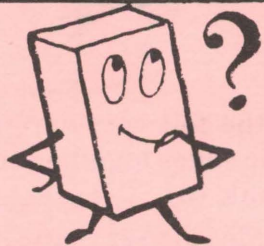


Fun Sheet No. 8

Meat and More!



The names of some nutrients from the Meat Group are answers to Rhyming Riddles.



Begin with P and end with S.
They help build your body. What's your guess?

_____ E _____



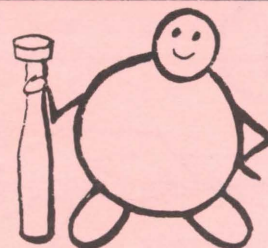
Thiamin , niacin, riboflavin too,
Help you use energy, that's what they do.
They help skin and nerves also you see.

They are **VITAMINS** with the letter



It's in a car and a slice of bread,
In your toes and in your head,
Helps carry oxygen that makes blood red,
Helps you get energy from food you're fed.

_____ R _____

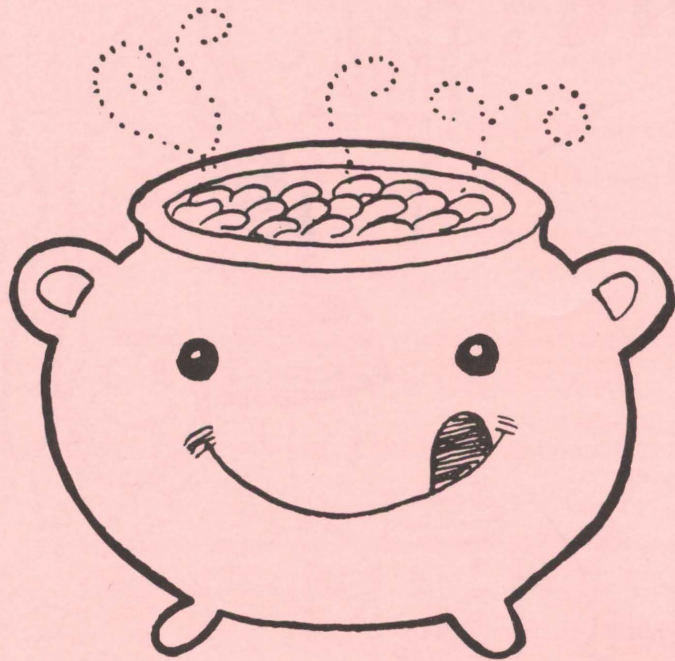


You can use them for fuel, so can cats.

They rhyme with bats, they are **F** _____

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COOK OUT OR COOK IN GREAT OUTDOOR BEANS



4 Servings

Cut four wieners into bite-size pieces. Brown with half a chopped onion in some fat. Add 4 cups beans, $\frac{1}{3}$ cup brown sugar, $\frac{1}{4}$ cup catsup. Heat.

Use canned baked beans or cook beans at home. Wash and cover 2 cups dried beans with water and boil 2 minutes. Add more water if some beans are dry. Set aside for an hour or more. Cook for about 2 hours until tender. Add 1 teaspoon salt.

MEAL IN A PACKAGE

1 serving

Get a piece of heavy aluminum foil about a foot square. Lay it shiny side up. Cut a clean potato and carrot into slices this thick.

Put them on the foil. Salt. Put a hamburger patty on top and salt. (1)

(2) Fold the foil very carefully like this. Then press the edges together and fold like this so it won't leak. (3)

Place meat-side up on hot coals for 20 minutes. Use long tongs to turn it over. Cook 10 minutes more. Eat right out of the package.

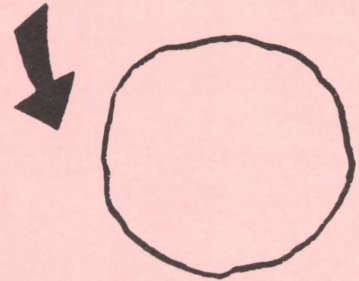
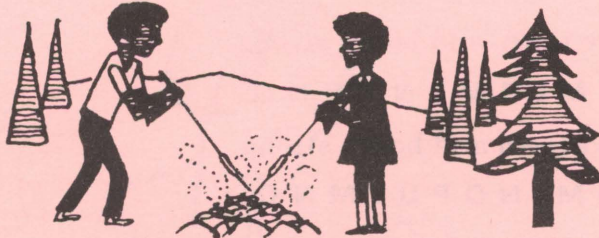


