

FIT IT ALL TOGETHER



FN 001

If you're like most kids, you probably like to eat. And you're probably pretty active. But maybe there are some questions that are puzzling you.

Is it hard to learn to cook?

Are there foods you can eat to help make your muscles stronger?

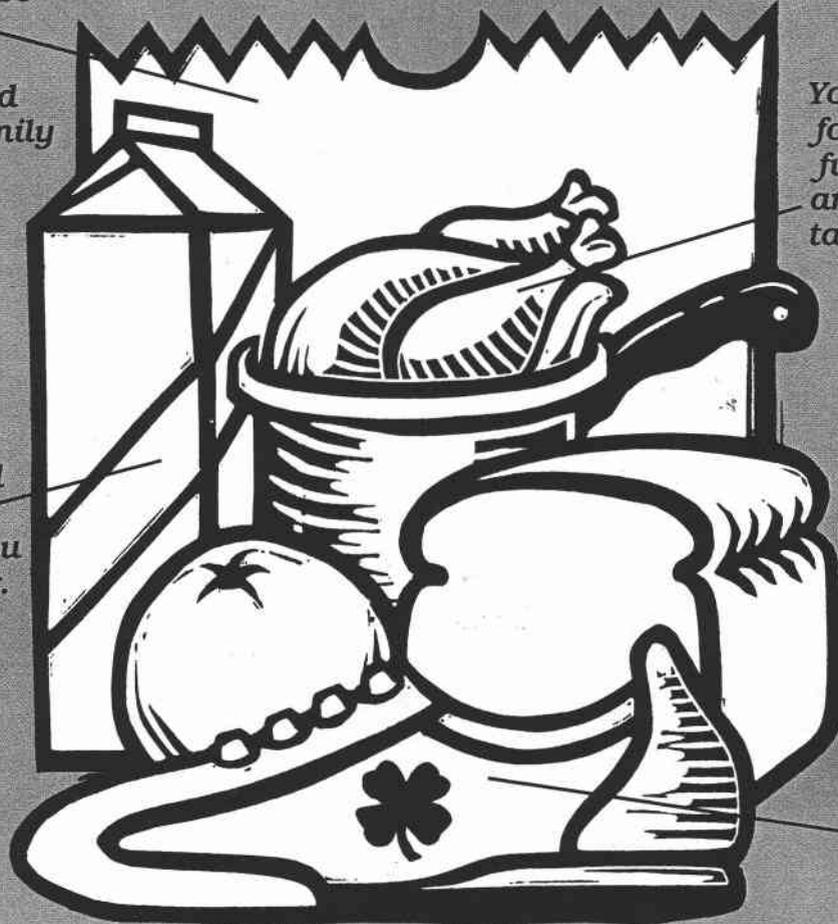
Do you have to spend a lot of money to eat food that's good for you?

This book will help you find answers to those puzzling questions. In this project we're going to fit together cooking, nutrition, consumer skills and fitness.

FIT IT ALL

You'll learn how to be a better consumer. Some of the things you'll discover could help your whole family save money.

You'll learn about nutrition. You'll find out how the food you eat can help you feel and look better.



You'll learn to prepare food. This book is full of recipes that are fun to cook and taste great, too.

You'll learn about fitness. There are lots of fun ways to make your body stronger and healthier.

TOGETHER

So let's get started learning about food for fun and fitness. Turn the page and we'll start to FIT IT ALL TOGETHER.

FIT IT ALL TOGETHER

This introductory unit on food and nutrition has been prepared in consultation with the National 4-H Food & Nutrition Developmental Committee composed of representatives of Extension Service, U.S. Department of Agriculture and the Cooperative Extension Services of the State Land-Grant Universities.

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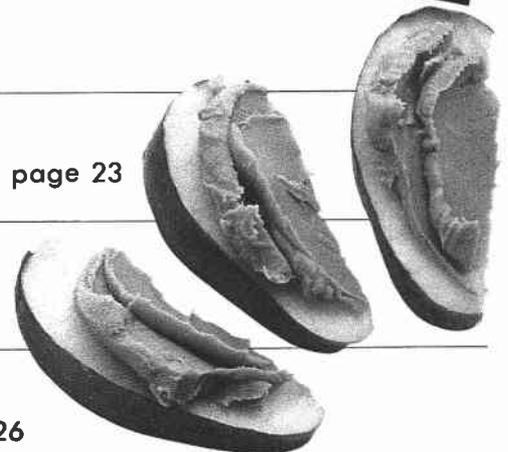
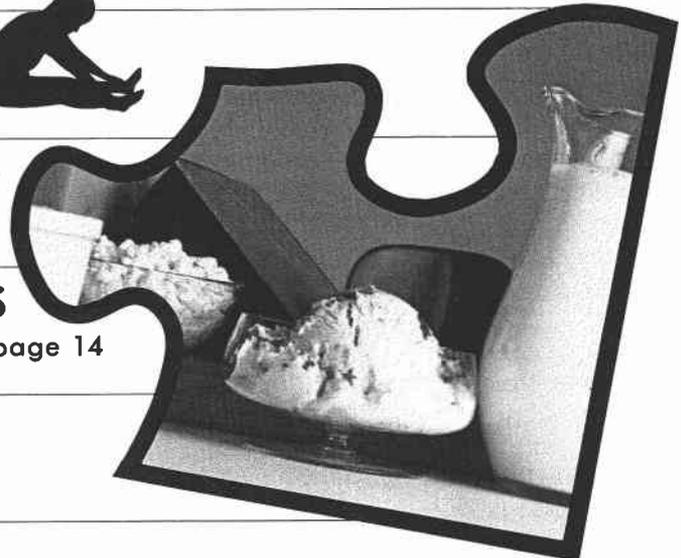
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PIECE TOGETHER!

Have you ever heard people say "You are what you eat"? Well, it's true. Food helps you grow and stay healthy. Food gives you energy to play, run, study, breathe and even sleep. Even the strongest person in the world could live for only about 7 or 8 weeks without food.

But how does food do all those things? After you eat food, your body digests it. This breaks the food down into **nutrients** your body can use. There are more than 50 different nutrients, and your body needs each of them. They work as a team to keep your body healthy. (We've listed some of the nutrients and told you what they do in the picture.) Your blood carries the nutrients to your cells, and that is where they do their work.

All living things are made up of cells — plants, animals and you. How many cells do you think are in your body?

- 100
- 1,000
- 100,000
- 1,000,000
- 100,000,000
- 100,000,000,000
- 100,000,000,000,000

The right answer is (g) — a hundred trillion cells. Millions of cells could fit inside a marble! Different kinds of cells make up the different parts of your body — your bones, your brains, your muscles and your skin. And they all need nutrients to do their work. Where do they get these nutrients? From the food you eat.

So, the protein from the egg you eat for breakfast may help you grow taller. Calcium from your milk will make your bones stronger. If you get a cut, the vitamin C from your orange juice will help your body heal itself. The vitamin A from your broccoli will help your eyes stay healthy. Carbohydrates from your potato and your breakfast cereal give you energy.

