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
Mandy Richardson, Teacher on Special Assignment
Network for a Healthy California-Hawthorne School District
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 kiwi has _______ % Daily Value (DV) for vitamin K. Use the Glossary of Nutrients on page 28 to define vitamin K.

Write three descriptive sentences using precise adjectives that describe the way kiwis taste, look, or smell.
Physical Activity Scoreboard

How many minutes of physical activity do you need every day for good health? To take care of your body, you need at least 60 minutes of moderate intensity physical activity every day. Physical activity can make you look and feel great and give you more energy. You may feel more relaxed and be less stressed if you are physically active.

Also, you can keep a healthy body weight if you are physically active every day. Being physically active will also help your body because it lowers your risk of type 2 diabetes, high blood pressure, heart disease, stroke, and certain types of cancer. When you are physically active, you are helping to build and keep healthy bones, muscles, and joints.

What is moderate-intensity physical activity?
This level of physical activity gets you up and moving and makes your heart beat faster. Examples include walking fast, biking, taking the stairs, and dancing. A person who is being physically active at a moderate intensity level should be able to carry on a conversation comfortably with their activity partner. If a person is able to sing while being physically active, they are working at a light intensity level and should raise their intensity.

What is vigorous-intensity physical activity?
This level of physical activity makes you breathe hard and sweat. Examples include running, jogging, playing soccer, fast dancing, and fast biking. A person who is being physically active at a vigorous intensity level should be able to say a few words but cannot carry on a conversation. If a person is gasping for air or can't catch their breath during physical activity, they should lower their intensity right away.

Setting my physical activity goal.
My goal is __________ minutes of moderate/vigorous physical activity every day.

How could you increase your physical activity next week? Make a plan for physical activity below. Look on page 3 to get ideas from the MyActivity Pyramid. There is space to write two activities per day, but if you would like to add more activities you can use a separate piece of paper.

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