


## 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 March 20th or 21st.
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:

## 5 Requirements of the Black Belt

 Excellence StripeBlack 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.
$\checkmark$ Return this sheet on time.


Use the key below to finish the sentence.

| $C=A$ | $\nabla=F$ | * $=\mathrm{K}$ | $5 \mathrm{P}=\mathrm{P}$ | $\square=U$ |
| :---: | :---: | :---: | :---: | :---: |
| $\theta=B$ | $\pm=G$ | * $=\mathrm{L}$ | $\sigma=Q$ | (i) $=\mathrm{V}$ |
| $P=C$ | $\cdots=\mathrm{H}$ | $\rightarrow=\mathrm{M}$ | $\Rightarrow=R$ | $8=W$ |
| $c=$ D | $\boldsymbol{3}=1$ |  | * 2 S | $\therefore=\mathrm{X}$ |
| $E=E$ | $\vec{v}^{\prime}=\mathrm{J}$ | $\omega=0$ | 앙 $T$ | $f=Y$ |

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

* $0^{4} \square \rightarrow$ ? (2) and $\qquad$ $!$

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

## Try This!

 Perfect Parfait Party Host a parfait party for your friends. Start with vanilla or lemon yogurt and layer ingredients of your choics in a clear cup or glass. Topping ideas:-sliced bananas
*pineapple chunks -berriss
-dried fruit -pearnuts *granola
 *a few chocolate chips on thes top

Try This!
Start every day with a healthy breakfast. Include foods from at least three of the five food groups, Try:

- eqge toast \& fuice
- cereal milk \& berries
- bagel yogurt \& banana
(your fir
(your favorite healthy morring foods)

Fuel Your Body 10 do your best when you rund
scors 2 goal or tide to base. Feed yourf body hes thy try treste. That are forn to malles and good to eatl


## 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.fiaso pue perul fisans
 до Бupasas \& zeg 'pmpl tead 'sade.t 'abueso pepes 'sead stanes आoviosq : F|quenes prom
putmont pus हurupnar Бицлои биррич
 fuypuep futidunf 아 Fipox mofi spany pood

:ธıวMsū