CALCIUM

Found in: milk and other dairy products

How It helps your body

- helps form healthy bones and teeth
- helps blood clot
- makes nerves and muscles react normally

VITAMIN D

Found in: fatty fish, liver, eggs, butter. Usually added to milk. Your body produces it when you're in sunshine.

How It helps your body

- needed for using calcium and phosphorus
- helps build strong bones and teeth

FATS

Found in: oil, butter, margarine, nuts and seeds, poultry skin, salad dressing, some meats and cheeses

How It helps your body

- carries some vitamins (A, D, E and K) to your cells
- supplies energy

PROTEIN

Found in: cheese, meat, fish, nuts, eggs, peanut butter, grains, dried beans

How It helps your body

- sometimes called "your body's building blocks"
- aids growth
- replaces worn-out cells
- helps resist diseases

CARBOHYDRATES

Found in: breads, cereals, fruits, vegetables, sugar, potatoes

How It helps your body

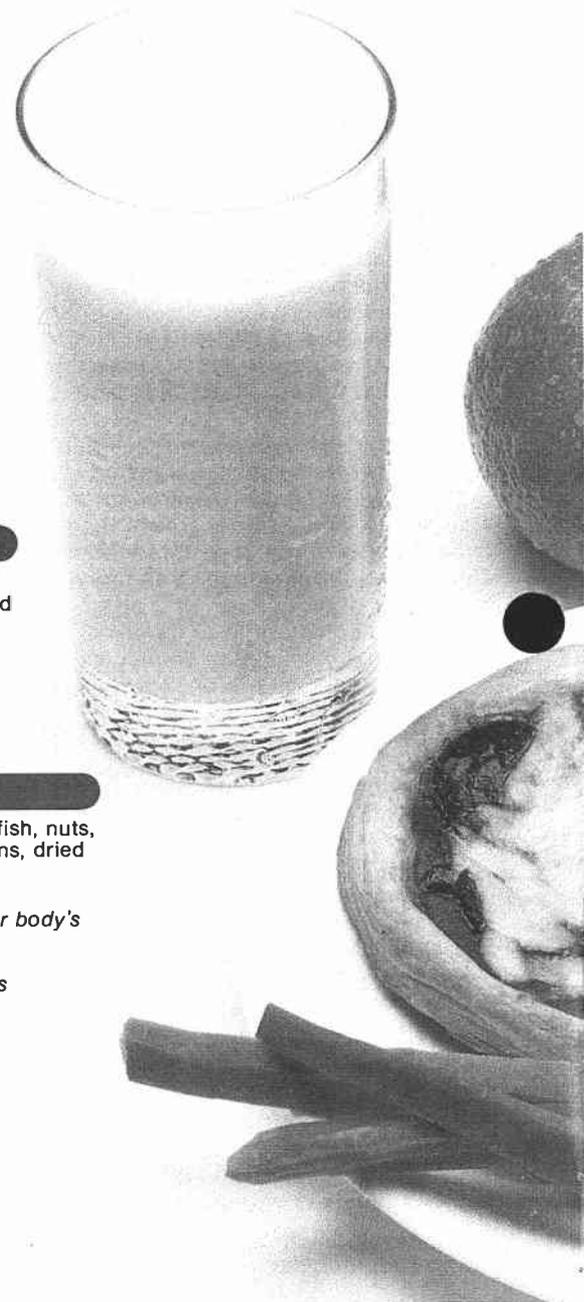
- good source of energy
- **fiber** in fruits and vegetables aids in eliminating wastes from the body

VITAMIN A

Found in: Yellow, orange and green vegetables, yellow fruits, fat of some animals, fish, milk, eggs, liver

How It helps your body

- protects eyes, helps night vision
- helps keep skin healthy
- heals wounds



R A P I Z Z A

VITAMIN C

Found in: citrus fruits (oranges), melons, green leafy vegetables (broccoli, spinach) and cabbage

How It helps your body

- helps heal wounds and broken bones
- helps the body make blood vessels, bones, teeth
- helps keep body cells and tissues strong and healthy

VITAMIN B

Found in: meats and beans, whole grain, enriched breads and cereals

How It helps your body

- keeps eyes, skin, and mouth healthy
- helps keep appetite and digestion in working order
- helps use protein, fat, carbohydrates
- helps develop brain and nervous system

IRON

Found in: Dark green leafy vegetables, liver, meat, egg yolks, dry beans

How It helps your body

- helps blood cells carry oxygen to all parts of the body
- protects against some forms of anemia



Discover
Nutrients

Can you match the nutrients to the food in this meal?

You need energy to work, play, blink and breathe. Your body gets that energy by using food as fuel.

What happens if your body doesn't get these nutrients? Well, you probably won't feel as good as you could if your diet included all of them. You could get sick. And you might not be able to get well as fast.

So it's important to take care of your body. After all, it's the only one you get, and you want it to work for you all your life. Since food provides the nutrients your body needs, it's important that you give your body the right foods — in the right amounts.

It sure would be hard to remember all those different long names of nutrients, wouldn't it? Can you imagine saying, "Mom, I'd like some riboflavin and magnesium on toast, please." Luckily, you don't have to. Nutrition experts have said that all you have to do is eat a "balanced diet." (Your dad or mom probably says that a lot, too.) What does that mean?

- Some foods made from grains, like bread or cereal.
- A variety of vegetables and fruits.
- Some milk, cheese or other dairy foods.
- Some meats, poultry, fish or beans.
- Not too much sugar, heavily sweetened foods, fat or fatty foods or salt.

Eating a balanced diet also means that you should eat only enough calories to keep your weight where it should be.

It is important to remember that no one food can possibly provide you with all the nutrients your body needs. You have to put together a variety of foods. It's a lot like putting together a jigsaw puzzle. Each basic food listed above gives your body some of the nutrients you need. When you fit them together — in the right amounts — you can see the whole nutrition picture. And what you'll see is a healthier YOU!

The first food we're going to cook is probably one of your favorites — pizza. It really is good for you. It contains some foods

from each of the basic food groups. But before we piece together this pizza, there are a few rules of the game. Check these off before you start:

- Have you read the recipe before you start? Make sure you have everything you'll need.

RECIPE SNACK PIZZAS

You need

- oil
- 1 package flaky refrigerator biscuits
- ½ cup tomato sauce
- 1 teaspoon oregano

Equipment

- baking sheet
- 1 liquid measuring cup

- 1/3 cup chopped fresh or canned mushrooms, drained
- sliced pepperoni or salami
- grated cheese — mozzarella or cheddar

- measuring spoons

1. Check to make sure the oven racks are in the middle of the oven. Preheat the oven to 400°.
2. Put a little grease or oil on the baking sheet.
3. Pat each biscuit into a 4-inch circle. Put each circle on the baking sheet.
4. Mix the tomato sauce and the oregano in a measuring cup. Spoon some on each biscuit.
5. Spoon the mushrooms over the tomato sauce.
6. Put a few slices of the meat on top of the mushrooms.
7. Sprinkle with the cheese.
8. Bake about 8 minutes, or until the crust is light brown. USE A POTHOLDER TO TAKE THE BAKING SHEET OUT OF THE OVEN.

- Are your hands clean? Otherwise, you could spread germs.
- Could your hair get into the food? Pin or hold back your hair.
- Are your clothes protected? This is why famous chefs wear aprons.

