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 Mandy Richardson, Teacher on Special Assignment Network for a Healthy California-Hawthorne School District



Winter Squash

Nutrition Facts

Serving Size: ½ cup cooked pumpkin (123g)

(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 6	2%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 1g	
Vitamin A 122%	Calcium 2%

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

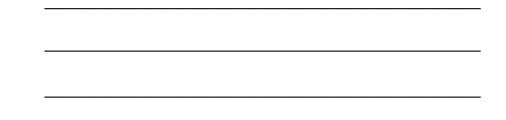
- A ½ cup of pumpkin is an excellent source of vitamin A.
- For many centuries, people have carved "jack-o-lanterns" at Halloween. In Ireland and Scotland, they originally used potatoes and turnips. In England, they used beets. In the 18th and 19th centuries, American colonists found pumpkins to be the 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.



Read the book *Fruit is a Suitcase for Seeds!*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 the next page, make a list of all the "vegetables" that should really be classified in the fruit group.

See the Jack-o-lantern Smash recipe in Tasting Trios.







Foods Found in MyPlate





Apples Peaches
Bananas Pears
Blueberries Pineapple
Cantaloupe Plums
Cherries Raisins

Grapefruit Raspberries
Grapes Strawberries
Kiwis Watermelon
Oranges 100% fruit juice



Breakfast cereal Brown rice Corn flakes Crackers Grits Macaroni Noodles Oatmeal



Popcorn
Pretzels
Spaghetti
Tortillas like corn, flour,
and whole wheat
Whole wheat bread,
cereals, crackers, and
pastas



Asparagus



Beans and peas (see vegetables)
Beef

Chicken Eggs

Fish

Nuts like almonds, cashews, and

walnuts



Peanut butter Sunflower seeds Turkey Veggie burger

Beans like lima, kidney, and pinto* Beets Bell peppers** Broccoli Carrots Cauliflower Corn Dark green leafy lettuce

Green beans**
Green peas*

Kale
Lettuce
Potatoes
Pumpkin**
Radish
Spinach
Squash**
Sweet potatoes
Tomatoes**
Turnip
Vegetable juice
Zucchini**

*beans and peas can also go in the protein group
**these vegetables are the fruit part of the plant
because they contain the seeds of the plant





