

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.

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



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

- Fill in the correct beginning sound. What sound does it make?

inter
inter

quash
quash

Power Up With Fruits and Vegetables!

Did you know that fruits and vegetables have important vitamins that your body needs? Vitamins help you grow and stay healthy. Look at some of the ways vitamins help you.

Vitamin C



Helps keep your gums healthy

Helps heal your cuts



Vitamin A

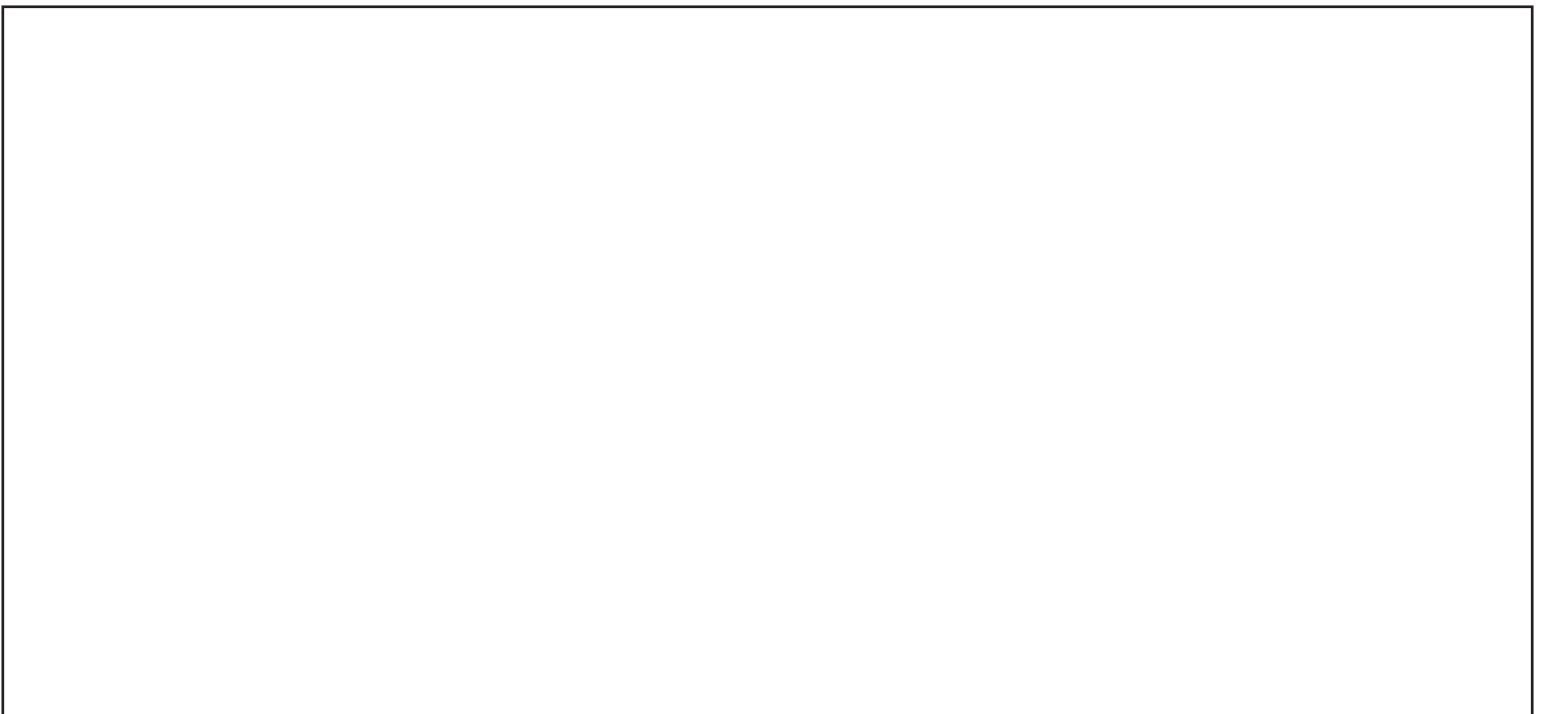


Helps keep your skin healthy

Helps you see



Draw a picture of a healthy you eating your favorite fruit or vegetable.

A large empty rectangular box for drawing.

Share with your classmates how you will ask a family member for your favorite fruit or vegetable.