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
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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 the last page to define vitamin K.

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See the Kool Kiwi Kabob recipe in Tasting Trios.

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Why did the great Khans cherish kiwis?
Be More Active

Physical activity has many health benefits. It is good to be physically active every day because it:

- Makes you look and feel great
- Gives you more energy
- Lowers stress and helps you relax
- Helps you get keep a healthy body weight
- Lowers your risk of type 2 diabetes, high blood pressure, heart disease, stroke, and some types of cancer
- Helps build and keep healthy bones, muscles, and joints

In the space below, explain how you will be physically active every day. Choose one motor skill (catching without dropping the ball, throwing accurately, kicking into a goal, etc.) that you will work on improving for the coming month.

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**Foods Found in MyPlate**

Apples  
Apricots  
Avocados  
Bananas  
Blueberries  
Cantaloupe  
Cherries  
Grapefruit  
Grapes  
Honeydew  
Kiwi  
Lemons  
Limes  
Mangos  
Oranges  
Papaya  
Peaches  
Pears  

Artichokes  
Asparagus  
Bean sprouts  
Beets  
Bell peppers**  
Black beans*  
Black-eyed peas*  
Bok choy  
Broccoli  
Brussels sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Collard greens  
Corn  
Cucumbers**  
Dark green leafy lettuce  
Eggplant**  
Garbanzo beans (chick peas)*  
Green beans**  
Green peas*  
Kale  
Kidney beans*  
Lentils*  
Lettuce  
Lima beans*  
Mushrooms  
Mustard greens  
Okra**  
Onions  
Pinto beans*  
Potatoes  
Pumpkin**  
Soybeans*  
Spinach  
Split peas*  
Squash**  
Sweet potatoes  
Tomatoes**  
Turnip greens  
Turnips  
Vegetable juice  
Zucchini**

*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

American cheese  
Cheddar cheese  
Cottage cheese  
Mozzarella cheese  
Non-fat or low-fat milk  
Non-fat or low-fat yogurt  
Parmesan cheese  
Swiss cheese  

Almonds  
Beans and peas  
(see vegetables)  
Beef  
Cashews  
Chicken  
Eggs  
Fish  
Ham  
Lamb  
Peanut butter  
Peanuts  
Pecans  
Pistachios  
Pork  
Sesame seeds  
Sunflower seeds  
Tempeh  
Tofu  
Turkey  
Veggie burger  
Walnuts  

Brown rice  
Buckwheat  
Cornbread  
Corn flakes  
Corn tortillas  
Couscous  
Crackers  
Flour tortillas  
Grits  
Macaroni  
Noodles  
Oatmeal  
Pita bread  
Popcorn  
Pretzels  
Ready to eat breakfast cereal  
Spaghetti  
White rice  
Whole grain barley  
Whole grain cornmeal  
Whole rye  
Whole wheat bread  
Whole wheat cereal  
Whole wheat crackers  
Whole wheat pasta  
Whole wheat tortillas  
Wild rice
Glossary of Nutrients

**Calcium** This mineral helps build strong bones and healthy teeth.

**Carbohydrate** Carbohydrates are a main nutrient found in food. Carbohydrates are the body’s major source of energy.

**Fat** Fat helps a child’s body grow and develop like it should. Fat gives the body energy and helps absorb some vitamins. There are different types of fat. Unsaturated fats may be good for your heart, while eating trans fat or too much saturated fat may be unhealthy for your heart.

**Fiber** Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack.

**Iron** This mineral helps red blood cells carry oxygen to all the parts of your body.

**Magnesium** This mineral helps your body maintain a steady heartbeat and keeps your muscles and nerves working properly.

**Phytochemicals** Phytochemicals are naturally found in plants and may help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health.

**Potassium** This mineral helps your body maintain a healthy blood pressure and keeps your muscles and nerves working properly.

**Protein** Protein is found in many different types of food. Protein builds up, maintains, and replaces the tissues in the body. Muscles, organs, and the immune system are made up mostly of protein.

**Riboflavin** This B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain healthy red blood cells.

**Thiamin** This B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain a healthy heart, muscles, and nerves.

**Vitamin A** This vitamin helps your body maintain healthy eyes and skin.

**Vitamin C** This vitamin helps the body heal cuts and wounds and maintain healthy gums.

**Vitamin E** This vitamin helps maintain healthy cells throughout your body.

**Vitamin K** This vitamin helps certain cells in your blood act like glue and stick together at the surface of a cut.

**Water** Water makes up more than half of your body weight. Your body cannot survive for more than a few days without it. It helps your body work right.

**Zinc** This mineral is needed for healthy growth and development. It also helps your body maintain a healthy immune system, and helps your body heal from cuts and wounds.

Source: CDPH-Nutrition Education and Obesity Prevention Branch and kidshealth.org