

# 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



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 kiwi “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.

- A ½ cup of sliced kiwis has \_\_\_\_\_ % Daily Value (DV) for vitamin K. Use the Glossary of Nutrients on page 28 to define vitamin K.

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Golden Kiwi

Hayward Kiwi

### THINK ■ PAIR ■ SHARE

- Discuss with your partner(s) and write a sentence using a conjunction to describe the way kiwis taste, look, or feel. You can use Appendix 2 (Adjectives Describing Fruits and Vegetables) on page 27 to help you.

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Kiwi and Yogurt Dip



Network for a Healthy California

# Health Benefits of Physical Activity

Physical activity can bring you many health benefits. If you are physically active every day it can:

- Lower stress and help you relax
- Lower your risk of type 2 diabetes, high blood pressure, heart disease, stroke, and some types of cancer
- Help build and keep healthy bones, muscles, and joints

In a paragraph, give other reasons why you should be physically active every day.



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## Setting Healthy Goals

When we want to make a positive change in our lives, it helps to set goals. You can set goals to be more physically active or eat better. In this activity, choose a physical activity goal and be specific about what your goal is.

1. My goal is to \_\_\_\_\_  
\_\_\_\_\_
2. To achieve this goal, I need to take the following steps:
  - A. \_\_\_\_\_
  - B. \_\_\_\_\_
  - C. \_\_\_\_\_
3. I will achieve my goal by (a date) \_\_\_\_\_
4. Did I achieve my goal? \_\_\_\_\_