and the picture. Talk with your friend about the produce you would like to try and why.

- Apple
- Beet
- Broccoli
- Carrots
- Peas
- Raisins
- Strawberry

RI.1.3, RI.1.7, RI.1.8, Health Ed Standard: Growth and Development: Essential Concepts 1.3.G
Root vegetables include potatoes, beets, jicama, and onions.

Most root vegetables have vitamin C.

Vitamin C keeps your gums healthy.

- Watch this video to learn about root vegetables! [http://bit.ly/1u8F3Qs](http://bit.ly/1u8F3Qs)

- Write or draw how root vegetables grow.

---

[Dig Into Roots](http://bit.ly/1Tm0OtI)
Brain Breaks!

Physical activity has many health benefits. It is good to be physically active every day because it:

- Gives you more energy
- Helps you keep a healthy body weight
- Helps build and keep healthy bones, muscles, and joints

Research has shown that brief bursts of exercise before taking tests helps students do better. In addition, regular activity breaks during the school day can help sharpen students’ ability to focus and stay on task. When taking a break, do activities that get the body moving and the heart pumping, such as dancing, jumping, or running in place.

As a class, visit vimeo.com/album/1637740. This is a link to a list of over 50 JAMmin’ Minute videos. JAMmin’ Minute is a very quick and easy way to add exercise into the school day. After viewing the various videos, vote on activities that you would like to do in class to get a brain break. Use the space below to write what video your class chose and when you will take your brain break. Your teacher can help you complete this table.

<table>
<thead>
<tr>
<th>JAMmin’ Minute Video Number</th>
<th>Time of Day</th>
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</tbody>
</table>
December: Apples

Apples are fruits.

Apples have fiber.

Fiber helps move food through your body.


- Write or draw how apples grow.

---

Apple Trio
[http://bit.ly/1Tm0OtI](http://bit.ly/1Tm0OtI)
Make a Super Salad!

It is important to eat vegetables every day. Eating salad is a great way to get the vegetables you need to grow, to be strong, and to be healthy. Draw a picture of a salad you would like to eat for dinner. Here are some suggestions to include in your salad.

<table>
<thead>
<tr>
<th>Broccoli</th>
<th>Carrots</th>
<th>Kale</th>
<th>Mushrooms</th>
<th>Tomato</th>
<th>Avocado</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Broccoli" /></td>
<td><img src="image2" alt="Carrots" /></td>
<td><img src="image3" alt="Kale" /></td>
<td><img src="image4" alt="Mushrooms" /></td>
<td><img src="image5" alt="Tomato" /></td>
<td><img src="image6" alt="Avocado" /></td>
</tr>
</tbody>
</table>

Write the name of your favorite vegetable in your salad bowl.

Tell your classmate: My favorite vegetable is ______________________________.
You might like it because ____________________________________________.

RI.1.3, RI.1.7, RI.1.8; W.1.2, W.1.8; SL.1.2, SL.1.4, SL.1.6; L.1.1, L.1.2
Salad greens are vegetables.

Salad greens have vitamin A.

Vitamin A helps keep your eyes healthy.


- Write or draw how salad greens grow.

---

**Spinach Cranberry Salad**

[http://bit.ly/1Tm0OtI](http://bit.ly/1Tm0OtI)
Sugar can be in foods and drinks in two ways:
1. Naturally, like in fruit and dairy products, which is part of the overall healthy package of nutrients that these foods have.
2. Added sugar, which adds calories but little or no nutrients.

Count the number of teaspoons of sugar in the soda, sports drink, and water.

12-ounce can of soda = __________ teaspoons of sugar

20-ounce sports drink = __________ teaspoons of sugar

20-ounce bottled water = __________ teaspoons of sugar

I will drink less

and drink more.
Mandarins are a citrus fruit.

Citrus fruits have potassium.

Potassium helps your muscles stay healthy.

- Watch this video to learn about a citrus farmer! [http://bit.ly/1Dqo85t](http://bit.ly/1Dqo85t)

- Write or draw how citrus grow.

---

Sunny Breeze
[http://bit.ly/1Tm0OtI](http://bit.ly/1Tm0OtI)
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 are healthy snacks. Some foods with added sugar and fat make 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>
</tr>
</thead>
<tbody>
<tr>
<td>chips</td>
<td>milk</td>
<td>soda</td>
<td>celery</td>
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Make a goal to eat a healthy snack instead of a less healthy snack.

This week instead of ____________________________,

I will eat ____________________________.

RI.1.3, RI.1.7, RI.1.8; W.1.2, W.1.8; L.1.1, L.1.2, Health Ed Standard: Growth and Development: Essential Concepts 1.3.G
Greens are vegetables.
Greens have calcium.
Calcium keeps bones strong.

