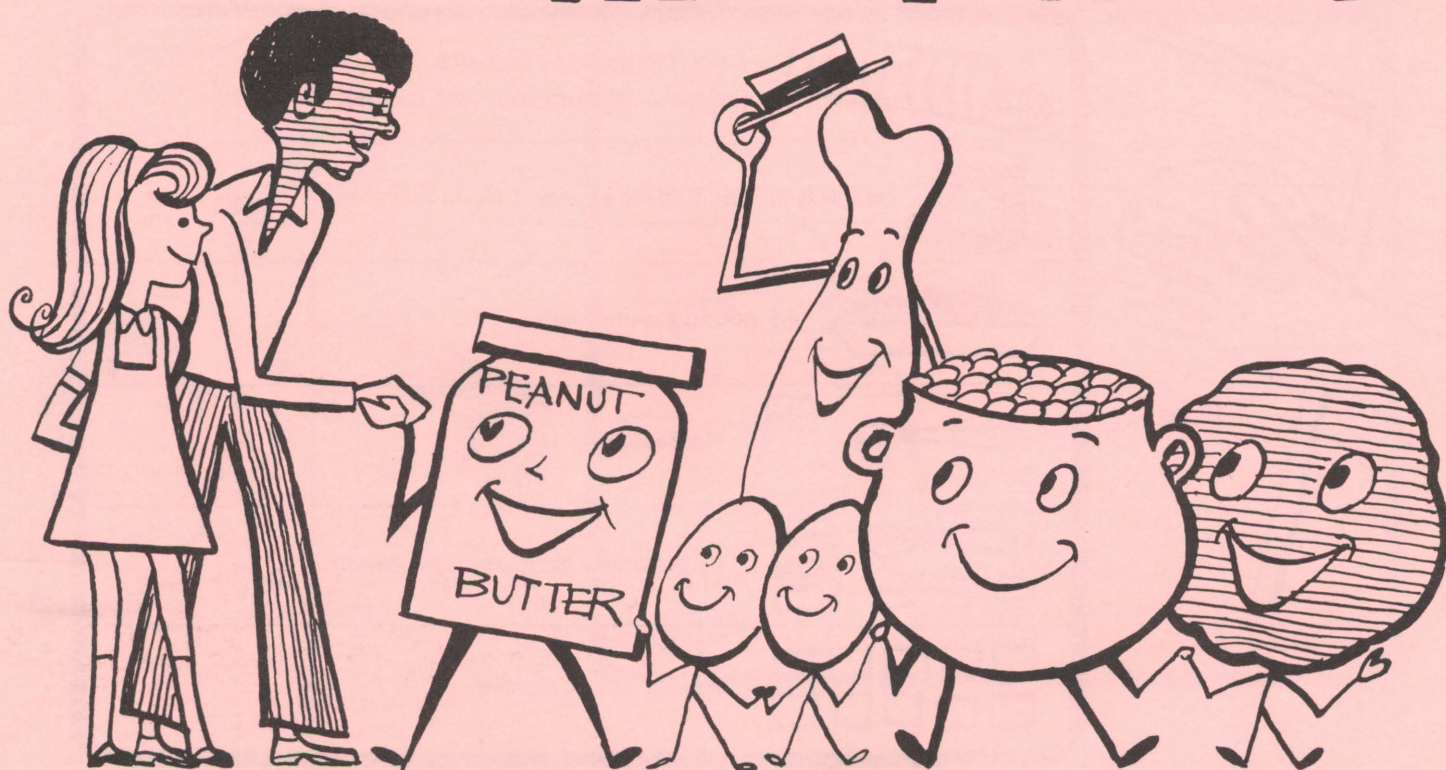
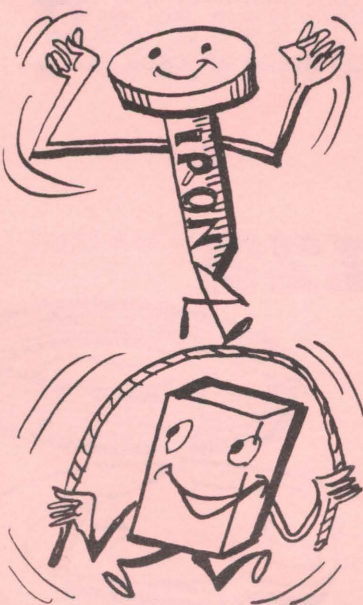


Meet the MEAT GROUP!



And Keep the Beat!

(Snap your fingers, clap, or jump rope on each underlined part.)



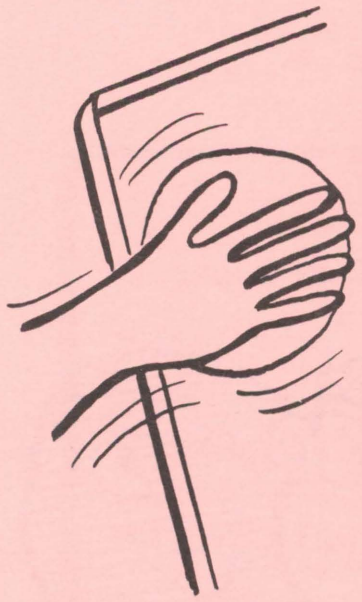
Beef, fish, pork and dried peas,
Chicken and turkey, if you please;
Peanut butter, rabbit, dried beans, and eggs,
Iron and proteins for strong arms and legs.
Iron for your muscles, iron for your blood
Iron to get energy from your food
Proteins build muscles, bones, and hair,
Proteins for energy or repair.







