

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!



I Pledge Allegiance to My Health created by
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Sweet Peppers

Peppers

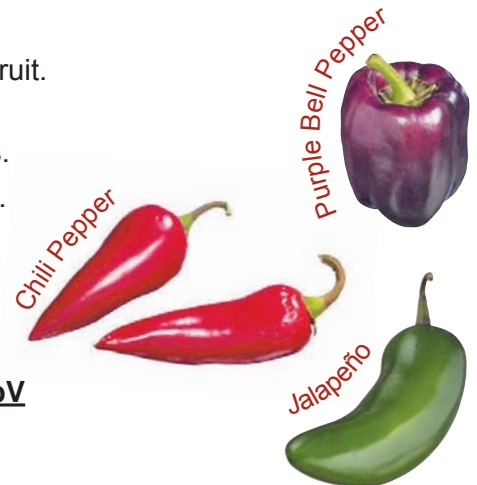


Peppers grow on a bush.

Nutrition Facts	
Serving Size: ½ cup sweet red peppers, chopped (75g)	
Calories 23	Calories from Fat 1
% Daily Value	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	6%
Sugars 3g	
Protein 1g	
Vitamin A 47%	Calcium 1%
Vitamin C 158%	Iron 2%
Other nutrients: Vitamin B6 (11%), Folate (8%), Vitamin E (6%)	
Source: www.nal.usda.gov/fnic/foodcomp/search/	
NDB No: 11821	

- A ½ cup of sweet green peppers is an excellent source of vitamin C.
- By weight, green bell peppers have twice as much vitamin C as citrus fruit. Red bell peppers have three times as much.
- Peppers are grouped into two categories: hot (chili) and sweet peppers.
- Hot peppers can be picked at any stage, but are hottest when fully ripe.
- When left to ripen, sweet peppers mature into red, yellow, orange, and purple peppers with different levels of sweetness.

■ Watch this video and learn about a pepper farmer! <http://bit.ly/1F4AJpV>



Activity

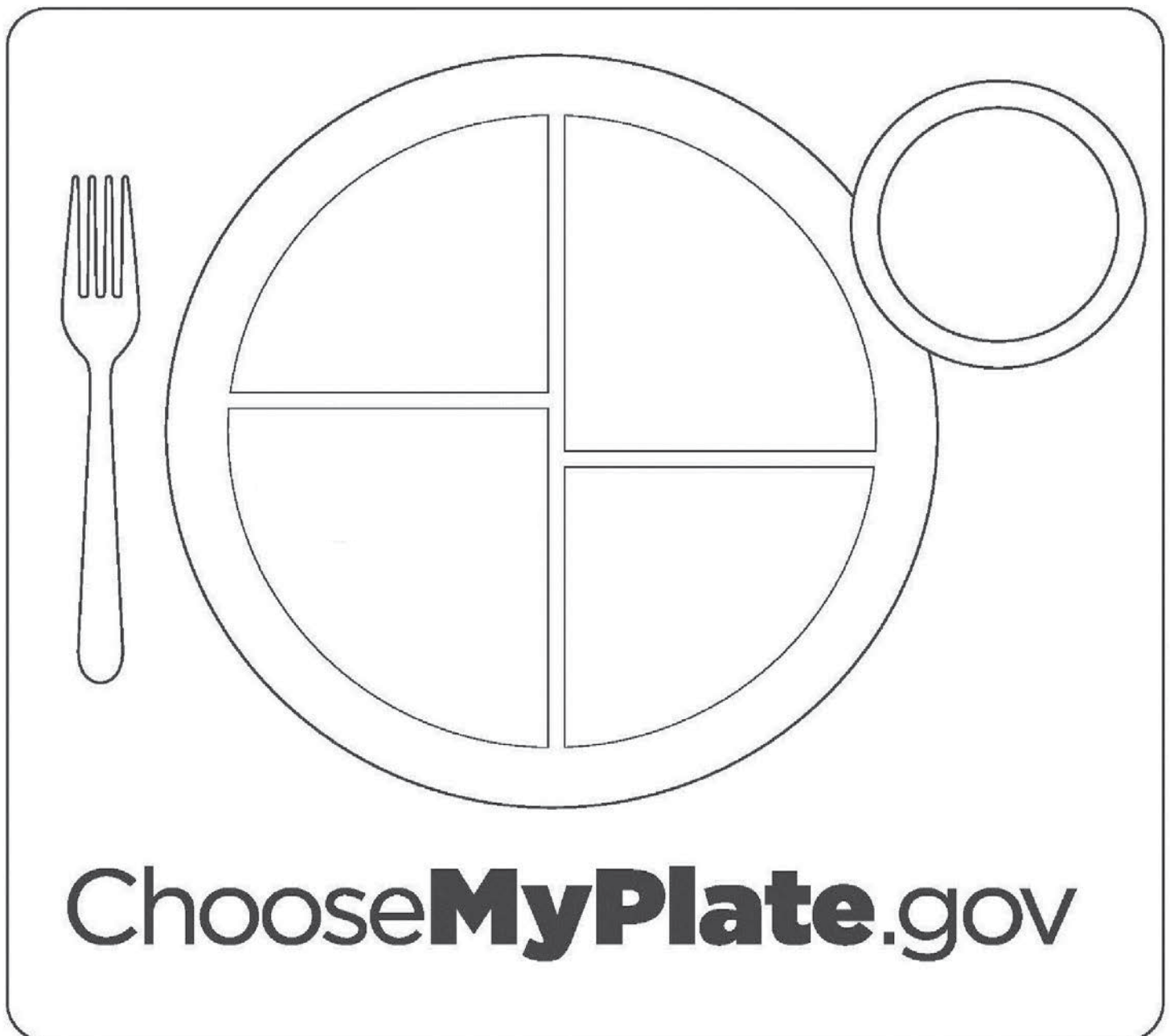
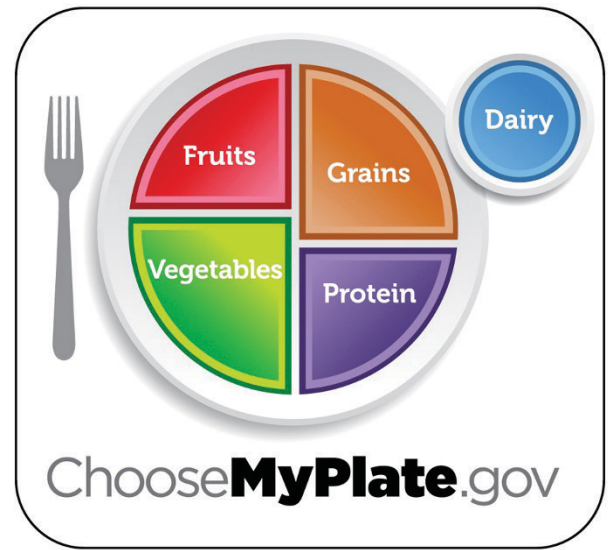
- Research what a greenhouse is and how it is useful for growing fruits and vegetables. Use the space below to write down key information.
- Think about the different types of peppers and pick your favorite. On a separate piece of paper, draw a greenhouse and describe the environment you will need for your pepper to grow. Be sure to include information like ideal temperature, amount of sunlight, and amount of water.

See the *Pea Dippin' Good* recipe in *Tasting Trios*.



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 the next page to help you. For more activities, games, and videos visit: www.ChooseMyPlate.gov/kids



Foods Found in MyPlate



FRUITS

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

*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



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