

# 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

Winter squash is considered a fruit because it has seeds.

Winter squash has vitamin A.

Vitamin A helps keep your eyes healthy.

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



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

- Fill in the correct beginning sound. What sound does it make?

inter  
inter

quash  
quash