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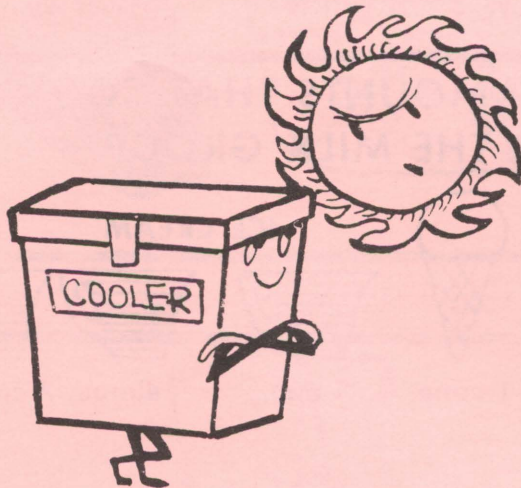
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BREAD ON A STICK

Make some biscuit dough. Take a ball of dough this big. Press it onto a stick. Smooth the dough to make a long thin tube. Hold the bread over hot coals until it is browned.



CLEAN-FOOD TIP

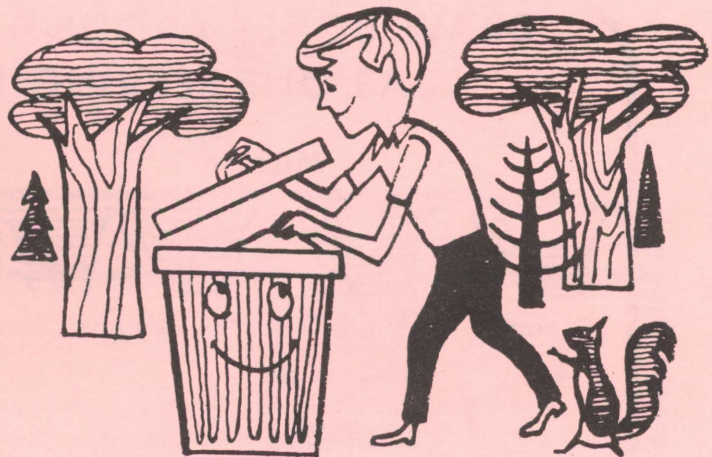


Keep these foods cold:

Meats, especially ham, - chicken, fish; puddings; custards; cream pies; potato salad; meat salads; whipped cream salads.

Bacteria that could make you sick might grow in these foods if they get warm.

TAKE CARE OF YOUR PARKS, FOREST, AND FARMS



Make fires only in the places intended for them.

See that fire is completely out before you leave.

Pick up trash.

Leave flowers and rocks for others to enjoy.

To Do at Home

Tell your family why they should eat proteins from animals and plants.

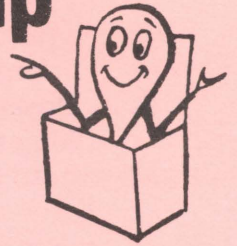
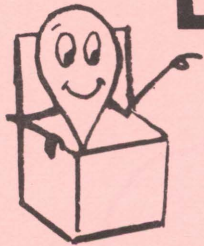
or

Fix a food from the Meat Group for your family.

or

Pick up litter in the street or road near your home.

Let's Review the Milk Group



BOX IN THE NUTRIENTS

Draw a box around the letters that spell:

- A mineral in milk that helps make teeth and bones strong.

J P C A L C I U M L B M E N T M N Q

- A vitamin added to milk to help make teeth and bones strong.

K W E H V I T A M I N D P U T M N Q

- Nutrients (one word) in milk that are used to build and repair the body.

T H Y N F G R P R P R P R O T E I N S T

- A nutrient in milk that helps you use energy and helps keep your skin healthy.

A R I B O F L A V I N W T T S M I N

DRAW BOXES AROUND THE AMOUNTS THAT COUNT AS ONE SERVING FROM THE MILK GROUP

MILK



1/2 cup



1 cup



2 cups



1 cone

ICE CREAM



1 cup



almost 2 cups

CHEESE



1 big slice



2 big slices

COTTAGE CHEESE



1/2 cup



1 cup



more than 1 cup

What's the Good Food Clue?



4



4



—



2