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 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?

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\begin{array}{c}
\text{inter} \\
\text{inter} \\
\text{quash} \\
\text{quash}
\end{array}
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