

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.

Kiwis are a fruit.

Kiwis have vitamin K.

Vitamin K helps heal cuts faster.

You can eat the skin of kiwis.



Hayward Kiwi

Golden Kiwi

Complete the following sentences.

Kiwis are _____.

Kiwis have _____.

Write two words that describe how kiwis taste. See the last page for adjectives.

1. _____

2. _____

See the *Kool Kiwi Kabob* recipe in *Tasting Trios*.



Draw a picture of a kiwi.



Choose a Healthy Breakfast Plate

Eating breakfast every morning is the smart thing to do. Breakfast is the most important meal of the day. It helps “power up” your body so you have the energy to do the physical activities you love. Did you know that eating breakfast can also help you do better in school?

Build a healthy breakfast by picking one food from at least three food groups. You can look on the next page to help you. Draw a picture of the food you chose in the correct food group section on your plate. Share your breakfast idea with your classmates.



Foods Found in MyPlate



Apples	Peaches
Bananas	Pineapple
Blueberries	Plums
Cantaloupe	Prunes
Cherries	Raisins
Grapefruit	Raspberries
Grapes	Strawberries
Kiwis	Watermelon
Oranges	100% fruit juice



Breakfast cereal	Popcorn
Brown rice	Pretzels
Corn flakes	Spaghetti
Crackers	Tortillas like corn, flour, and whole wheat
Grits	Whole wheat bread, cereals, crackers and pastas
Macaroni	
Noodles	
Oatmeal	



Asparagus	Kale
Beans like lima, kidney, and pinto*	Lettuce
Beets	Potatoes
Bell peppers**	Pumpkin**
Broccoli	Radish
Carrots	Spinach
Cauliflower	Squash**
Corn**	Sweet potatoes
Dark green leafy lettuce	Tomatoes**
Green beans**	Turnip
Green peas*	Vegetable juice
	Zucchini**



Beans and peas (see vegetables)	Peanut butter
Beef	Sunflower seeds
Chicken	Turkey
Eggs	Veggie burger
Fish	
Nuts like almonds, cashews, and walnuts	



Cheese
Non-fat or low-fat milk
Non-fat or low-fat yogurt



*beans and peas can also go in the protein group
**these vegetables are the fruit part of the plant because they contain the seeds of the plant

Adjectives

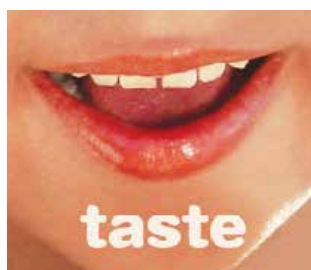
Adjectives are describing words. Here are a few adjectives you can use when describing the different fruits and vegetables using the five senses.



Green
Red
Orange
Purple
Yellow
Brown
Tan
White
Blue
Light (+color)
Dark (+color)
Colorful
Appealing
Appetizing
Shiny
Small
Medium
Large
Thick
Thin
Long
Short
Skinny
Round
Oval
Twisted



Crunchy
Crisp
Soft
Hard
Juicy
Light
Heavy
Sticky
Smooth
Wet
Firm
Bumpy
Dry
Mushy
Tough
Rough
Chewy
Cold
Warm
Hot
Silky
Furry



Sweet
Sour
Bitter
Delicious
Fresh
Tangy
Tart
Tasteless
Tasty
Plain
Mouth-watering
Yummy
Good
Bad
Refreshing



Crunchy
Crisp
Juicy
Squeaky
Noisy



Sweet
Sour
Bitter