Watch this video to learn about a farmer who grows greens! [http://bit.ly/1lhjXcA](http://bit.ly/1lhjXcA)

Sam has 11 bunches of bok choy in his garden. Ana has 6 bunches of bok choy in her garden. How many more bunches of bok choy does Sam have than Ana? Use pictures, words, or numbers to explain your thinking.

Show your work.

[Krazy Kale Salad](http://bit.ly/1Tm0OtI)
Choose a Healthy Breakfast Plate

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?

Build a healthy breakfast by picking one food from at least three food groups. You can look on page 3 to help you. Draw a picture of the food you chose in the correct food group section on your plate. Share your breakfast idea with your classmates.

ChooseMyPlate.gov

Cucumbers are fruits because they have seeds.

Cucumbers contain a lot of water.

Water helps your body work right.

From the cotton in our jeans to the food on our tables, to our landscaped yards and playing fields, we all depend on agriculture. Watch this video to learn what grows in California and how it affects you!

www.learnaboutag.com - It’s All About You!

Write a sentence about one fact you learned from the video.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Cool Cucumber Cuties
http://bit.ly/1Tm0OtI
Choose MyPlate to Help Make Healthy Food Choices!

MyPlate shows you how to build a healthy plate using the five food groups. Choosing a variety of foods from all five food groups will help you get all the nutrients, like vitamins and minerals, that your body needs to grow and be healthy. Write the name of one food that belongs to each food group. Look at page 3 for ideas.

**Fruits**

**Grains**

**Dairy**

**Vegetables**

**Protein**

---

RI.1.3, RI.1.7, RI.1.8; W.1.2, W.1.8; Health Ed Standard: Growth and Development: Essential Concepts 1.3.G
Strawberries are a fruit.

Strawberries have phytochemicals.

Phytochemicals help your body stay healthy.

Phytochemicals give fruits and vegetables their bright colors.

Watch this video to learn how strawberries get to the store! [Link](http://bit.ly/V6dJYn)

Ryan has 3 dimes and 4 pennies. Circle the food item he can buy. Use pictures, words, or equations to explain your thinking.

- 25¢
- 40¢
- 34¢
- 31¢

Strawberry Shortcake [Link](http://bit.ly/1Tm0OtI)
Energize Your Day by Adding Fruits and Vegetables!

Did you know fruits and vegetables have important vitamins and minerals that your bodies need? They help you grow and stay healthy. Fruits and vegetables give you extra energy to do well in school and sports. It is important to make sure you eat fruits and vegetables every day. Draw a circle around the fruits and a rectangle around the vegetables.

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### Suggestions on how to add fruits and vegetables to power up your day!

<table>
<thead>
<tr>
<th></th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
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<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Add fruit to your breakfast cereal.</td>
<td>Write the name of the fruit you will add to your cereal.</td>
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<tr>
<td><strong>Lunch</strong></td>
<td>Add vegetables to your sandwich.</td>
<td>Write the name of the vegetable you will add to your sandwich.</td>
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<td><strong>Dinner</strong></td>
<td>Eat a salad with dinner.</td>
<td>Write the name of the vegetable you will include in your salad.</td>
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- cabbage
- avocado
- raisins
- jicama
- tomato
- kiwi
- radish
- orange

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RI.1.3, RI.1.7, RI.1.8; W.1.2, W.1.8; Health Ed Standard: Growth and Development: Essential Concepts 1.3.G
Stone fruits grow on trees.

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

Stone fruits have vitamin A.

Vitamin A keeps your skin healthy.


- Write a sentence describing how you like to eat stone fruits.

- Isabel has one quarter. Which fruit can she buy? Circle your answers.

Peachy Parfait
[http://bit.ly/1Tm0OtI](http://bit.ly/1Tm0OtI)
Make Plans for a Healthy Summer!

Congratulations on your discovery of so many delicious fruits and vegetables! Over the summer it is important to continue to eat plenty of colorful fruits and vegetables every day. Write a letter to your parents about the fruits and vegetables you would like your family to eat over the summer.

Dear [Greeting]

Date

[Body]

[Closing]

Name

be a fit kid
10 tips for being active every day

Fit kids are physically active and play for at least 1 hour every day. Look for ways to make physical activity a part of your day.
Do activities that build your muscles, get your heart pumping, and make you feel good about yourself.

1. **tie up your laces and walk**
   Go for a walk around your neighborhood or walk to your friend's house instead of taking the bus or asking for a ride. Forget the elevator and take the stairs every chance you get! Remember to be safe by using sidewalks and crosswalks.

2. **turn up the music**
   Shake, rattle, and roll to your favorite songs. Turn on some hip hop, country, salsa, or pop music and move your body. Dancing is a great way to get some physical activity.

