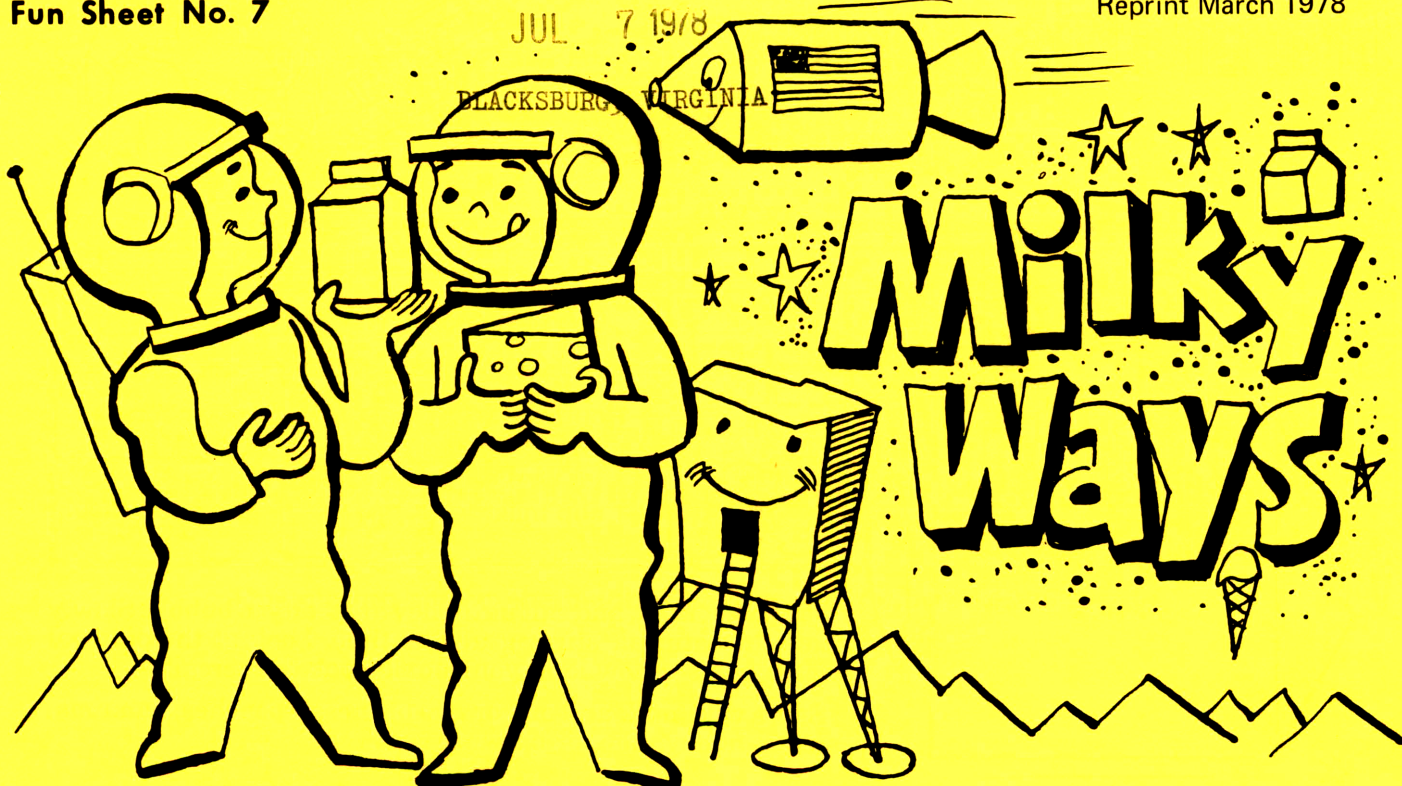


655
761
154
2.37
78
2

Fun Sheet No. 7

JUL 7 1978

BLACKSBURG VIRGINIA



__ NEED NU __ __ __ __ ENT S IN MILK __ __ CAUSE :



RI __ __ FLAVIN HELPS __ __ __ __ P MY SKIN HEALTHY

UUuu



AND HELPS ME __ __ __ __ ENERGY FROM __ __ __ __



CAL __ __ UM AND V __ __ TAMIN D HELP MAKE



MY __ __ __ __ __ AND __ __ __ __ __ STRONG.

