

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@ense 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@reen 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.



Golden Kiwi

Hayward Kiwi

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



- 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@tensity 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@tensity 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@tensity 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, play@ing soccer, fast dancing, and fast biking. A person who is being physically active at a vigorous@tensity 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.

EXAMPLE	MON	TUES	WED	THURS	FRI
Activity: <i>Playing soccer at lunch</i>	Activity:	Activity:	Activity:	Activity:	Activity:
Minutes: 30	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:
Activity: <i>Walking fast to school & to home from school</i>	Activity:	Activity:	Activity:	Activity:	Activity:
Minutes: 30	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:
Total: 60	Total:	Total:	Total:	Total:	Total: