

# 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!

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Name



Fuyu Persimmons

persimmons grow on a tree.

# Persimmons

## Nutrition Facts

Serving Size: ½ medium persimmon (84g)	
Calories 59	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 0g	
Vitamin A 27%	Calcium 1%
Vitamin C 11%	Iron 1%
Source: <a href="http://www.nal.usda.gov/fnic/foodcomp/search/">www.nal.usda.gov/fnic/foodcomp/search/</a> NDB No: 09263	

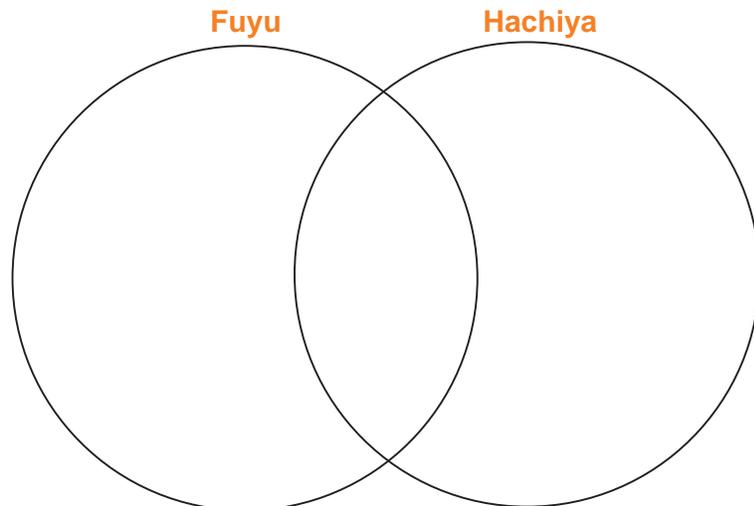
- Half of a medium persimmon is good source of fiber.
- Persimmon trees are also used for timber (used in golf clubs, fabrics, and furniture), wildlife (flowers produce nectar for honeybees), and beautification.
- In Asia, persimmons have been grown for thousands of years and are close to citrus fruit in importance, culturally and economically.
- The art of *hoshigaki* – hand-dried persimmons – is an important part of traditional Japanese New Year’s celebrations.



Hachiya Persimmons

- [Click here to earn more about persimmons and watch a recipe demonstration.](#)
- Using the information you learned from the video, compare, contrast, and find similarities between the Fuyu persimmons and the Hachiya persimmons.

See the *Persimmon Apple Delight* recipe in *Tasting Trios*.



# What Am I?

Fruits and vegetables are some of the healthiest and best tasting foods. They are low in sodium and calories, and most are fat-free. Fruits and vegetables help your body get the vitamins, minerals, and fiber it needs to stay healthy. Draw a line from the clue to the correct fruit or vegetable.

Before I became a box of raisins,  
I was a bunch of...



I'm usually red. Although I am  
classified as a vegetable, I am  
really a fruit. I have lots of vitamin  
C and lycopene.



When I'm fully grown, I can have  
a big head. I'm a leafy vegetable  
and can be green or purple.



I look like a fuzzy, little ball. Eat  
my green fruit insides with a  
spoon. I have lots of vitamin C  
and potassium.



I'm crunchy with lots of vitamin C  
and fiber. Some think I look like a  
little green tree.



I'm a vegetable that is good for  
your eyesight. I grow  
under the ground. Usually I'm  
orange, but I can be purple too!