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Pat-a-Pizza

Makes 10 little pizzas

I will need



	1 can refrigerated biscuits (or make 10 from your own recipe)	
	half of 8 oz. can tomato sauce	
	1/2 pound ground beef	
	1/4 teaspoon salt	
	1 1/2 teaspoon oregano, if you wish	
	10 small slices cheese	

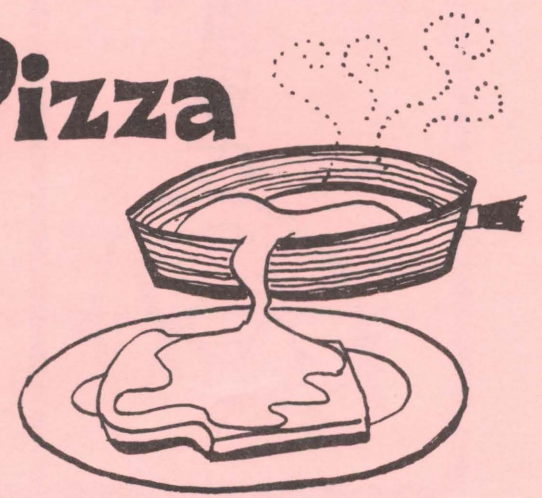
Pat and push the biscuits into circles about 4 inches across. Place on a baking sheet. Put about 1 tablespoon tomato sauce on each. Bake at 400° until lightly browned (about 10 minutes).

While pizza bakes, crumble meat into hot skillet and brown over low heat. Dip off grease and add salt and oregano.

Turn oven down to 325° (low). Put some meat, then cheese on each pizza. Heat pizzas in oven until cheese is melted.

Pour-on-Pizza

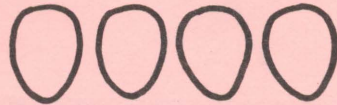

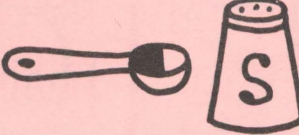
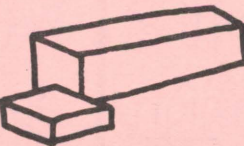
You will need the above ingredients except biscuits. Crumble meat into hot skillet and brown over low heat. Dip off grease. Add tomato sauce, salt, oregano, and cheese. Stir over low heat until cheese is melted. Pour over bread, buns or toast.



Eggs-in-a Scramble



I will need

 4 eggs	
 $\frac{1}{4}$ cup milk (you can use some made from instant dry milk)	
 $\frac{1}{2}$ teaspoon salt	
 About 1 tablespoon margarine or butter	

Break the eggs into a bowl. Add milk and salt and beat slightly. Melt the margarine in a skillet. Add eggs. Cook over low heat. Use a spoon or spatula to lift the eggs off the bottom as they cook.

Peanut-Plus Sandwiches

Try some of these in peanut butter sandwiches.

Apples or applesauce

Sliced tomato

Sliced celery

Lettuce

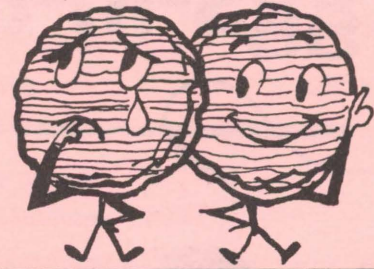
Sliced banana

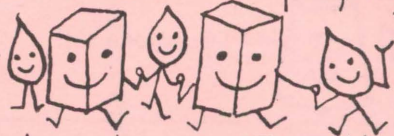
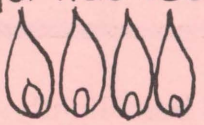

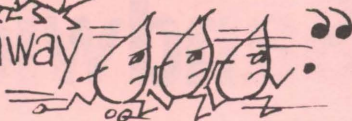
Cabbage



THE TALE OF TWO HAMBURGERS

(A Partly Make-Believe Story)





“ Once upon a time some proteins and water were playing together  in a raw hamburger. Then the hamburger was cooked on high heat . The frightened proteins crowded together  and the water ran away  ”

Circle the correct words.

This hamburger was TENDER HARD.

It was LARGE SMALL.

It was JUICY DRY.

“ In the next skillet a hamburger was cooked on low heat . Most of the water stayed  and the proteins were very happy. ”

Circle the correct words.

This hamburger was TENDER HARD.

It was LARGE SMALL.

It was JUICY DRY.

What does the story tell us that is true?

To Do At Home Make something from the meat group for your family
or Tell someone which foods give us proteins and iron
or Talk to someone who helps your community get its food.

Developed by Extension Service, USDA