These pizzas contain some food from each of the five food groups. All the food we eat can be put into one of these groups. We need to eat certain amounts of these foods every day. The food groups are:

1. **Milk and Cheese Group.** (You need 3 daily servings.) The food from this group was _____.
2. **Bread and Cereal Group.** (You need 4 daily servings.) The food from this group was _____.
3. **Vegetable and Fruit Group.** (You need 4 daily servings.) The foods from this group were _____.

4. **Meat, Poultry, Fish and Beans Group.** (You need 2 daily servings.) The food from this group was _____.

5. **The Fats and Sweets Group.** (Caution: Don't eat too much or too often.) The food from this group was _____.

Answers:

1. cheese, 2. biscuit, 3. tomatoes
There is also a lot of fat in the salami, 5. oil to grease the pan —
peppercorn and salami. The fats we eat are often parts of other foods.

What's a Serving?

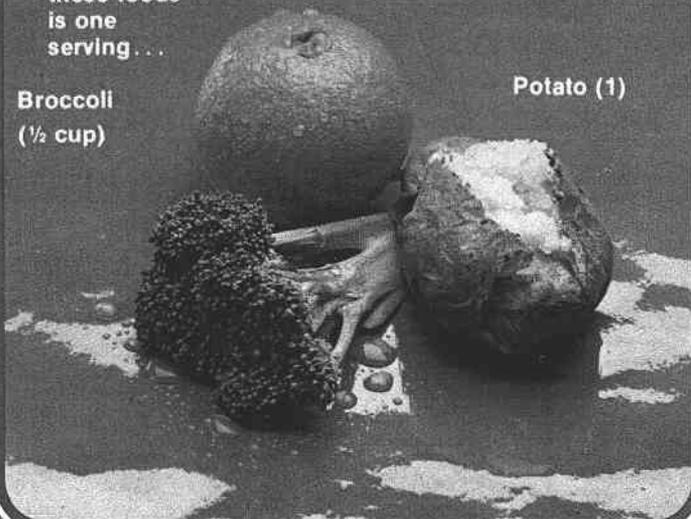
4 SERVINGS
EVERY DAY

Each of
these foods
is one
serving...

Orange (1)

Broccoli
(½ cup)

Potato (1)



VEGETABLE & FRUIT GROUP

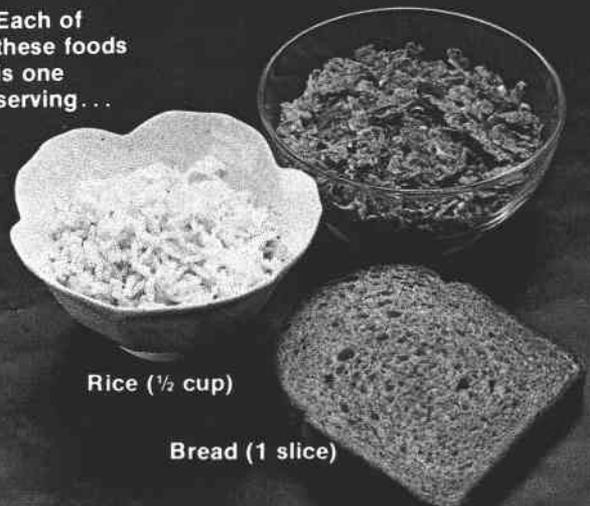
4 SERVINGS
EVERY DAY

Each of
these foods
is one
serving...

Cereal (¼ to ¾ cup)

Rice (½ cup)

Bread (1 slice)



BREAD & CEREAL GROUP

HOW TO: *work with your oven*

Ovens are different. Get to know yours before you start cooking.

1. Where are the dials? Most ovens have a temperature dial and a dial that tells the oven whether to bake or broil. In some ovens one dial gives both instructions. Baking means that the whole oven is heated up and kept at one even temperature. Broiling means that the heat comes down from the top onto the food. Some ovens bake only and have a separate broiler.

2. Oven racks. Ovens have racks that can be placed high, middle or low in the oven. Practice moving the racks when the oven is cool. Read recipes first to see where the oven racks should be placed. Put the racks in place before you start the oven. Never move hot oven racks! And when you put food in a preheated oven or pull out racks to take out the food, always use potholders.

3. Preheating the oven. Many recipes tell you to preheat the oven. That's so the temperature will be

correct as soon as the food is put into the oven, and so the food will cook evenly and not burn. Ovens usually have a light that goes off when the oven is preheated to the temperature you have set on the dial.

4. Saving energy. Time it so your food will be ready to put in as soon as the oven is preheated. An empty oven wastes energy. To be able to do this, first test your oven to see how long it takes to heat to 350°. Ovens vary greatly. Some newer ones take less than 5 minutes to preheat, while some older models take as long as 15 minutes.

Try not to open the oven door during cooking. It wastes energy and makes the cooking uneven. Many ovens have a see-through door and an oven light. Get used to looking through the door to check the food. Be sure to turn off your oven when you're done.

My oven takes _____ minutes to preheat to 350°.

HOW DID IT ALL FIT TOGETHER?

Did you

- wash your hands before beginning?
- pin or hold back your hair?
- protect your clothes?
- read the recipe before beginning?
- get to know your oven?
- preheat your oven?
- use your oven safely?

Were your pizzas

- good tasting?
- evenly cooked?

Today I ate these foods:

Milk and Cheese Group:

Bread and Cereal Group:

Vegetable and Fruit Group:

Meat, Poultry, Fish and Beans Group:

Fats and Sweets Group:

How much food is there in a serving? Well, the tablespoon or so of tomato sauce on one snack pizza is *not* a whole serving of vegetables, but about a half cup would be. The biscuit that made

the pizza crust is one full serving from the bread and cereal group. Here are some other amounts of food that will help you start thinking about serving sizes for kids your age.

3 SERVINGS
EVERY DAY

Each of
these foods
is one
serving...



Yogurt (1 cup)



Milk (1 cup)



Cheese (about 2 ounces)

MILK & CHEESE GROUP

2 SERVINGS
EVERY DAY

Each of
these foods
is one
serving...

Beans ($\frac{1}{2}$ to $\frac{3}{4}$ cup)



Chicken
(1 to 2 pieces)



Tuna
(2 ounces)

MEAT, POULTRY, FISH & BEANS GROUP

LIFESTYLE QUIZ

A healthy lifestyle is feeling better, looking better, and starting habits that will help you live a longer, healthier life. It means being able to do things without getting tired. To have a healthy lifestyle, you have to fit together good diet, regular exercise, the right weight and some basic good health habits. Take this quiz to see how you're doing.

