

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

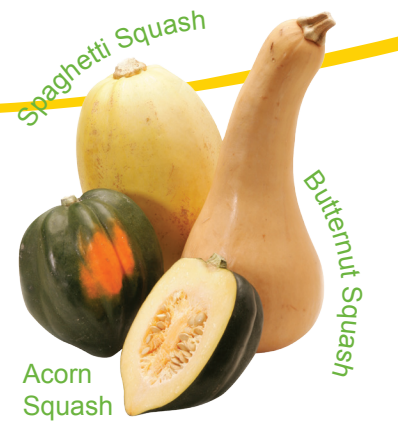
Winter Squash grow on a bush or a vine.

■ 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/FruitSuitcase> 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: <https://goo.gl/KnMbk9>

