

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
Mandy Richardson, Teacher on Special Assignment
Network for a Healthy California-Hawthorne School District



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.

How many servings are you eating?

- Visit <http://bit.ly/1fEL05D> to watch a video on Nutrition Facts Labels.

Cereal Scavenger Hunt!

Find three different cereal food labels. You can collect these in different ways like bring the label in from home, take a picture using your phone, or visit a website. This can be done as a class, in a group, or individually. Transfer the information to the blank food labels below. Using evidence from your reading and the video, decide which cereal is the best choice for you and explain why you chose that cereal. Use a separate piece of paper.

| 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

| Nutrition Facts | | | |
|--------------------|---|-------------------|---|
| Serving Size: | | Calories from Fat | |
| Calories | | Calories from Fat | |
| % Daily Value | | | |
| Total Fat | | | % |
| Saturated Fat | | | % |
| Trans Fat | | | |
| Cholesterol | | | % |
| Sodium | | | % |
| Total Carbohydrate | | | % |
| Dietary Fiber | | | % |
| Sugars | | | |
| Protein | | | |
| Vitamin A | % | Calcium | % |
| Vitamin C | % | Iron | % |

| Nutrition Facts | | | |
|--------------------|---|-------------------|---|
| Serving Size: | | Calories from Fat | |
| Calories | | Calories from Fat | |
| % Daily Value | | | |
| Total Fat | | | % |
| Saturated Fat | | | % |
| Trans Fat | | | |
| Cholesterol | | | % |
| Sodium | | | % |
| Total Carbohydrate | | | % |
| Dietary Fiber | | | % |
| Sugars | | | |
| Protein | | | |
| Vitamin A | % | Calcium | % |
| Vitamin C | % | Iron | % |

| Nutrition Facts | | | |
|--------------------|---|-------------------|---|
| Serving Size: | | Calories from Fat | |
| Calories | | Calories from Fat | |
| % Daily Value | | | |
| Total Fat | | | % |
| Saturated Fat | | | % |
| Trans Fat | | | |
| Cholesterol | | | % |
| Sodium | | | % |
| Total Carbohydrate | | | % |
| Dietary Fiber | | | % |
| Sugars | | | |
| Protein | | | |
| Vitamin A | % | Calcium | % |
| Vitamin C | % | Iron | % |