

# FOODPLAY

## The Pledge of Allegiance



I pledge allegiance to my body for all it does for me, and to the community of which I am a part, one planet, under the sun, interconnected, with health and happiness for all.

I will try to:

- Eat more fruits and vegetables every day.
- Fuel up on a wide variety of GO foods!
- Read It Before I Eat It!
- Eat breakfast every day.
- Enjoy being active.
- Feed healthy messages to my mind.
- Make choices that are good for my health and for the health of the planet.



J.J.

Coach

My Signature

Date



## Top 10 Tips to Treat Your Body Right!

1. Fuel up with breakfast every day!
2. Fruits & Veggies - more, more, more!
3. Balance your diet with MyPlate!
4. Cut down on sugar and fat!
5. Read it before you eat it!
6. Go fresh! Choose foods that are good for your health and good for the health of the planet!
7. Get enough sleep and relaxation!
8. Have fun being active every day!
9. Feed healthy food to your body and positive messages to your mind - "I can do this!"
10. Remember, every body is different, and different is a good thing! Feel good about YOU!



For more food fun, visit us:  
[www.foodplay.com](http://www.foodplay.com)

## SODA NATURALE

### INGREDIENTS:

- Seltzer Water
- Any 100% Fruit Juice: Orange, grape, cranberry, etc.



### WHAT TO DO:

1. Mix together half seltzer and half juice in a cup.
2. Name your soda and make up a cool label. Paste it on a recycled bottle and package your drink!

(There are 10 teaspoons of sugar in a can of soda!  
For a tasty but healthy drink, make your own soda...naturally!)

## YOGURT PARFAIT

### INGREDIENTS:

- Yogurt or soy yogurt
- Cut up fruit (like strawberries, bananas, peaches, apples)
- Topping (cereal, granola, nuts, seeds)



### WHAT TO DO:

1. Put a layer of yogurt in the bottom of a cup, then add a layer of fruit, then another layer of yogurt, then another layer of fruit, and a last layer of yogurt.
2. Finish off with your favorite topping.