

I Pledge Allegiance to My Health

This pledge can be read daily at school or at home with your family to remind you of all the ways to take care of your body!



I pledge allegiance to my health,
to not compare myself to anyone else.
With fruits and vegetables I'll fill my tray
and get nice and sweaty every day.
I have only this body and this one heart
so today's the day I'm going to start
eating less chips and less sugary drinks
and before I eat I'm going to think!



I Pledge Allegiance to My Health created by
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Pumpkins

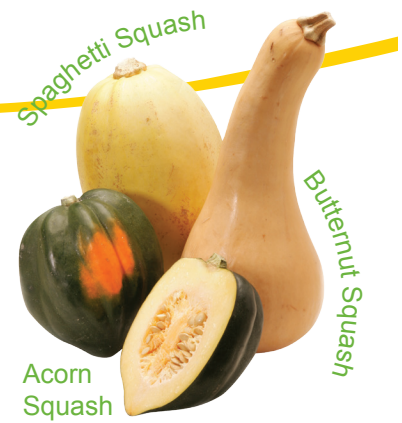
Winter Squash grow on a bush or a vine.

■ Winter Squash

Winter squash is considered a fruit because it has seeds.

Winter squash has vitamin A.

Vitamin A helps keep your eyes healthy.



Spaghetti Squash

Butternut Squash

Acorn Squash

- Read *Fruit is a Suitcase for Seeds!* at <http://bit.ly/URo0aC> to learn more about fruit.

Why is winter squash a fruit?

Draw a picture of a pumpkin growing on a vine.



Jack-o-Lantern Smash Recipe
visit: <http://1.usa.gov/1mB1Djb>



Power Up with Fruits and Vegetables!

Did you know that fruits and vegetables have important nutrients that your body needs? These nutrients help you grow and stay healthy.

Vitamin C



Helps keep your gums healthy

Helps heal your cuts



Vitamin A



Helps keep your skin healthy

Helps you see



Calcium



Helps build strong bones and healthy teeth

Fiber

Helps keep a healthy heart



Look at all the colorful fruits and vegetables that give you the nutrients you need! Draw a line to match the word and the picture. Talk with your friend about the produce you would like to try and why.



Apple

Beet

Broccoli

Carrots

Peas

Raisins

Strawberry

