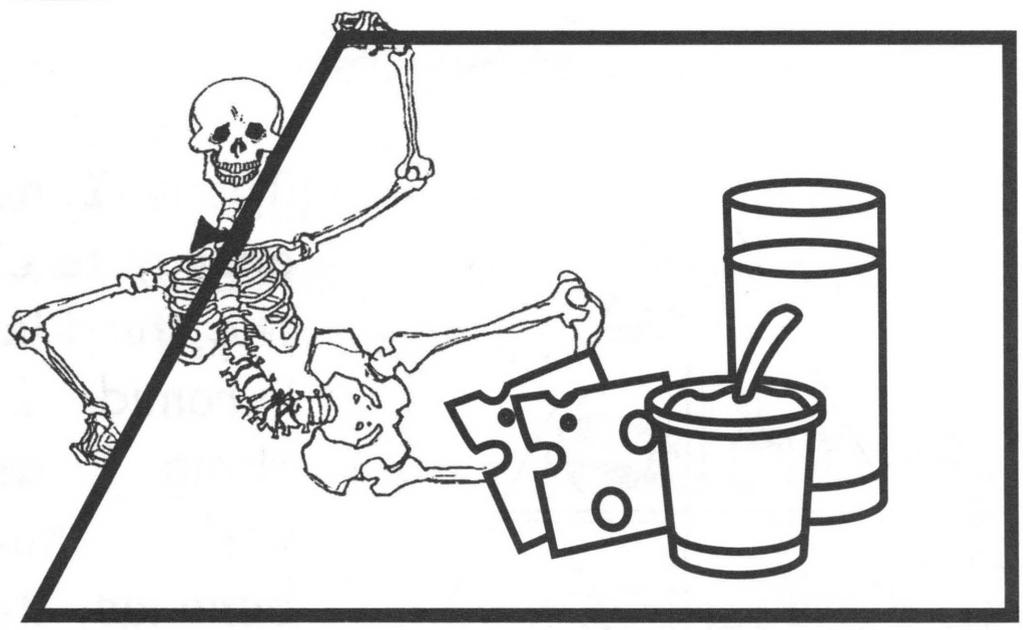


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Make No Bones About It... Bart Knows Best!



Professor Popcorn, Purdue University

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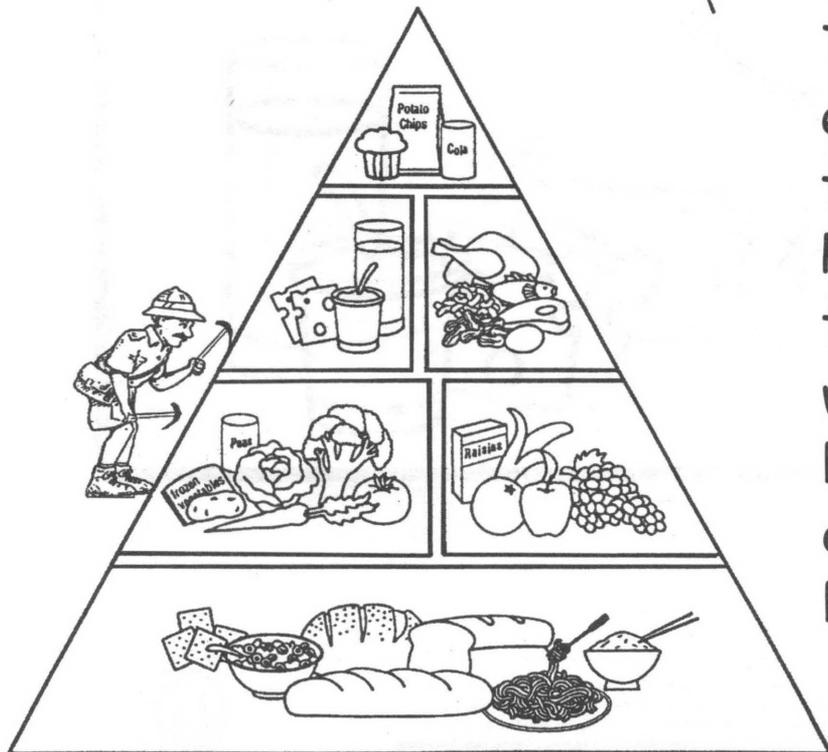
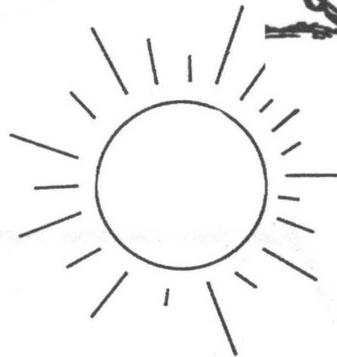
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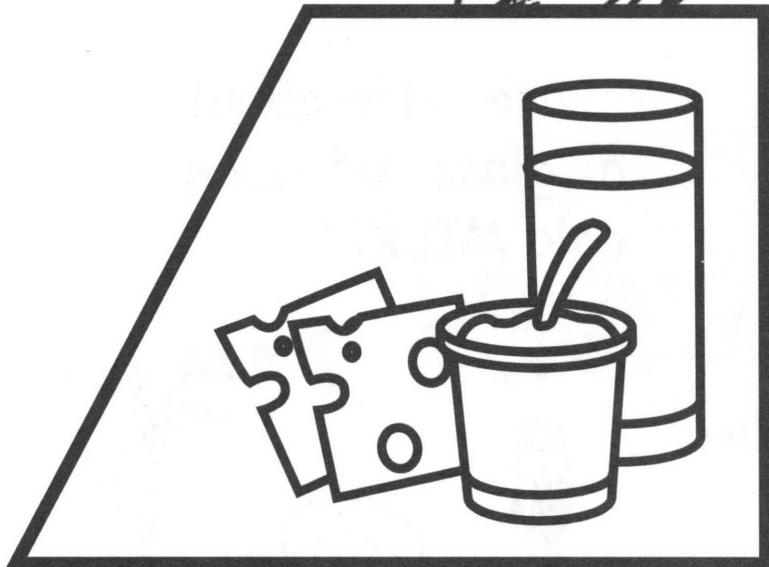
Hi! I'm food scientist Professor Popcorn and I've been exploring the Food Pyramid. So far I've looked around in the Grain, Vegetable, and Fruit Groups. I've learned a lot about what foods to eat to be healthy and full of energy.