MY DIET

- | | Always | Sometimes | Never |
|---|----------------------------|----------------------------|----------------------------|
| 1. I eat a variety of foods each day. I have fruits and vegetables, breads or cereals, lean meats, milk and other dairy products. | <input type="checkbox"/> 4 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 |
| 2. I try to limit the sweets I eat. (Not too many candy bars, cakes and soda pop.) | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 |
| 3. I try to limit the fatty or greasy foods I eat (not too much butter, potato chips, greasy meats and fried foods.) | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 |
| 4. I eat some fresh fruits and vegetables almost every day (like an apple, carrot sticks or a salad.) | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 |

TOTAL _____

MY FITNESS

- | | Always | Sometimes | Never |
|---|----------------------------|----------------------------|----------------------------|
| 1. I stay about the right weight. | <input type="checkbox"/> 3 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 |
| 2. I exercise hard for 15-30 minutes at least 3 times a week (running, swimming, dancing, working, playing ball, walking fast). | <input type="checkbox"/> 3 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 |
| 3. I walk instead of asking for a ride. | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 |
| 4. After school, I play or work outside instead of watching TV. | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 |

TOTAL _____

Answer these questions **HONESTLY**. If your scores aren't too good, remember that you can start today to change them.

Check the box that describes what you do. At the end of each section, add up the numbers next to the boxes you checked. Write this on the line marked "TOTAL."

MY HABITS

- | | Always | Sometimes | Never |
|--|----------------------------|----------------------------|----------------------------|
| 1. I brush my teeth after meals and after eating sticky sweet foods. | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 |
| 2. I wear my seat belt when I'm in a car. | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 |
| 3. I get enough sleep at night. | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 |
| 4. I know and follow bike safety rules | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 |
-
- | | Absolutely | Think So | No |
|---------------------------|----------------------------|----------------------------|----------------------------|
| 5. I plan never to smoke. | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 |

TOTAL _____

How did you do?

Put your score for each section here:

Section 1, My diet _____

Section 2, My fitness _____

Section 3, My habits _____

9-10 Great

6-8 Good, but could be better

3-5 You need work here

0-2 You're taking risks with your health.

So remember, to put together the pieces of a healthy lifestyle:

1. Eat a variety of foods. And be sure to include some fresh vegetables and fruits.

2. Keep fit. That means keep moving. If you're fit, you'll feel better and be able to do more all your life.

3. Follow good health habits. You know how hard habits are to break. So why not start some good habits that will improve your health? Good health isn't just your doctor's business. It's your business, too.

Suppose you were late to school one day and saw the school bus about three blocks off. What would you do?

- Know you could get there in time, and run to catch the bus. You might be a little tired when you got there.
- Wonder if you could make it, but run anyway. You'd be pretty worn out for quite a while, though.
- Not even bother, because you know you couldn't catch the bus anyway.

Your answer may be one clue to how fit you are. And this example shows you that fitness isn't just for athletes. It's important for everybody.

You may decide what you do every day by how fit you are. If you are fit, you should be able to feel good in school, help your parents with jobs around the house, and still have enough energy to play and have fun with your friends. If you are not fit, you may not be able to do all those things. You may say you are "too tired."

Total fitness has many parts. You want your muscles to be strong. You want your body to be flexible. And you want to have enough endurance so you can exercise for a long time without running out of breath. Your body gets fit when you combine exercise, good diet, enough rest and good health habits. Here are 3 ways to test your fitness.

1. Bent-knee sit-ups. How many can you do?
2. How far can you run in 9 minutes?
3. Palms-away pull up.

If you have a physical handicap, there are special ways you can keep fit. Check with your doctor or physical therapist.

You probably already have a pretty good idea of how fit you are. If you're very fit, that's good. But remember the famous words of the circus acrobat: "Use it or you'll lose it." If you don't keep active, your fitness level will drop.

Why not start keeping track of how you do in each of these activities? Try again in 4 weeks to see if you can improve.

FIT IN FITNESS

If you are not so fit, you can begin now to change. In the blue "Fitness Bars" in this book, we'll show you some ways to increase your fitness — whatever level you are.

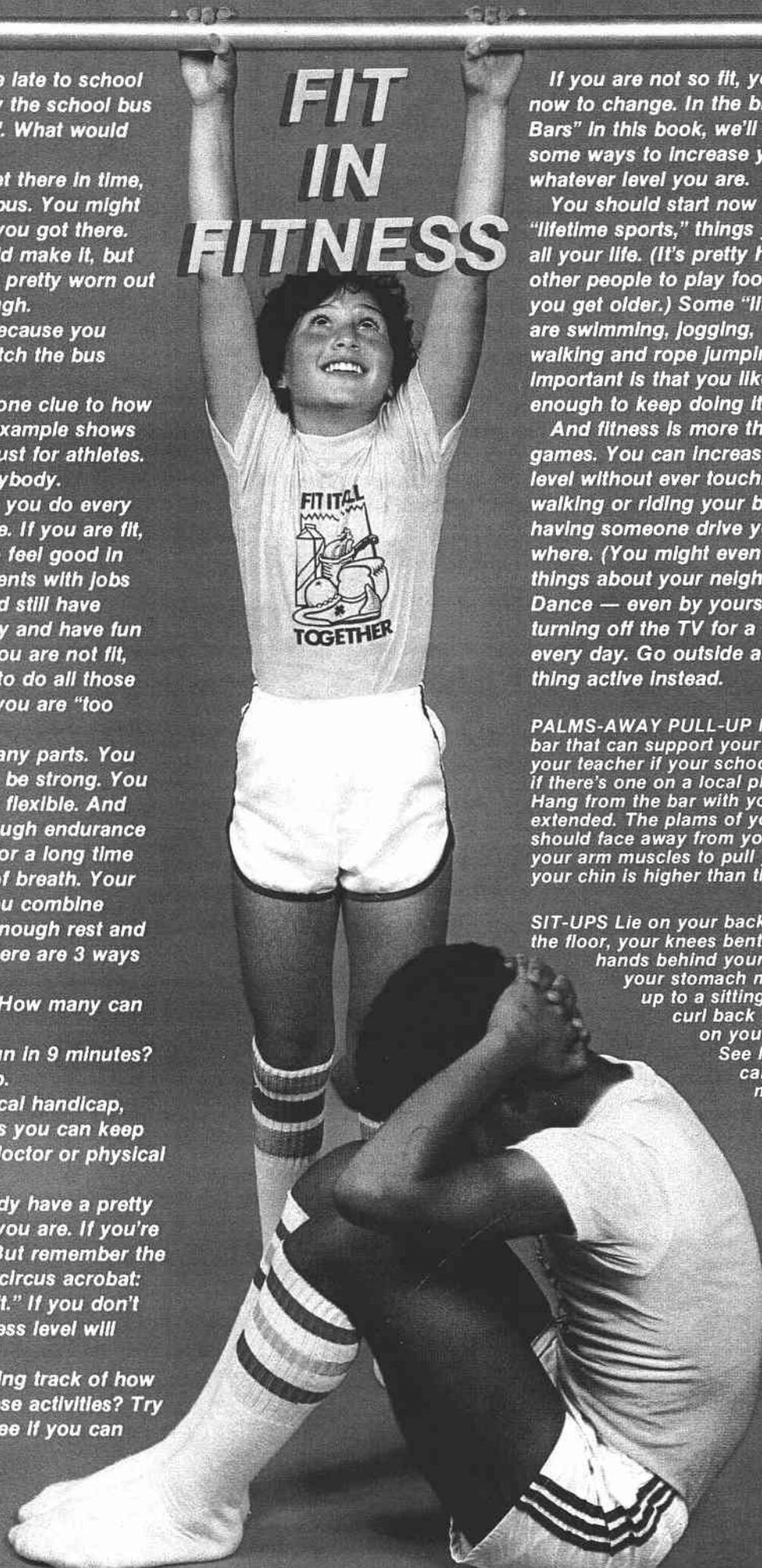
You should start now to learn "lifetime sports," things you can enjoy all your life. (It's pretty hard to find 21 other people to play football when you get older.) Some "lifetime sports" are swimming, jogging, bicycling, walking and rope jumping. What's important is that you like the sport enough to keep doing it.

