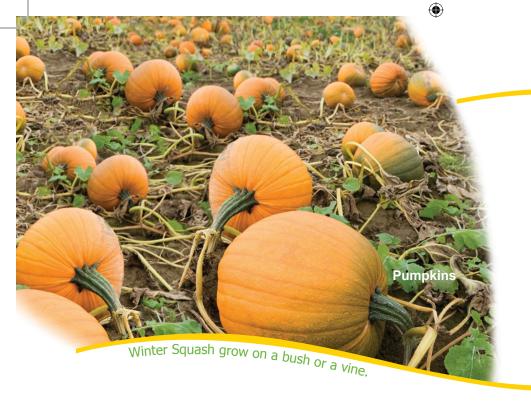# I Pledge Allegiance to My Health

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!

Pumpkins

Winter Squash grow on a bush or a vine.

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.

Spaghetti Squash

Butternut Squash

Acorn Squash

- Read *Fruit is a Suitcase for Seeds!* at **http://bit.ly/FruitSuitcase**
  Pretend you are a mad scientist and you need to conduct experiments only on fruits. Using what you learned above and the list provided on page 3, *Foods Found in MyPlate*, make a list of all the "vegetables" that should really be classified in the fruit group.

Jack-o-lantern Smash
visit: https://goo.gl/KnMbk9

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Reading Informational Text 2.3, RI.2.5, RI.2.7, Language 2.4
Health Standard: Nutrition and Physical Activity: Accessing Valid Information 3.1.N