Today I need extra energy to climb up to the third level of the Pyramid. It's a good thing I ate cereal with milk and bananas, toast, and orange juice for breakfast!

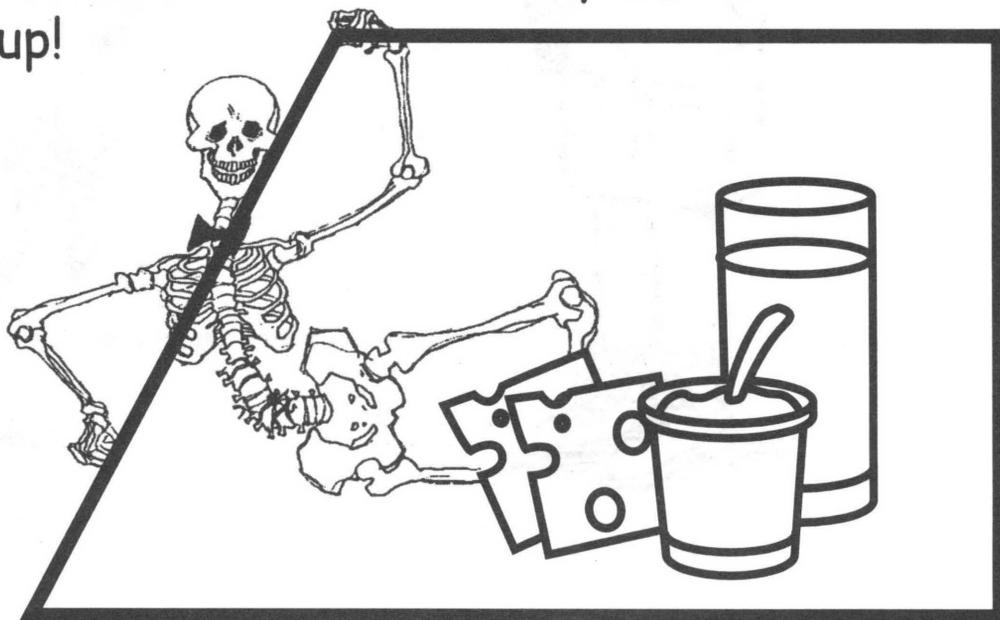


"Ah! Here is the Milk Group. Here's milk, yogurt, and cheese. I love cheese! There are so many kinds of cheese...mozzarella for pizza, American or Swiss on a ham sandwich, and Parmesan tastes so good on my favorite snack, popcorn!"



"Hey! What is that over there? Oh my gosh! It looks like a bunch of bones!"

There was a clatter, some rattling, a few grunts and groans, and before the Professor's eyes, the "bunch of bones" stood up!

