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
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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THINK ■ PAIR ■ SHARE

Use a thinking map to describe the way kiwis taste, look, feel, and sound. You can use the Adjectives on the next to the last page to help you.

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Move More, Sit Less

The Benefits of Physical Activity
Physical activity can bring you 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 keep a healthy body weight
- Lowers your risk of type 2 diabetes, high blood pressure, heart disease, stroke, and certain types of cancer
- Helps build and keep healthy bones, muscles, and joints

Got 10 minutes? Get moving!
That’s just enough time to choose a physical activity goal and put your small steps into action toward reaching it! Feel like you don’t have any time? Read the list of 10-minute moments to remind you of all the “free” time you really do have. Then make a list of your small steps and decide on the moments when you will work on them so you can reach your goal.

- My physical activity goal is: ____________________________

<table>
<thead>
<tr>
<th>List of 10-minute moments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before School:</td>
</tr>
<tr>
<td>After getting dressed</td>
</tr>
<tr>
<td>Waiting for the bus</td>
</tr>
<tr>
<td>At School:</td>
</tr>
<tr>
<td>During recess</td>
</tr>
<tr>
<td>Before or after eating lunch</td>
</tr>
<tr>
<td>After School:</td>
</tr>
<tr>
<td>After the bell rings</td>
</tr>
<tr>
<td>Grocery shopping</td>
</tr>
</tbody>
</table>

- Other moments when I can work on my small steps and be active:

My small steps:

1. Example: Jump rope 40 times in a row

When I will work on this step: after school

2. ____________________________

3. ____________________________

4. ____________________________

source: www.smallsteps.gov

Reading Comprehension 2.2, Health Standard 6: Goal Setting 6.2.N, Health Standard 7: Practicing Health-Enhancing Behaviors 7.3.N, PE Standard 5.1; CCSS ELA RF.4.4a
Adjectives

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

- **See**
  - 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

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

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

- **Hear**
  - Crunchy
  - Crisp
  - Juicy
  - Squeaky
  - Noisy

- **Smell**
  - Sweet
  - Sour
  - Bitter
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