

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



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.



- 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	Popcorn
Brown rice	Pretzels
Corn flakes	Spaghetti
Crackers	Tortillas like corn, flour, and whole wheat
Grits	Whole wheat bread, cereals, crackers, and pastas
Macaroni	
Noodles	
Oatmeal	



Asparagus	Kale
Beans like lima, kidney, and pinto*	Lettuce
Beets	Potatoes
Bell peppers**	Pumpkin**
Broccoli	Radish
Carrots	Spinach
Cauliflower	Squash**
Corn	Sweet potatoes
Dark green leafy lettuce	Tomatoes**
Green beans**	Turnip
Green peas*	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



Beans and peas (see vegetables)	Peanut butter
Beef	Sunflower seeds
Chicken	Turkey
Eggs	Veggie burger
Fish	
Nuts like almonds, cashews, and walnuts	



Cheese
 Non-fat or low-fat milk
 Non-fat or low-fat yogurt

