

# 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!

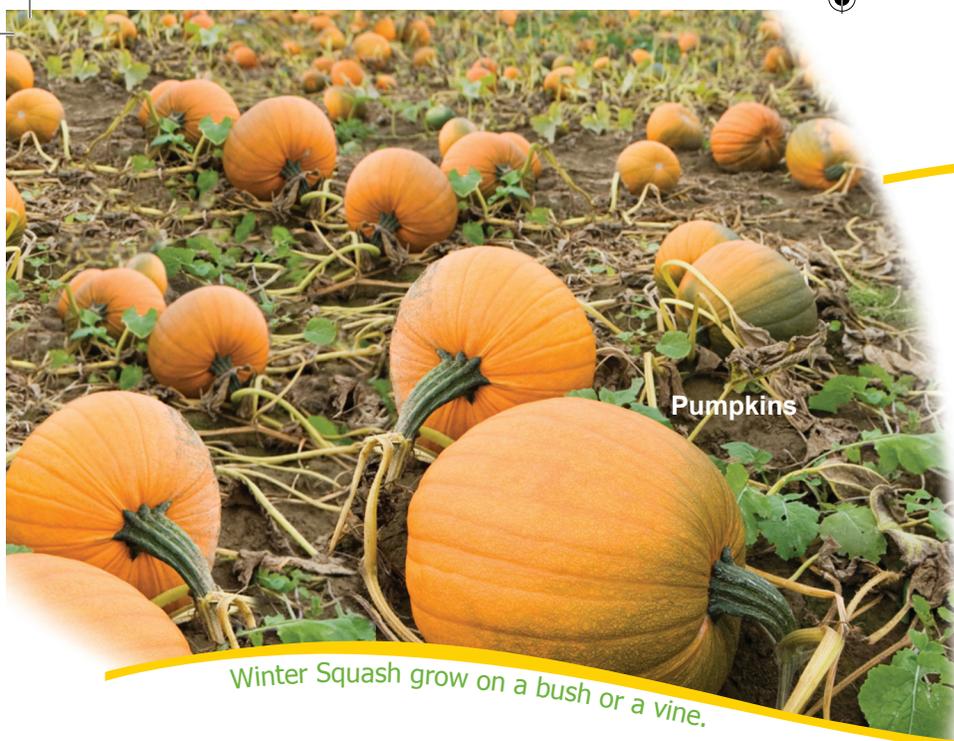
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I pledge allegiance to my health,  
to not compare myself to anyone else.  
With fruits and vegetables I'll fill my tray  
and get nice and sweaty every day.  
I have only this body and this one heart  
so today's the day I'm going to start  
eating 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: <a href="http://www.nal.usda.gov/fnic/foodcomp/search/">www.nal.usda.gov/fnic/foodcomp/search/</a> 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 the book *Fruit is a Suitcase for Seeds!*

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 the next page, 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.

See the *Jack-o-lantern Smash* recipe in *TastingTrios*.




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# Foods Found in MyPlate



FRUITS

- Apples
- Bananas
- Blueberries
- Cantaloupe
- Cherries
- Grapefruit
- Grapes
- Kiwis
- Oranges
- Peaches
- Pears
- Pineapple
- Plums
- Raisins
- Raspberries
- Strawberries
- Watermelon
- 100% fruit juice



GRAINS

- 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



VEGETABLES

- Asparagus
- 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



PROTEIN FOODS

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



DAIRY



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