



Welcome to TEAM KiPOW!

Once a week, UC Irvine Medical Students and other volunteers will visit your 5th grade class and team up with your kids to talk about HEALTH POWER, play together at recess, and eat lunch together. They want to share healthful know-hows and experiences that build Kid POWER—which is where our name “KiPOW” comes from!

Who is Team KiPOW? Your kids are the heart of Team KiPOW. Find parents’ and kids’ resources and learn more about Team KiPOW at www.teamkipowoc.com. We will send home newsletters several times over this year to share the health tips that your kids are learning.

This week we learned about MyPlate & Energy!

- Our body is a car, food is fuel, and we need food to be able to function. Healthier foods are better fuels for our bodies (ex. fruit is better than juice)!
- MyPlate is a tool that kids and families can use to make well-balanced meals and avoid processed foods, which are not good fuels.
- The kids received KiPOW t-shirts this week to wear for each session.

*“When you wake up in the morning, Pooh”
said Piglet at last, “what’s the first thing you say to yourself?”
“What’s for breakfast?” said Pooh. “What do you say, Piglet?”
“I say, I wonder what’s going to happen exciting today?” said Piglet.
Pooh nodded thoughtfully. “It’s the same thing,” he said.
--A.A. Milne*



**NEXT TIME (10/11/19):
Breakfast!**

