

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/FruitSuitcase>

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


