



# S.T.A.R.S.

*Students Taking A Responsible Stand*

# Nutrition

*McCoy's Action Karate's Character Development Program*

Let the below remind you to be physically active everyday and to choose healthier foods.

Sometimes foods that you should eat the most of are, are actually your favorites: Grains, Vegetables, and Fruits.

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples. Grains are divided into two subgroups, whole grains and refined grains. Eating grains, especially whole grains, provides health benefits such as a reduced risk of some chronic diseases.

Learn to love vegetables! Eating foods, such as vegetables that are low in calories per cup, instead of some other high calorie food, may be useful in helping to lower calorie intake. Eating a diet rich in fruits and vegetables as part of your diet may protect against certain types of cancer, reduce the risk for type 2 diabetes, and reduce the risk for stroke and other types of heart disease.

Eating fruit provides health benefits as well. Fruits provide nutrients vital for health and maintenance of your body, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Any fruit or 100% fruit juice counts as a part of the Fruit Group.

The other food groups that you should intake on a daily basis are milk (in the same amount you intake of vegetables), some meat and beans, and very little oils. And as you are taking one step at a time in how you eat and exercise, remember you need water to survive and the storage of bottled water uses more fossil fuel and bottle disposal adds to household waste, so buy yourself a reusable water bottle so you can be savvy as you work towards a healthier and safer you.

- Think about variety. What are three of your favorite fruits?  
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- If you were a farmer, what would be some seasonal fruits and vegetables?  
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- What are the two subgroups of grains?  
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- Why should you start to love vegetables?  
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- What is one way you can reduce the use of fossil fuel?  
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### Requirements for S.T.A.R.S & Stripe Test

- Responsible behavior at home.
- Responsible behavior at School.
- Return S.T.A.R.S. during Stripe Testing.



Student's Name: \_\_\_\_\_

Date STARS Completed: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

Please talk to my Child about: \_\_\_\_\_

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