

# 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	

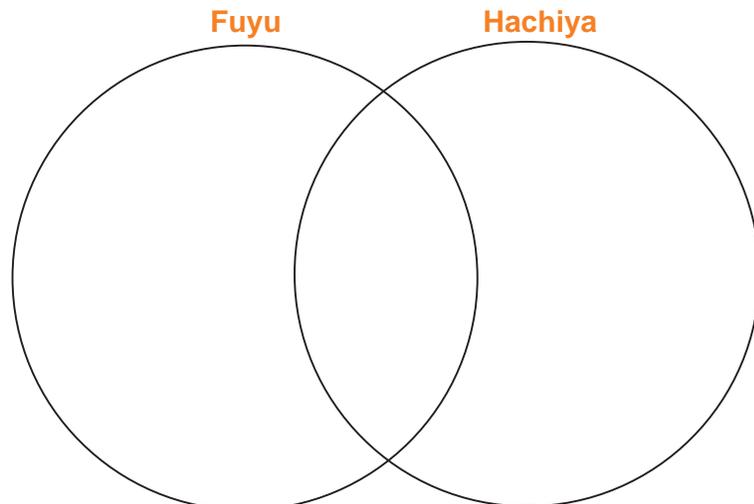
- Half of a medium persimmon is good source of fiber.
- Persimmon trees are also used for timber (used in golf clubs, fabrics, and furniture), wildlife (flowers produce nectar for honeybees), and beautification.
- In Asia, persimmons have been grown for thousands of years and are close to citrus fruit in importance, both 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 learn 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*.



# Let's Eat Real!

Eating whole foods from plants and animals—fruits, vegetables, whole grains, legumes, lean meats, poultry, fish and low-fat dairy products—is so important. They are packed with the nutrients our bodies need. Some foods are processed foods. Although processed foods start out with ingredients from plants and animals, they are changed, sometimes a little and sometimes a lot, from how nature made them. Foods like sweetened beverages, chips, and candy that are processed a lot don't have very many nutrients and are loaded with fat, salt, and sugar.

Eating real is also good for the earth. Foods that are whole, or close to whole, use less energy because they are not processed a lot and often have little or no packaging.

<p><b>Whole Foods</b> These foods are whole, real foods that help our body and the earth.</p>	<p><b>Minimally Processed (changed a little)</b> Many of these foods have fat, sugar, and/or salt added to them. Some of the nutrients are taken out during processing.</p>	<p><b>Processed (changed a lot)</b> These foods have a lot of fat, sugar and/or salt added to them and many or all of the nutrients are removed during processing.</p>
		
		
		
 <p>brown rice</p>		

Adapted from Food Day 2011

You have just learned all about why it is important to eat real. Eating real means eating whole foods from plants and animals and not eating too much processed foods. When you eat real, you are helping your body be the best it can be, and you are also taking care of the earth.

## My Action Plan

I am going to eat \_\_\_\_\_ instead of \_\_\_\_\_.  
(whole food) (processed food)

Time of day (check one):

- at breakfast
- at lunch
- at dinner

Days of the week (check as many as you like):

- Sunday
- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday

Did I achieve my goal? \_\_\_\_\_