



# BLACK BELT SKILLS SHEET

HONOR

BENEVOLENCE

COURAGE

HOME/SCHOOL APPROVAL FORM

# BLACK BELT EXCELLENCE

## 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 BLACK BELT EXCELLENCE SHEET IS REQUIRED FOR BELT PROMOTION.** Students must turn in completed form on time. Sheets should be in each student's hand at the beginning of class. A black stripe will be awarded at that time. Three black stripes must be earned before graduation.

**This sheet must be returned on December 15th and 16th.  
Remember, these sheets are YOUR responsibility and not your parents!**

This month my son/daughter has demonstrated both at home and at school those qualities of Black Belt Excellence required by this school and Sensei Manos for students seeking belt advancement.

Student Name: \_\_\_\_\_  
Student Rank: \_\_\_\_\_  
Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### 5 Requirements of the Black Belt Excellence Stripe

- ✓ Black Belt behavior at home
- ✓ Black Belt behavior and passing grades at school
- ✓ Overall performance and attendance at the karate school.
- ✓ Completion of this Black Belt Excellence Homework sheet monthly.
- ✓ Return this sheet on time.

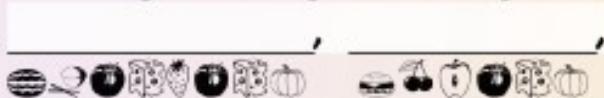
# FOOD

# 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

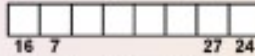
To do your best when you run a race,  
Score a goal or slide to base.  
Feed your body healthy treats,  
That are fun to make and good to eat!

### Try This!

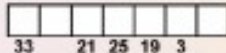
Have you ever noticed that many of the foods advertised on TV are not exactly the most nutritious? Get together with your friends and create commercials for healthy foods. Perform for your neighbors, friends, classmates, family or a video camera!



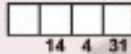
CRBICOOOL



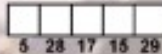
RORTSAC



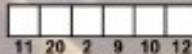
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LASDA



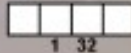
ONRGAE



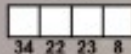
GERPAS



RPAE

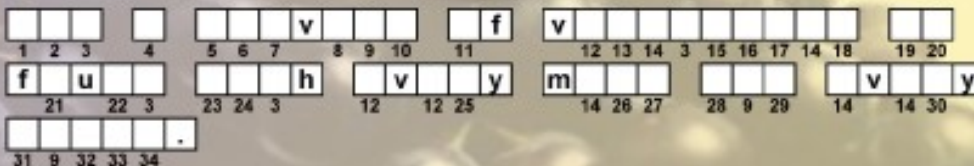


IKWI



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.



Word Scramble: broccoli  
carrots, peas, salad,  
oranges, grapes, pear,  
kiwi! Eat a serving of  
vegetables or fruit with  
every meal and every  
snack.

Answers:  
Food fuels your body for  
jumping, dancing,  
walking, throwing,  
thinking, moving,  
laughing and growing!