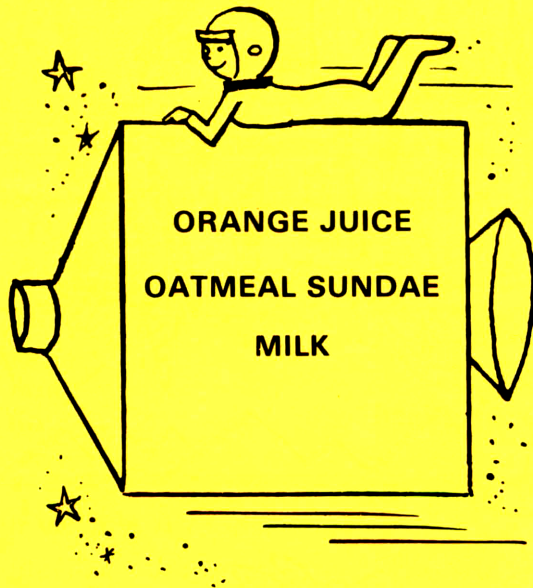
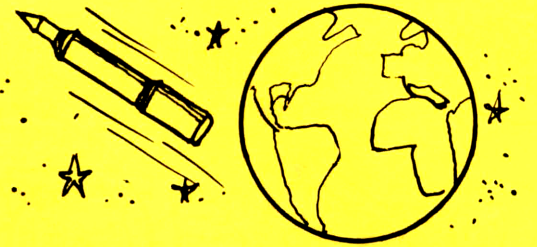






PRO __ __ INS HELP BUILD AND RE __ __ __ __



MY __ __ __ __ __





Out of this World Breakfasts



OATMEAL SUNDAE			
	1 cup water		¼ teaspoon salt
	1 cup milk		1 cup oatmeal

Heat water, milk, and salt until they are ready to bubble. Slowly shake in oatmeal, stirring all the time. Look at the oatmeal package to see how long you should cook the cereal.

Serve with milk and one or two of these—peaches, bananas, raisins, honey, jam, or brown sugar.

FRENCH TOAST			
	1 egg		¼ teaspoon salt
	¼ cup milk		4 slices bread

Beat egg. Stir in milk and salt. Dip bread in egg mixture and fry on hot greased griddle or skillet. When bottom is brown, turn bread over to fry other side.

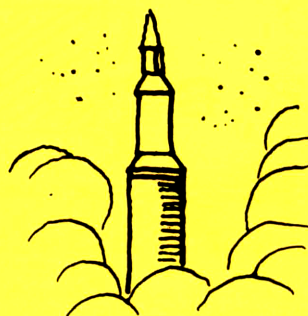
Make a French toast sandwich with cheese or peanut butter. It is good, warm and melty. Or serve the toast with syrup.



