

# It's My Choice...Eat Right! Be Active! Pledge Sheets

## *It's My Choice...Eat Right! Be Active!*

### *MyPlate Pledge*

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Name

*I pledge to Eat Right and Be Active! I will choose food from the five food groups of MyPlate and exercise every day at school and at home to keep my body healthy.*

#### **I pledge, every day I will:**

- ★ Eat more fruits and vegetables
- ★ Eat a variety of protein
- ★ Try more whole grains
- ★ Select healthy beverages
- ★ Be active my way



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