

## MARTIAL ARTS INTERNATIONAL ANAHEIM-YORBA LINDA

(714) 777-5599 September 2025

## BLACK BELT SKILLS SHEET

BELT HOME/SCHOOL APPROVAL FORM

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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 PROMO Students must turn in completed form on time. Sheets should be in each student's hand at beginning of class. A black stripe will be awarded at that time. Three black stripes must earned before graduation.  This sheet must be returned BY SEPTEMBER 187H Remember, these sheets are YOUR responsibility and not you parents!	Excellence Stripe  Black Belt behavior at home
This month my son/daughter has demonstrated both at home and at school those qualities of B Belt Excellence required by this school and Sensei Manos for students seeking belt advanceme Student Name:  Student Rank:	
Parent Signature: Date:	







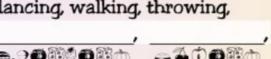




Use the key below to finish the sentence.

Ő= A	<b>9</b> = F	<b>∅</b> = K	₩= P	<b>□</b> = <b>□</b>
# = B	⊕= G	<b>√=L</b>	>= Q	<b>⊕</b> =∨
P= C	⊋= H	-= M	% = R	⊗= W
<b>∞=</b> D	<b>0</b> =1	∰= N	<b>ℬ=</b> S	-∕= X
€= E	₩ = J	<b>⇒</b> = 0	<b>⊕</b> = T	#= Y

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



### 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:

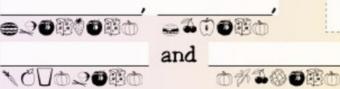
- sliced bananas
- \*pineapple chunks
- ·berries
- dried fruit
- \*peanuts
- •granola ·a few chocolate chips on the top

### Try This!

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

- · eggs, toast & juice
- · cereal milk & berries
- · bagel yogurt & banana

(your favorite healthy morning foods)



#### 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 cameral

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!



CRBICOOL RORTSAC	16 7 27 24 33 21 25 19 3	What's the easiest way to get your 5-A-Day?
AESP	14 4 31	
LASDA	5 28 17 15 29	Unscramble each fruit and vegetable word at left. Then use
ONRGAE	11 20 2 9 10 12	the marked letters to solve the
GERPAS	13 30 26 6 18	puzzle below.
RPAE	132	
IKWI	34 22 23 8	
	5220	
1 2 3 4	5 6 7 8 9 10	f V 11 12 13 14 3 15 16 17 14 18 19 20
fu	h	y m v y
21 22 3	23 24 3 12 12	25 14 26 27 28 9 29 14 14 30
31 9 32 33 34		

SUBCK fusas pue jesus fusas vegetables or fruit with ldwl; Eat a serving of orange, grapes, pear. camose bear sajaq Word Scramble: proceoll,

leadhing and growing! Бијлош Бијхију walking throwing fumping danding Food fuels your bood for Answers: