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NO. 31
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Reprint March 1978

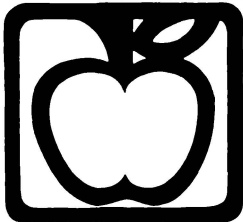
Funsheet No. 1

To Help You **GO** and **GROW!**

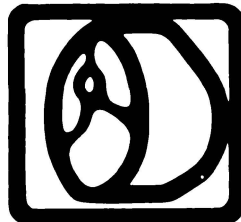
BLACKSBURG, VIRGINIA



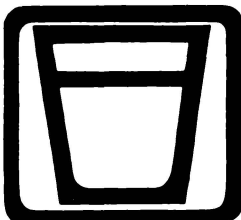
NAME A SNACK



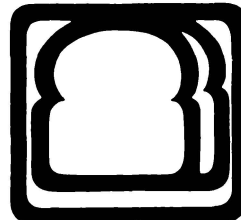
Fruit and Vegetable



Meat



Milk



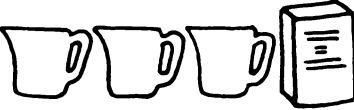



Bread and Cereal



Instant Cocoa Mix

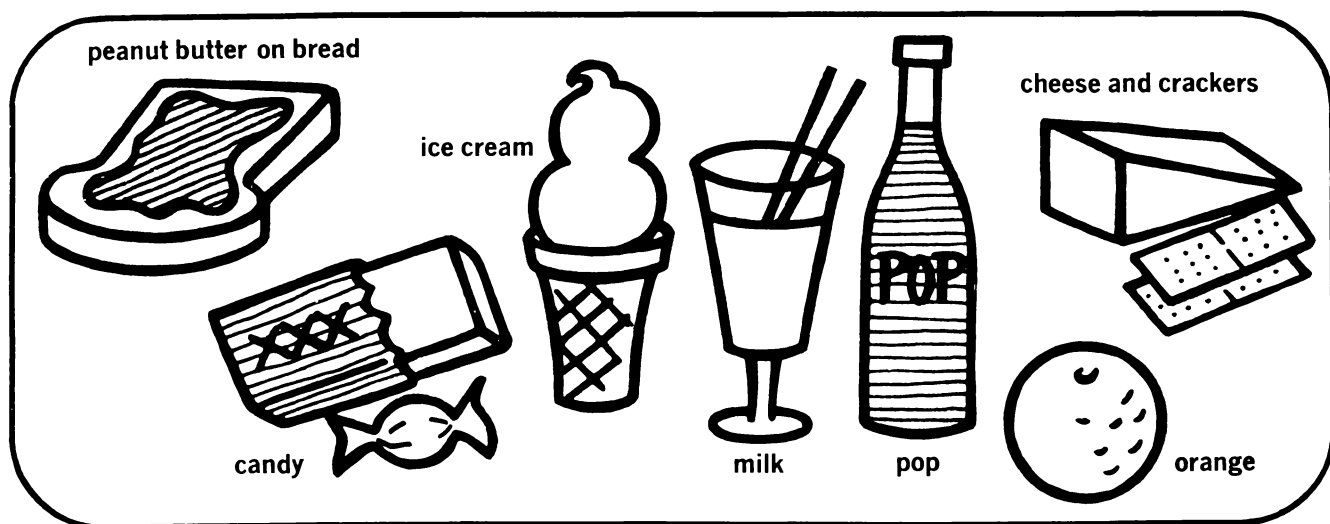
For 10 cups

I will need

	3 cups instant dry milk	
	1/2 cup sugar	
	1/4 cup cocoa	
	1/8 teaspoon salt	

Put milk, sugar and salt in a bowl. Sift in cocoa. Mix. *To make cocoa* — Fill cup 1/3 full with mix. Add a small amount of water and stir. Fill cup with boiling water and stir.

Draw a circle around the Super Snacks from the food groups







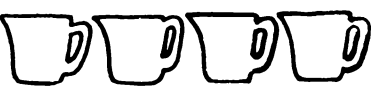
Why are they Super Snacks?



Sunshine Shakes

For 4 cups

I will need

 1 cup instant dry milk	
 1/4 cup orange drink powder	
 2 teaspoons sugar	
 2 ice cubes	
 4 cups ice cold water	

Put all ingredients into a jar. Screw lid on tight. Shake until mixed.

To do at home:



Make one of these recipes for your family

or

Thank a member of your family for something he or she did for you.

or

Do both of above



What is Health?

Unscramble the letters to fill in the blanks.

A healthy person has:

Shining _____

I R A H

Bright _____

S E E Y

Sound _____

E H T T E

Clear _____

I K N S

A healthy person stands _____

T G I H A S R T



A healthy person is alert in _____

L O C H O S

A healthy person is F _____ Y

D N R L I E