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!
Winter squash is considered a fruit because it has seeds.

Winter squash has vitamin A.

Vitamin A helps keep your eyes healthy.

Read the book *Fruit is a Suitcase for Seeds!* to learn more about fruit.

Why is winter squash a fruit?

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See the *Jack-o-Lantern Smash* recipe in *Tasting Trios*.

Draw a picture of a pumpkin growing on a vine.