And fitness is more than playing games. You can increase your activity level without ever touching a ball! Try walking or riding your bike instead of having someone drive you everywhere. (You might even learn new things about your neighborhood.) Dance — even by yourself. And try turning off the TV for a little while every day. Go outside and do something active instead.

PALMS-AWAY PULL-UP Find a sturdy bar that can support your weight. (Ask your teacher if your school has one or if there's one on a local playground.) Hang from the bar with your arms fully extended. The palms of your hands should face away from you. Then use your arm muscles to pull yourself up until your chin is higher than the bar.

SIT-UPS Lie on your back, feet flat on the floor, your knees bent. Clasp your hands behind your neck, then use your stomach muscles to curl up to a sitting position. Then curl back down until you're on your back again.

See how many you can do in one minute.



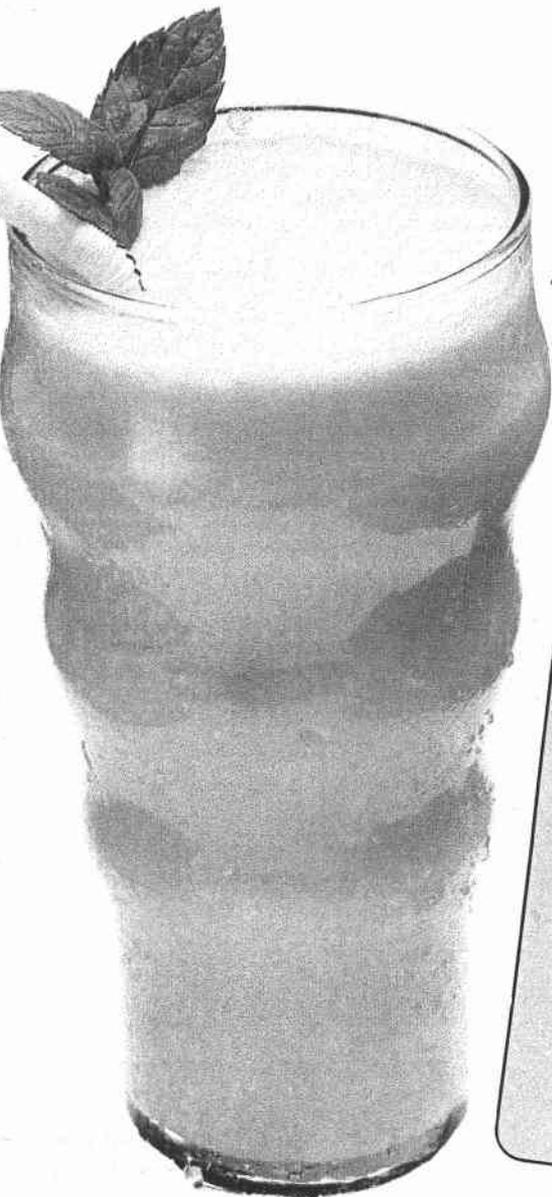
WHOLLY COW

MILK & CHEESE GROUP

When you were a baby, milk was probably your first food. Now you eat many other foods, too. But you still need milk products every day. Milk is a good source of protein. It provides lots of calcium for strong bones and teeth. It is your main food source of vitamin D and contains some of the B vitamins.

This food group includes whole milk, skim milk and buttermilk and foods made from milk. Other members of this group are cheese, yogurt, cottage cheese and ice cream. See how many you can find in the puzzle piece.

You should have 3 servings daily from this food group if you are between the ages of 9 and 12. The milk on your breakfast cereal counts as $\frac{1}{2}$ serving. Macaroni and cheese for lunch is 1 more serving. If you drink 1 glass of milk with dinner and eat $\frac{1}{2}$ cup of yogurt with added fruit for dessert, that adds up to 3 servings for the day.



MILK AROUND THE WORLD

In America, nearly all milk products come from cows. If you visited other countries, you might drink unusual milk. Kids in India like zebra milk! Here are some other animals that give milk to people around the world:

Donkeys — parts of China **Reindeer** — Arctic lands
Yak — Tibet, Outer Mongolia **Horses** — parts of China
Camel — deserts of Africa and Asia **Sheep** — Greece
Buffalo — India, Pakistan, Egypt **Goats** — parts of Europe, especially Greece

RECIPE

ORANGE SMOOTHIE

(Makes 6-8 servings)

Did you ever think of putting milk and orange juice together? It's a great new taste.

You need

- 1½ cups milk (try skim)
- 6-ounce can of frozen orange juice concentrate, softened
- 1½ cups water
- 1½ teaspoon vanilla (optional)

Equipment

- glass measuring cup
- large bowl
- measuring spoons
- egg beater

1. Pour the milk in a large bowl.
2. Add the other ingredients.
3. Using a hand egg beater, mix well until the mixture is foamy.
4. Serve at once.

RECIPE NACHOS

Nachos (NAH-chōs) are a favorite snack with kids in Mexico. They're a great way to add more milk products to your diet.

You need

- 1 cup grated Monterey Jack or cheddar cheese
- 4 ounces large tortilla chips (enough to cover cookie sheet)
- ½ cup taco sauce (if you wish)

Equipment

- cookie sheet
- cheese grater
- waxed paper
- measuring cup

1. Check to see that oven racks are in the middle of the oven. Then preheat the oven to 400°.
2. Spread the tortilla chips on a cookie sheet.
3. Cover the chips with the grated cheese.
4. Bake for 2-3 minutes, or until the cheese melts.
5. Be sure to use a pot holder to take the cookie sheet out of the oven.
6. To make it spicy, put a little taco sauce on each nacho as you eat it.

DAIRY FACTS

The moon isn't made of green cheese. . . but here are some interesting dairy facts.

1. Cheese was first made by accident. A shepherd was carrying his milk in a pouch made from a sheep's stomach. Rennet from the sheep's stomach and the sun's heat made the milk separate into lumps (curds) and thin liquid (whey). The lumps tasted good! They were very much like our cottage cheese today.

2. At the St. Louis World's Fair in 1904, ice cream was a very popular treat. One day, this ice cream seller ran out of dishes. Luckily, the next stand was selling waffles. So, they rolled the waffles into a cone shape and invented the ice cream cone.



Place rack
before heating oven.

Be sure to
use pot holders.

START BY STRETCHING

Give your muscles a chance to stretch gently before you run or play. The secret of these exercises is a gentle stretch, so if it hurts, you're doing too much. And don't bounce — bouncing just causes your muscles to contract, so they can't stretch.



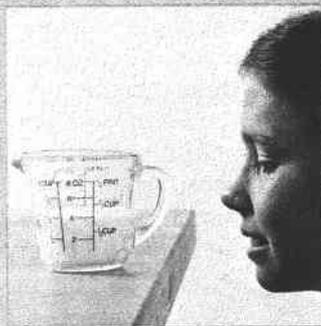
This exercise stretches the front of your thighs:

1. Stand next to a wall. Rest your left hand on the wall.
2. Pick up your right foot with your right hand.
3. GENTLY pull your foot up until you feel the stretch.
4. Hold for a count of five.

5. Repeat for a total of three times on each leg.

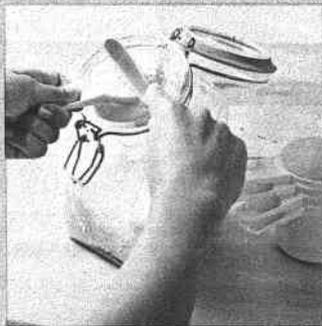
HOW TO:

measure liquid ingredients



1. Use a clear measuring cup for liquid so you can see through it. There is space above the 1 cup mark so you won't spill the liquid. The spout makes for easy pouring.
2. Set the cup on a flat counter or table top. Bend down so your eye is even with the mark for the amount of liquid you need. Fill your cup to that mark.

measure dry ingredients



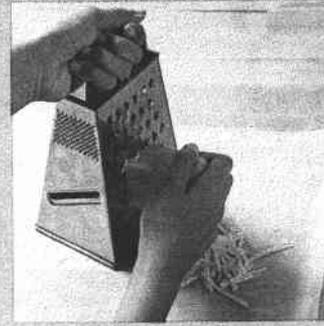
1. Dry measuring cups come in several sizes — 1/4 cup, 1/3 cup, 1/2 cup and 1 cup. They fit or "nest" inside one another, so they are sometimes called "nesting measuring cups."
3. Use a spoon to fill the size cup you need. Pile it higher than the top. Now use the back of a knife to level off the top.

use measuring spoons



1. When you measure liquid ingredients, pour carefully so you won't spill.
2. When you measure dry ingredients, level off as you would with measuring cups.
3. Don't hold measuring spoons over your other ingredients.

grate cheese



1. Tear off a square of waxed paper to use on your kitchen counter.
2. Hold the grater at an angle and move the cheese down across the grating side. Be sure not to get your fingers too close to the grater.
3. When you finish, use the waxed paper as a funnel and pour the cheese through it.

Something is Puzzling Me

Q I know chocolate milk doesn't come from brown cows. But in my store, there are about four different kinds of white milk — skim, 1%, 2% and whole. Where do they come from?

A. They all come from whole milk. But some have had part of the fat removed. Whole milk has about 3.25 percent fat and about 150 calories per glass. Two percent (2%) milk means it has 2 percent fat and about 130 calories, and one percent (1%) milk has 1 percent fat and about 110 calories. Skim milk has less than 1

percent fat and about 90 calories. So, if you're watching calories, try drinking milk with less fat. You can get milk's most valuable nutrients and avoid fat by using skim milk.

HOW DID IT ALL FIT TOGETHER?

The food I made was _____

Was your smoothee

- smooth?
- good tasting?
- well mixed?

Were your nachos

- hot?
- covered with cheese?
- good tasting?

Did you

- measure correctly?
- follow directions for grating cheese?
- check the oven racks before you started?
- use a pot holder?
- clean up and put away?

Did you eat three servings from this group today? What were they?

KEEP MILK AND OTHER DAIRY PRODUCTS

Cold . . . in the refrigerator.

Clean . . . don't put the spoon you ate from back in the cottage cheese (or any other food).

Covered . . . so bacteria, yeasts and molds will not be added.

PULSE

Your heart is a muscle, too. It beats over 100,000 times a day! To see how strong your heart is, try this: fold one hand over the other. Squeeze 80 times in a minute. Could you keep doing that every minute, every hour, every day? Your heart is strong. Here's how to take your pulse to see how many times each minute your heart beats.

1. Find a pulse point. One is inside your wrist, another is on your neck just below your ear.
2. Put your index finger and your middle finger on the pulse point (your thumb has its own pulse).
3. Count the number of beats you feel in 15 seconds.
4. Multiply by 4. That's your pulse rate. Try taking your pulse at different times — when you're resting, just after

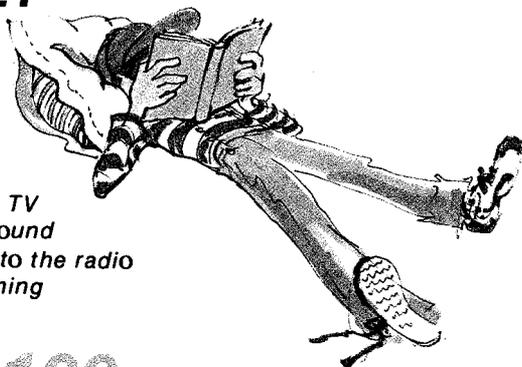
exercise, when you're in school. Your pulse changes through the day.

One reason exercise is so important is because it increases the heart muscles, too. That way, your heart doesn't have to beat so often. (Some runners have a pulse rate of 38 per minute!)

CALORIES AND FITNESS

QUIET

reading
sleeping
watching TV
sitting around
listening to the radio
daydreaming



80-100 calories per hour

LIGHT TO MODERATE

walking
shooting baskets (no running)
washing dishes
playing ping pong
making beds
light gardening



110-240 calories per hour

ACTIVE

walking fast
bowling
golfing
washing and
waxing the car



250-350 calories per hour

VERY ACTIVE

dancing
running
playing a hard game of
basketball
tennis
skiing
swimming



350 or more calories per hour

What do you do all day? Here's how many calories you use.

We know that food provides our bodies with energy. But how do you measure how much energy is in food? In *calories*. A calorie is a unit of measurement — like an inch or a pound.

There are calories in all food (except water). An apple has 70 calories. Two tablespoons of peanuts have 105.

But calories also measure the amount of energy you use. It takes energy to do active things like riding a bike or playing basketball, of course, but it also takes energy to sit, read a book or even sleep. Your body uses 350 calories an hour when you're swimming or playing tennis. But you may use

only 80 calories an hour watching TV.

If you don't take in enough calories, your body won't have the energy it needs to grow and do everything else you want it to. If you take in more calories than you need — either because you eat too much or because you mostly just sit around — you'll gain weight. You need to *balance* the number of calories you take in with the number of calories you use.

If you're a fairly active 12-year-old, you probably need from 2,200 to 2,800 calories every day. You need less if you just sit around a lot, and more if you are very active.

If you want to lose one pound, you have to cut out 3,500 calories

over a period of time. You can do that by exercising more. You'd have to swim laps for about 10 hours! You can also do it by cutting down on what you eat. But the best way is to combine diet and exercise. Use the list below to see how many calories are in some of your favorite foods. And use the chart above to see how many calories you use during the day.

