

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

Nutrition Facts

Serving Size: ½ cup cooked pumpkin
(123g)

Calories 24

Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 1g	

Vitamin A 122% Calcium 2%
Vitamin C 10% Iron 4%
Other nutrients: Potassium (8%), Riboflavin (6%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11423

- A ½ cup of pumpkin is an excellent source of vitamin A.
- For many centuries, people have carved “jack-o-lanterns” at Halloween. In Ireland and Scotland, they originally used potatoes and turnips. In England, they used beets. In the 18th and 19th centuries, American colonists found pumpkins to be the most ideal “vegetable” for carving jack-o-lanterns.
- Pumpkins are 90% water. Pumpkins can range in size from less than a pound to over 1,000 pounds.
- Winter squash include: butternut, hubbard, pumpkin, spaghetti, and acorn.

- Investigation: Are pumpkins fruits or vegetables?
- Read *Fruit is a Suitcase for Seeds!* at <http://bit.ly/URo0aC>



Botanically, scientists classify pumpkins as fruit because they have seeds. In the 1893 U.S. Supreme Court case of “Nix v. Hedden,” the pumpkin was declared a vegetable, along with cucumbers, tomatoes, beans, and peas. This came about because of a tariff law in 1887, which added a tax on vegetables but not fruits.

Pretend you are a scientist and you need to conduct experiments only on fruits. Using what you learned above, and the list provided on page 3, make a list of all the “vegetables” that should really be classified in the fruit group. Write an explanation using evidence from the reading to support your answer.

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



Read It Before You Eat It

You know how books have a table of contents that explains what's inside? Or maybe you have a toy that came with a diagram that identified each small piece. Nutrition labels are sort of like that. They tell you what's inside the food you're eating and list its parts.

The Nutrition Facts food label gives you information about which nutrients are in the food. Your body needs the right combination of nutrients, like vitamins, to work properly and grow. Other information on the label is given in percentages. The percent daily value (% Daily Value or % DV) on a food label tells you how this food can help someone meet these daily goals. The % Daily Value shows whether the food is a high or low source of a nutrient.

The label also tells you how many servings are contained in that package of food. The information on the label only lists nutrients for one serving. If you eat two servings, you have to multiply all the nutrients by two. It is important to look at the serving size first.



Nutrition Facts	
Serving Size 1 cup (6 oz) Servings Per Container 1	
Amount Per Serving	Calories from Fat 10
Calories 120	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 1g	2%
Trans Fat 0g	5%
Cholesterol 5mg	7%
Sodium 125mg	4%
Total Carbohydrate 21g	4%
Dietary Fiber 1g	
Sugars 21g	
Protein 6g	Vitamin C 0%
Vitamin A 2%	Iron 0%
Calcium 25%	
* Percent Daily Values are based on a 2,000 calorie diet.	

Spot the Block. FDA.gov

How many servings are you eating?

Macaroni and Cheese

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 20%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Get What You Need!

Get LESS
5% or less is low
20% or more is high

Get ENOUGH
5% or less is low
20% or more is high

- Circle the "Serving Size" on the Nutrition Facts label.
 - Put a check by the nutrients that you want to limit.
 - Put a star by the nutrients that you want to get enough of every day.
- Visit a Nutrition Facts Label lesson and activity at <http://bit.ly/1oLVft6>