

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 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.



Golden Kiwi

Hayward Kiwi

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



- 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:

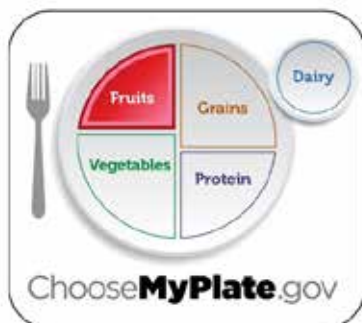
- Makes you look and feel great
- Gives you more energy
- Lowers stress and helps you relax
- Helps you get keep a healthy body weight
- Lowers your risk of type 2 diabetes, high blood pressure, heart disease, stroke, and some types of cancer
- Helps build and keep healthy bones, muscles, and joints

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.



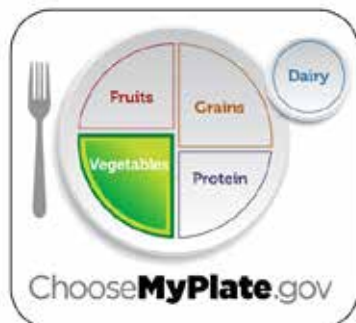


Foods Found in MyPlate



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

Pineapple
Plums
Prunes
Raisins
Raspberries
Strawberries
Tangerines
Watermelon
100% apple juice
100% grape-fruit juice
100% grape juice
100% orange juice



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*

**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*

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**



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



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



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.