

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.

Kiwis are a fruit.

Kiwis have vitamin K.

Vitamin K helps heal cuts faster.

You can eat the skin of kiwis.



Golden Kiwi

Hayward Kiwi

Read the sentence and write the sentence below it.

Kk is for kiwi.

Fill in the correct beginning sound. What sound does it make?

____ iwi

____ itamin

K

____ eal

See the Kool Kiwi Kabob recipe in Tasting Trios.



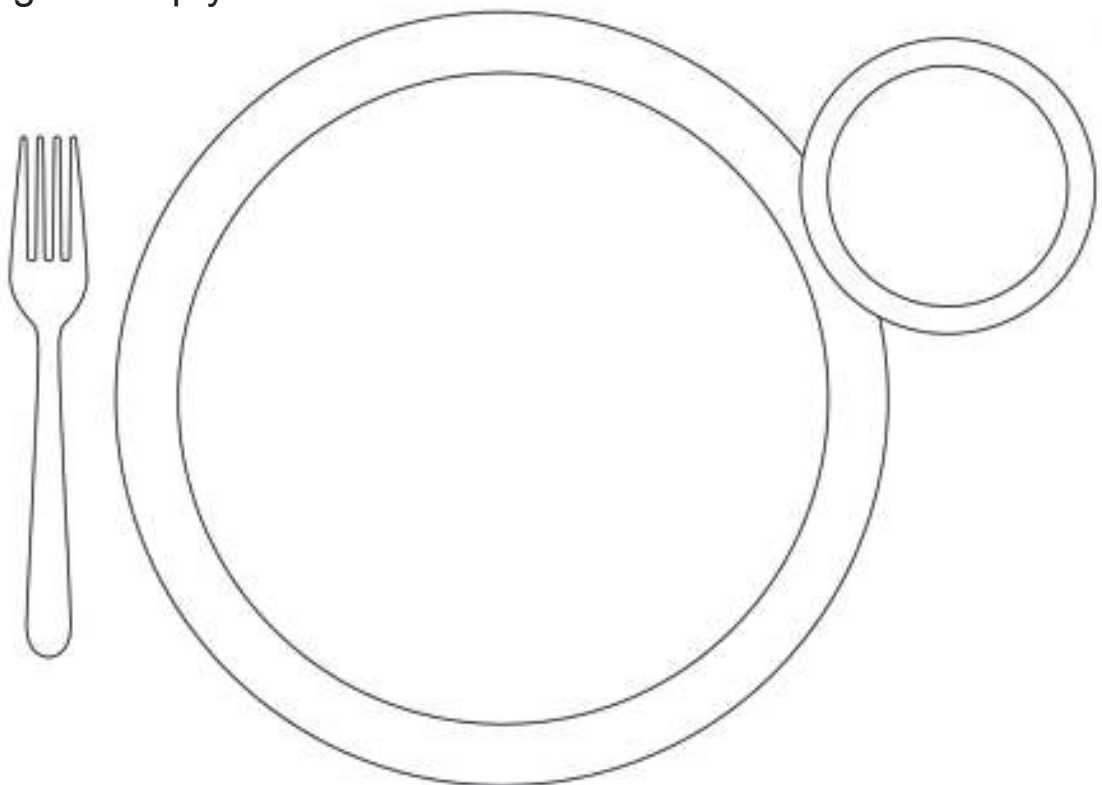
Power Up Your Day with Breakfast!

Eating breakfast every morning is the smart thing to do. Breakfast is the most important meal of the day. It helps “power up” your body so you have the energy to do the physical activities you love. Did you know that eating breakfast can also help you do better in school?

Circle all the foods that can be part of a healthy breakfast. Put an “X” through the less healthy breakfast choices.



Draw a picture of a healthy breakfast. Use the Foods Found in MyPlate on the next page to help you.



Foods Found in MyPlate



FRUITS

Apples
Bananas
Blueberries
Cantaloupe
Cherries
Grapefruit
Grapes
Kiwis
Oranges
Peaches
Pineapple
Plums
Prunes
Raisins
Raspberries
Strawberries
Watermelon
100% fruit juice



GRAINS

Breakfast cereal
Brown rice
Corn flakes
Crackers
Grits
Macaroni
Noodles
Oatmeal
Popcorn
Pretzels
Spaghetti
Tortillas like corn, flour, and whole wheat
Whole wheat bread, cereals crackers and pastas



VEGETABLES

Asparagus
Beans like lima, kidney, and pinto*
Beets
Bell peppers**
Broccoli
Carrots
Cauliflower
Corn**
Dark green leafy lettuce
Green beans**
Green peas*
Kale
Lettuce
Potatoes
Pumpkin**
Radish
Spinach
Squash**
Sweet potatoes
Tomatoes**
Turnip
Vegetable juice
Zucchini**

*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



PROTEIN FOODS

Beans and peas (see vegetables)
Beef
Chicken
Eggs
Fish
Nuts like almonds, cashews, and walnuts
Peanut butter
Sunflower seeds
Turkey
Veggie burger



DAIRY

Cheese
Non-fat or low-fat milk
Non-fat or low-fat yogurt

