## I Pledge Allegiance to My Health

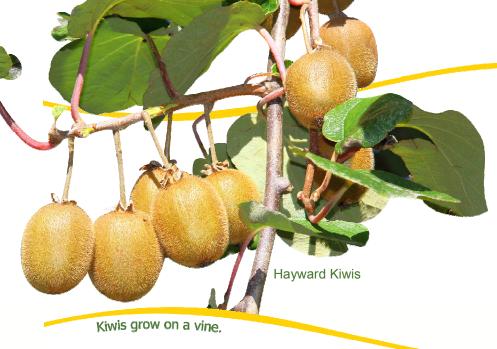
This pledge can be read daily at school or at home with your family to remind you of all the ways to take care of your body!

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!

Name

I Pledge Allegiance to My Health created by Mandy Richardson, Teacher on Special Assignment Network for a Healthy California-Hawthorne School District





Nutritio	n Facts
Serving Size: ½ cup	kiwifruit, sliced (90g)
Calories 55	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 1	3g 4%
Dietary Fiber 3g	11%
Sugars 8g	
Protein 1g	
Vitamin A 2%	Calcium 3%
Vitamin C 139%	Iron 2%
Other nutrients: Vitamin K (45%), Potassium (8%)	

- A ½ cup of sliced kiwis is an excellent source of vitamin C and vitamin K.
- Kiwis are actually a berry. Kiwis are one of the most nutrient-dense of all fruits.
- The skin of a kiwi is edible. Try it whole like an apple!
- The Chinese called kiwis "Yang Tao." The fruit Yang Tao was considered a delicacy by the court of the great Khans who cherished its delicious flavor and emerald-green color.
- List two adjectives to describe the way kiwis taste, look, or smell.
  Use the list of adjectives on page 27 to help you.

Kiwi and Yogurt Dip



Kiwis are an excellent source of vitamin K. Use the Glossary of Nutrients on page 28 and write why it is important to eat foods that have vitamin K.



Golden Kiwi Hayward Kiwi

What percent (%) Daily Value of vitamin K does ½ cup of sliced kiwis contain?

## Let's Get Physical

It is important for kids to be physically active for at least 60 minutes every day. Regular physical activity gives you more energy, helps build healthy bones and muscles, and makes you feel great!

Look at the pictures below and circle all of the different pictures that represent the physical activities you enjoy.





Write a friendly letter to a friend and explain to him or her what physical activities you enjoy doing at home and why you think they are fun.

	Date
Greeting	
	Closing
	Signature

B o d y