All these foods have about 110 calories:

- 1 large banana
- 8 ounces orange juice
- 1 ounce American cheese
- 2-3/4 cups cooked broccoli
- 1½ cups red raspberries
- 1½ grapefruit

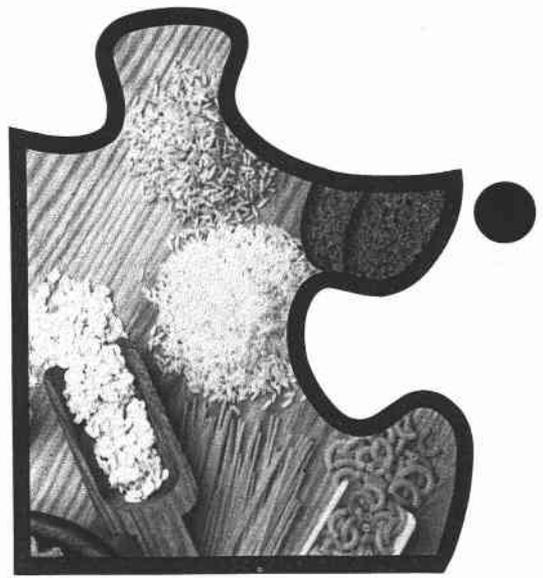
GREAT THINGS FROM GRAIN

BREAD & CEREAL GROUP

Did you ever hear people say "bread" when they meant "money"? Long ago in Egypt, bread was so valuable that it was used as money! Today bread is still valuable because it gives us B vitamins and iron. The bread and cereal group is an economical way to eat healthy food.

This group includes all foods made from rice, corn meal, or whole grain or enriched flours. That means bread, muffins, noodles or spaghetti. It means rice, tortillas, cereals or pizza dough, too. How many can you find in the puzzle piece?

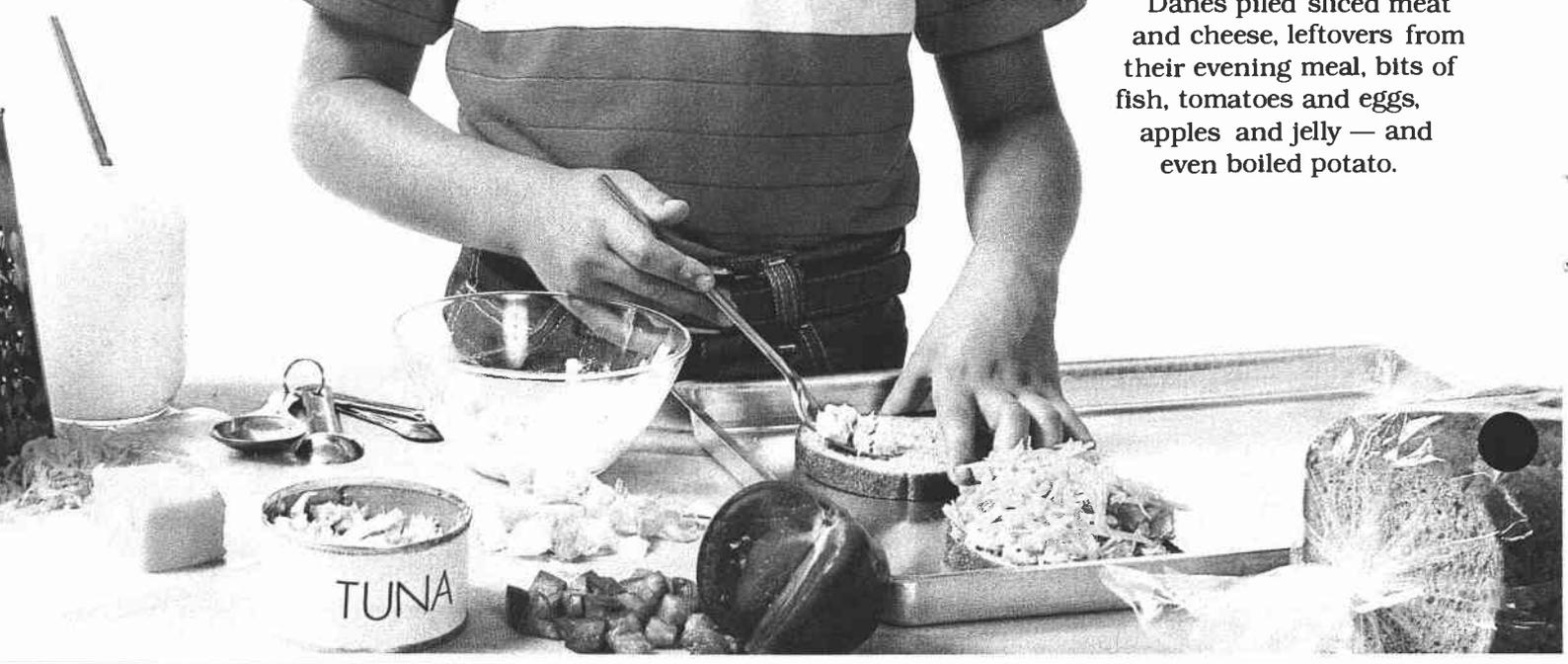
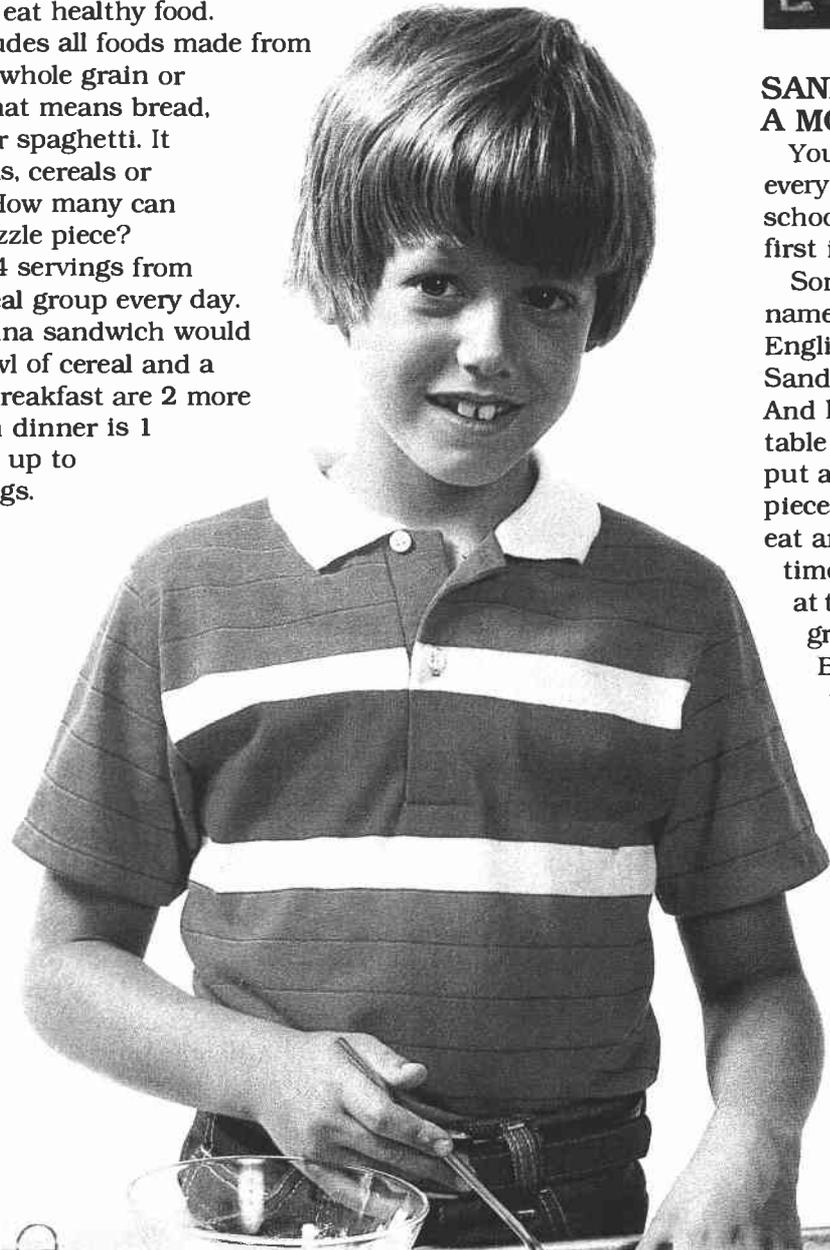
You should eat 4 servings from the bread and cereal group every day. This open-faced tuna sandwich would be 1 serving. A bowl of cereal and a piece of toast for breakfast are 2 more servings. Rice with dinner is 1 serving. That adds up to your 4 daily servings.



