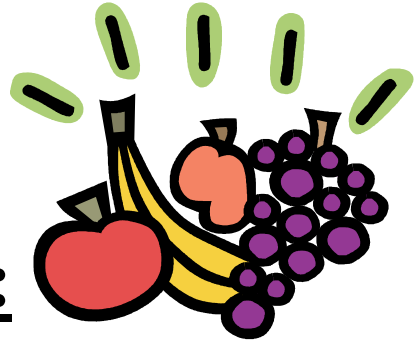


Black Belt EXCELLENCE

Home/School Approval Form

Monthly Theme:
“Nutrition”

Monthly Activity:



Here is some alarming information: 15% of 6-19 year old children & teens are overweight. More than 84% of children & adolescents eat too much total fat and more than 91% eat too much saturated fat. 51% of children eat less than 1 serving of fruit a day. A child’s bad diet and exercise habits are linked to 17 chronic diseases. 40% of children 5 to 8 years old show at least one sign of heart disease risk. About 10% of adolescents age 12 to 19 have high cholesterol levels. Childhood obesity has increased 36% in the past 20 years. One of the main problems in children’s nutrition habits are their lack of eating fruits and vegetables. Children are replacing fruits and vegetable with high fats foods. One way of combating this problem is with a focused effort for you to eat a combination of 5 fruits and vegetables per day. Eating 5 or more servings of colorful fruit and vegetables a day is part of an important plan for healthier living. That’s because fruits and vegetables provide the wide range of vitamins, minerals, fiber, needed to maintain good health and energy levels and protect us from disease.

Parents please help your child to complete the following assignment on the back.

This month my son/daughter has demonstrated both at home and at school those qualities of responsibility required by our school for students seeking to earn the Black Belt Excellence Stripe.

Student’s Name _____
Student’s Belt Rank _____
Dated this ____ **day of** _____
Signed by _____
Parent’s Signature _____
Teacher’s Signature _____

5 Requirements of the Stripe of Excellence

- ◆ Black Belt Excellence behavior at home
- ◆ Black Belt Excellence behavior and passing grades at school
- ◆ Overall performance and attendance at the karate school
- ◆ Completion of the monthly Black Belt Excellence activity sheet and assignment
- ◆ Returning the Black Belt Excellence Home/School Approval sheet when due

FOOD

FUN!

Use the key below to finish the sentence.

= A	= F	= K	= P	= U
= B	= G	= L	= Q	= V
= C	= H	= M	= R	= W
= D	= I	= N	= S	= X
= E	= J	= O	= T	= Y

Food fuels your body for jumping,
dancing, walking, throwing,

_____ , _____ ,

_____ and _____ !

Try This!

Perfect Parfait Party

Host a parfait party for your friends. Start with vanilla or lemon yogurt and layer ingredients of your choice in a clear cup or glass. Topping ideas:

- sliced bananas
- pineapple chunks
- berries
- dried fruit
- peanuts
- granola
- a few chocolate chips on the top



Try This!

Start every day with a healthy breakfast. Include foods from at least three of the five food groups.

Try:

- eggs, toast & juice
 - cereal, milk & berries
 - bagel, yogurt & banana
 - _____ & _____
- (your favorite healthy morning foods)

Fuel Your Body
To do your best when you run a race, Score a goal or slide to base, Feed your body healthy treats, That are fun to make and good to eat!

Try This!

Have you ever noticed that many of the foods advertised on TV are not exactly the most nutritious? Get together with your friends and create commercials for healthy foods. Perform for your neighbors, friends, classmates, family or a video camera!



CRBICOO

16 7 27 24

RORTSAC

33 21 25 19 3

AESP

14 4 31

LASDA

6 28 17 15 29

ONRGAE

11 20 2 9 10 12

GERPAS

13 30 26 6 18

RPAE

1 32

IKWI

34 22 23 8

What's the easiest way to get your 5-A-Day?

Unscramble each fruit and vegetable word at left. Then use the marked letters to solve the puzzle below.



1 2 3 4

f u

21 22 3

31 9 32 33 34

v

h

23 24 3

f

v y

12 12 25

v

m

14 26 27 28 9 20

v y

14 14 30

Answers:
Food fuels your body for jumping, dancing, walking, throwing, thinking, moving, laughing and growing!
Word Scramble: broccoli, carrot, peas, salad, orange, grapes, pear, kiwi. Eat a serving of vegetables or fruit with every meal and every snack.