OTHER GREAT MENUS



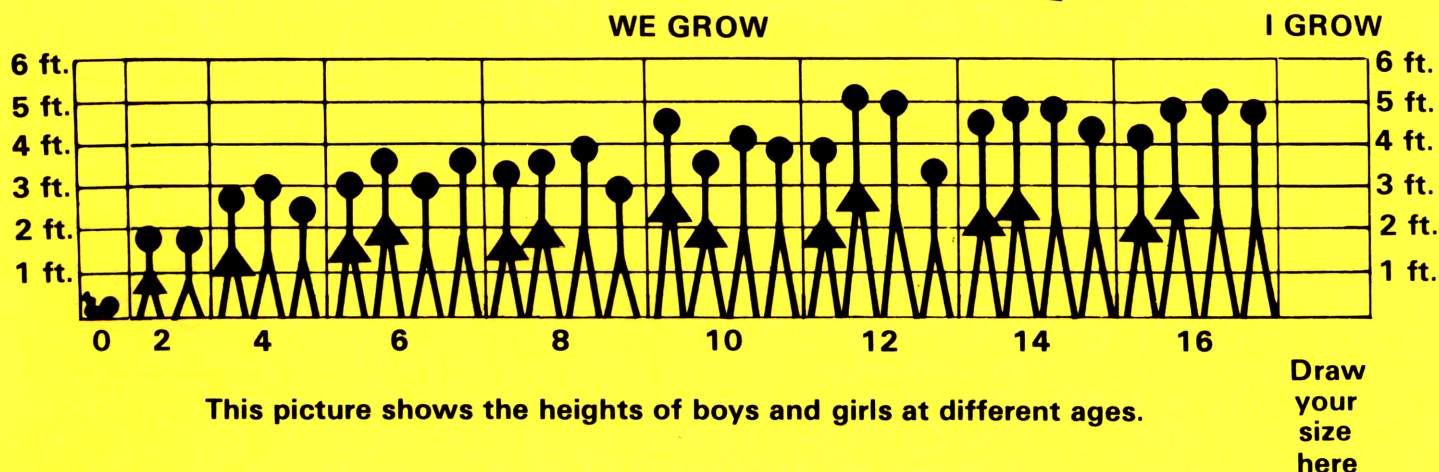
BANANA
PEANUT BUTTER SANDWICH
MILK



TOMATOES
BEANS
CORNBREAD
MILK

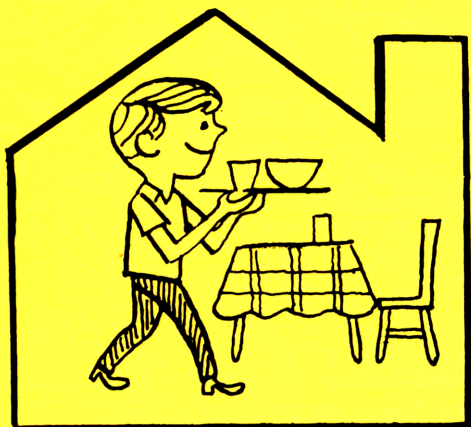


WE GROW



We are alike. Draw a box around the number that shows how old we were when we grew and changed fastest.

We are different. Draw a picture of yourself in the space and write your age underneath.



To do at home

Tell someone why we need foods from the Milk Group.

or

Help get breakfast at home.

or

Thank someone for what he or she does for you.

Let's Review the Fruit and Vegetable Group

○○ Draw Circles Around Pictures ○○

of three vitamin C foods.



ice cream



potato



orange



beet



tomato juice



bread



hamburger

carrot



that show two ways vitamin C helps you.



long fingernails



healthy gums



healing cuts



curly hair

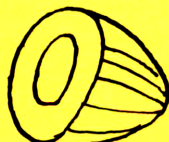
of four vitamin A foods.



dark greens



lettuce



winter squash

carrot



apple

bread



peanut butter



liver

that show two ways vitamin A helps you.



long eyelashes



see in dim light

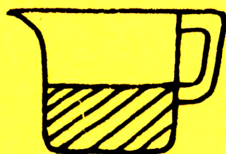


straight teeth

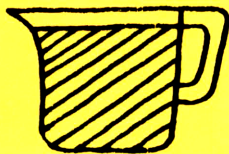
smooth skin



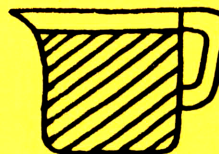
that shows how much juice counts as one serving from the Fruit and Vegetable Group.



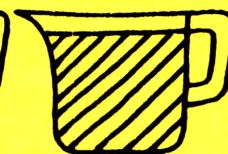
1/2 cup



1 cup



2 cups



Developed by Extension Service, USDA