

# 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!

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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!



*I Pledge Allegiance to My Health* created by  
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Grape Tomatoes

# Tomato

## Nutrition Facts

|   |                     |
|---|---------------------|
| Serving Size: ½ cup tomatoes, sliced (90g)      |                     |
| Calories 16                                     | Calories from Fat 0 |
| % Daily Value                                   |                     |
| Total Fat 0g                                    | 0%                  |
| Saturated Fat 0g                                | 0%                  |
| Trans Fat 0g                                    |                     |
| Cholesterol 0mg                                 | 0%                  |
| Sodium 4mg                                      | 0%                  |
| Total Carbohydrate 4g                           | 1%                  |
| Dietary Fiber 1g                                | 4%                  |
| Sugars 2g                                       |                     |
| Protein 1g                                      |                     |
| Vitamin A 15%                                   | Calcium 1%          |
| Vitamin C 19%                                   | Iron 1%             |
| Other nutrients: Vitamin K (9%), Potassium (6%) |                     |

Tomatoes grow on a bush.

- A ½ cup of tomatoes is a source of potassium.
- Americans eat more than 22 pounds of tomatoes each year, more than half of this amount in the form of ketchup and/or tomato sauce.
- Tomatoes are grown in every state in the United States except Alaska.
- In the 1893 U.S. Supreme court case of “Nix v. Hedden,” the tomato was declared a vegetable, along with cucumbers, squashes, beans, and peas. This came about as a result of tariff laws in 1887, which imposed a duty on vegetables but not fruits.

### Huevos Rancheros



- List three adjectives that describe the way tomatoes taste, look, or smell. You can use the adjectives on the next to last page to help you.

### THINK ■ PAIR ■ SHARE

Think of a sentence using one or more of the adjectives you listed and share with a partner.

### THE NUTRITION FACTS LABEL

The percent (%) Daily Value on a food label tells you how the food can help meet daily nutrient goals. The % Daily Value shows whether the food is an excellent, good, or low source of a nutrient. All through this workbook, we will talk about fruits and vegetables and which nutrients are an excellent source or a good source.

|                    |          |                         |
|--------------------|----------|-------------------------|
| <b>5% or less</b>  | <b>=</b> | <b>Low Source</b>       |
| <b>10-19%</b>      | <b>=</b> | <b>Good Source</b>      |
| <b>20% or more</b> | <b>=</b> | <b>Excellent Source</b> |

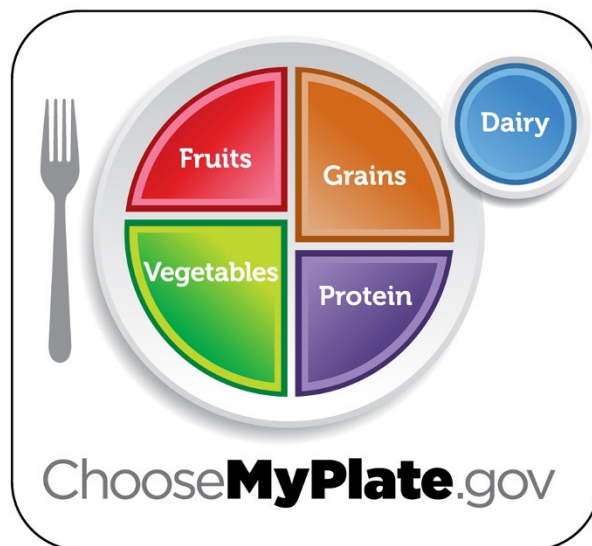
A ½ cup of sliced tomatoes has 15% of the Daily Value for vitamin A. Is a ½ cup of sliced tomatoes a low, good, or excellent source of vitamin A? \_\_\_\_\_

What do you think the % Daily Value for vitamin A would be if you ate one cup of sliced tomatoes? \_\_\_\_\_



# 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 orange part is the grain group; the green part is the vegetable group; the purple part is the protein group; and the blue part is the dairy group. Draw in healthy foods you would like to eat from the five food groups. Use 'Foods Found in MyPlate' on the last page if you need help.



# Adjectives

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



- 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

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

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

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- Crunchy
- Crisp
- Juicy
- Squeaky
- Noisy

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- Sweet
- Sour
- Bitter

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# Foods Found in MyPlate



- Apples
- Bananas
- Blueberries
- Cantaloupe
- Cherries
- Grapefruit
- Grapes
- Kiwis
- Oranges
- Peaches
- Pears
- Pineapple
- Plums
- 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



- 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