

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



Hayward Kiwis

Kiwis grow on a vine.

Nutrition 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 13g	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.

- 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.

Kiwi and Yogurt Dip



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.



Frisbee



Basketball



Football



Bicycle



Soccer



Jump Rope



Baseball



Skate

- 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.

B
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	Date
Greeting	

	Closing

	Signature