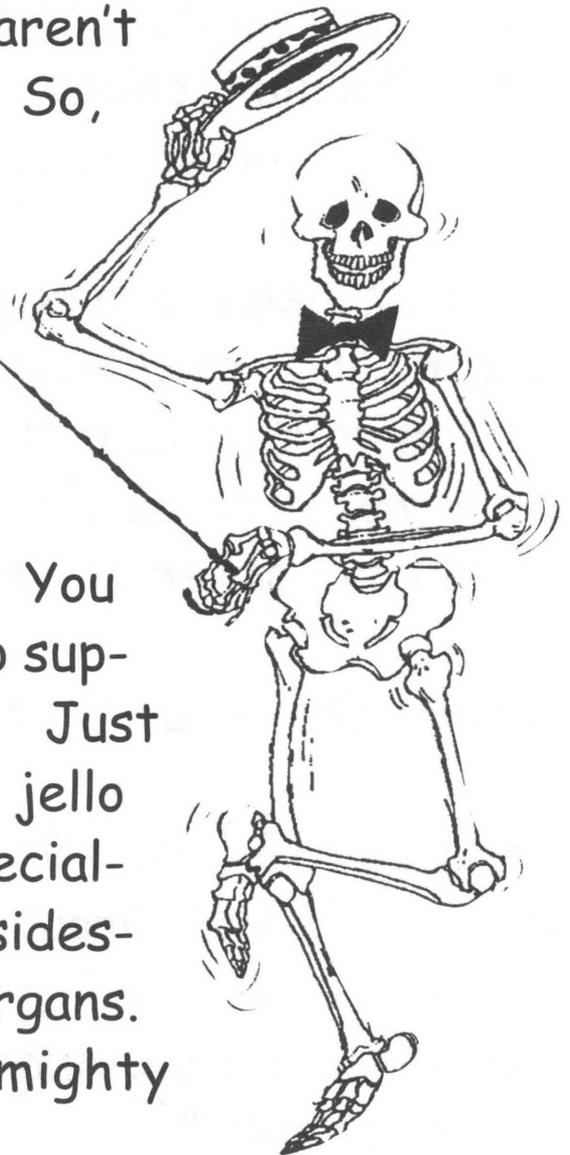


"Well, excuse me," a voice said. "I may not be much to look at, but I am not just any old "bunch of bones!" No Siree! I am Bartholomew Bare Bones. You can call me Bart! And, I'll have you know, my bones are in excellent condition!"

"What are you doing in here?" I asked in a somewhat shaky voice.

"I work here!" replied Bart. You see, I actually lived thousands of years ago. I should be a mummy by now, but I guess my old bones just aren't ready to give up the ghost yet! So, I work here as the official tour guide in the Food Pyramid Milk Group. I'm quite an expert when it comes to bones."

"Let me tell you about bones. You know, people need bones to help support and move their bodies. Just think, you'd look like a bowl of jello without your bones! Bones, especially the ribs, also protect your insides—your heart, lungs, and other organs. Yup, your 206 bones are mighty important!"

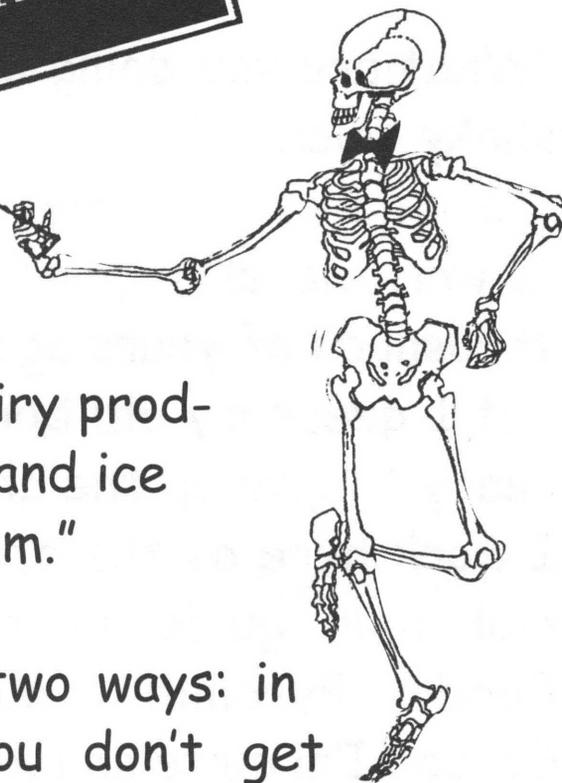


"To do all their jobs, bones need to be strong.

Calcium is the mineral that makes bones strong.

Since the body can't make its own calcium, people need to eat plenty of foods that contain calcium. Dairy products, like milk, cheese, yogurt, and ice milk, are good sources of calcium."

MILK GROUP FOODS
Kids Need 3 Servings,
Adults Need 2 Servings
" EVERY DAY!



"Calcium helps bones grow in two ways: in length and thickness. If you don't get enough calcium as a child or young adult, you might not grow as tall as you should. And, you could have other health problems later."

"Wow! That sounds serious!" I exclaimed.

"It is serious," said Bart. "But if young people have 3 servings of Milk Group foods every day, they can have healthy bones. Adults should continue to drink milk too, at least 2 servings a day. One serving is equal to a glass of milk."

"Gee, Bart, I'm glad I met you. Thanks for all the information. I'm kind of thirsty after my climb. Do you have anything to drink?"



"Sure. How about a glass of nice cold MILK?"