3. **ride a bike**
   Grab your helmet and safety gear and go for a bike ride. Ride your bike to school or grab your friends and enjoy a ride in the neighborhood.

4. **join a team**
   Show your team spirit and join a sport at your school or community center. There are tons of fun teams such as basketball, baseball, gymnastics, dancing, soccer, swimming, and tennis. Choose an activity that you like and have fun!

5. **go out and play**
   Ditch the TV and go outside with friends, family, and even your pets! Walk your dog. Make a snowman. Fly a kite. Have a Hula-Hoop contest. Play basketball with friends. Try jumping rope. Or simply play a game of tag.

6. **dive right in!**
   Go to your local indoor or outdoor pool and swim. Swim laps, play water games with friends, or have diving contests for fun.

7. **get paid to be fit**
   Earn extra cash by mowing lawns, washing cars, shoveling snow, or walking dogs for your family or for your neighbors. Listen to music while you work to keep you going.

8. **try skating or skateboarding**
   Grab your friends and go to a local park or indoor skating rink! It's easy to learn and a great way to be active while still having fun! Remember to wear your helmet and safety pads.

9. **plant a garden**
   Plant and grow flowers, fruits, and vegetables with your family, or even with your friends! Creating a garden is tough work and a good way to keep fit. Be sure to check on your plants and water them every day!

10. **stuck inside?**
    Play a game of hide-and-seek or plan a scavenger hunt in your house with friends and family. Another great way to stay active indoors is by doing crunches and jumping jacks—see how many you can complete!

Go to www.ChooseMyPlate.gov for more information.
Appendix 1: Adjectives

Adjectives are describing words. Here are a few adjectives you can use when describing the different fruits and vegetables using the five senses.

**see**
- Green
- Red
- Orange
- Purple
- Yellow
- Brown
- Tan
- White
- Blue
- Light (+color)
- Dark (+color)
- Colorful
- Appealing
- Appetizing
- Shiny
- Small
- Medium
- Large
- Thick
- Thin
- Long
- Short
- Skinny
- Round
- Oval
- Twisted

**touch**
- Crunchy
- Crisp
- Soft
- Hard
- Juicy
- Light
- Heavy
- Sticky
- Smooth
- Wet
- Firm
- Bumpy
- Dry
- Mushy
- Tough
- Rough
- Chewy
- Cold
- Warm
- Hot
- Silky
- Furry

**taste**
- Sweet
- Sour
- Bitter
- Delicious
- Fresh
- Tangy
- Tart
- Tasteless
- Tasty
- Plain
- Mouth-watering
- Yummy
- Good
- Bad
- Refreshing

**hear**
- Crunchy
- Crisp
- Juicy
- Squeaky
- Noisy

**smell**
- Sweet
- Sour
- Bitter
- _
- _
- _

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Go to www.ChooseMyPlate.gov for more information.
Glossary of Nutrients

**Calcium**  This mineral helps build strong bones and healthy teeth.

**Carbohydrate**  Carbohydrates are a main nutrient found in food. Carbohydrates are the body’s major source of energy.

**Fat**  Fat helps a child’s body grow and develop like it should. Fat gives the body energy and helps absorb some vitamins. There are different types of fat. Unsaturated fats may be good for your heart, while eating trans fat or too much saturated fat may be unhealthy for your heart.

**Fiber**  Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack.

**Iron**  This mineral helps red blood cells carry oxygen to all the parts of your body.

**Magnesium**  This mineral helps your body maintain a steady heartbeat and keeps your muscles and nerves working properly.

**Phytochemicals**  Phytochemicals are naturally found in plants and may help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health.

**Potassium**  This mineral helps your body maintain a healthy blood pressure and keeps your muscles and nerves working properly.

**Protein**  Protein is found in many different types of food. Protein builds up, maintains, and replaces the tissues in the body. Muscles, organs, and the immune system are made up mostly of protein.

**Riboflavin**  This B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain healthy red blood cells.

**Thiamin**  This B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain a healthy heart, muscles, and nerves.

**Vitamin A**  This vitamin helps your body maintain healthy eyes and skin.

**Vitamin C**  This vitamin helps the body heal cuts and wounds and maintain healthy gums.

**Vitamin E**  This vitamin helps maintain healthy cells throughout your body.

**Vitamin K**  This vitamin helps certain cells in your blood act like glue and stick together at the surface of a cut.

**Water**  Water makes up more than half of your body weight. Your body cannot survive for more than a few days without it. It helps your body work right.

**Zinc**  This mineral is needed for healthy growth and development. It also helps your body maintain a healthy immune system, and helps your body heal from cuts and wounds.

Source: CDPH-Nutrition Education and Obesity Prevention Branch and kidshealth.org
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