

# 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 the last page to define vitamin K.

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Golden Kiwi

Hayward Kiwi

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



## 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 adjectives on the next to the last page to help you.

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# 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.



## 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? \_\_\_\_\_

# 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

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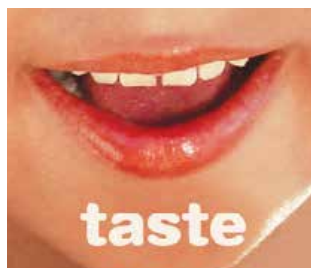


Crunchy  
Crisp  
Soft  
Hard  
Juicy  
Light  
Heavy  
Sticky  
Smooth  
Wet  
Firm  
Bumpy  
Dry  
Mushy  
Tough  
Rough  
Chewy  
Cold  
Warm  
Hot  
Silky  
Furry

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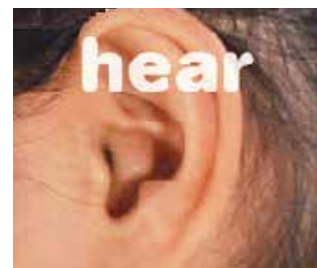


Sweet  
Sour  
Bitter  
Delicious  
Fresh  
Tangy  
Tart  
Tasteless  
Tasty  
Plain  
Mouth-watering  
Yummy  
Good  
Bad  
Refreshing

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Crunchy  
Crisp  
Juicy  
Squeaky  
Noisy

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Sweet  
Sour  
Bitter

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# 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.