SANDWICHES: A MOVEABLE FEAST

You may eat a sandwich nearly every day if you take your lunch to school. Did you ever wonder who first invented sandwiches?

Some people think it was a man named John Montagu. He was an Englishman who was the Earl of Sandwich. He was a big gambler. And he hated to leave the card table — even to eat. One day, he put a piece of meat between two pieces of bread. That way, he could eat and play cards at the same time. We don't know how he did at the card table, but he left us a great food for the dining table. But people from Denmark think sandwiches were *their* idea. They called it "smørrebrød," which means "buttered bread." Onto one piece of bread, the Danes piled sliced meat and cheese, leftovers from their evening meal, bits of fish, tomatoes and eggs, apples and jelly — and even boiled potato.



You can invent sandwiches, too. They're great food for all ages. Here are some things to keep in mind:

Be Thrifty

Look in the refrigerator before you begin. Last night's dinner can be part of today's lunch. After all, this is how Dagwood got his start!

Be Creative

Start with a new bread. Try crackers, tortillas, English muffins or pancakes. Use foods you might not ordinarily think of. Add fruits, nuts or sprouts to meat, cheese or even peanut butter.

Be Food Wise

Mix colors — add tomatoes and lettuce to your meat. Mix textures — have something crunchy, like nuts or sprouts, with something soft, like tuna or cheese.

Be Nutrition-Minded

Mix 3 or 4 of the food groups. Add a slice of cucumber and some cheese to a piece of last night's meatloaf. Sometimes use whole grain bread.

Remember — butter, margarine and mayonnaise add calories. If you're cutting calories, use less or use mustard instead.

RECIPE

TASTY TUNA TREAT

This sandwich gives you lots of protein. It's a good lunch or a light supper. Have it with a bowl of soup and a glass of milk and a piece of fruit.

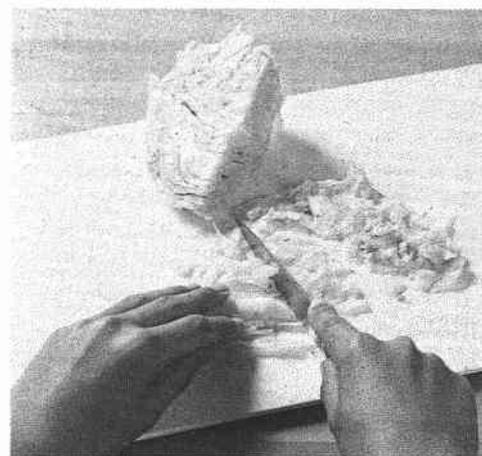
You need

- 1 slice whole wheat bread
- 2 tablespoons canned tuna or other cooked fish
- 1 tablespoon mayonnaise
- 2 tablespoons chopped tomato
- 2 tablespoons chopped lettuce
- 2 tablespoons grated cheddar or other cheese

Equipment

- sharp knife
- cutting board
- table knife
- cheese grater
- waxed paper

1. Preheat oven to 400°.
2. Mix the tuna with mayonnaise and spread it on the bread.
3. Top with lettuce, tomato, and cheese.
4. Place on a cookie sheet and bake at 400° for 4 to 6 minutes or until the cheese melts. Or you can run it under the broiler for a minute or two until the cheese melts.



HOW TO: chop vegetables

1. Be careful with knives. They cut food, but they can cut fingers, too. When you aren't cutting with a knife, always hold it with the sharp side and point down.
2. Chop food on a cutting board. This will protect the kitchen counter.
3. Hold the knife handle in one hand. Keep the food steady with the other (watch fingers). Slice across the food.

RECIPE

POCKET FULL OF FLAVOR

Pita (Pē-tah) bread comes from the Middle East. It's sometimes called "bubble bread" because there is a pocket inside. You can fill it with lots of good food. Be creative. Here's one idea.

You need

- 1 pita bread
- 2-3 slices leftover cooked chicken
- 3 peach slices
- mayonnaise
- ¼ cup alfalfa sprouts or chopped lettuce
- 1 tablespoon sunflower seed or chopped nuts

Equipment

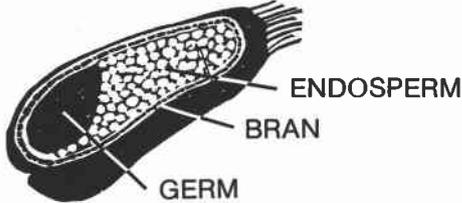
- table knife

1. Spread a thin layer of mayonnaise on the inside of the pita. This thin layer prevents the bread from getting soggy. If you can't find pita bread, make your own pocket sandwich from a hot dog or hamburger roll.
2. Add the chicken, sliced peaches, alfalfa sprouts, and seeds or nuts. It's peachy!

Something is Puzzling Me

Q. My mom made some whole wheat bread and it was brown! Why?

A. That's because whole wheat flour is made from all parts of the wheat kernel — the endosperm, the bran and the germ. The bran gives the flour its light brown color. Bran and germ also contain fiber and some nutrients.



But the bran and germ are removed when the wheat is milled to make white flour. Bread that's made from enriched white flour has had many of these nutrients put in, but not all of them. It's important to eat some whole grain products. You're probably seeing more brown bread in your grocery store, too. But not all brown bread is whole grain bread. So look on the label for the words "whole wheat flour." Why not find a new whole grain bread for your family to try? It may become a family favorite.



RUNNING

Running is lots of fun. It's good exercise because it tones up nearly all the muscles in your body. People of all ages enjoy running. One reason is because it's so easy to start — about all you have to remember is to change feet. Here are some tips to make you enjoy your running even more.

1. Always warm up. Do a few of the

HOW TO:

keep bread fresh

Wrap and store at room temperature (a cool, dry bread box is best), or put it in the freezer, where it will keep for 9-12 months.

HOW TO:

make a safe sandwich

1. Keep the utensils and countertop clean. This goes for your hands, too.
2. If you are making a sandwich to eat later, wrap it and refrigerate it.
3. Keep hot foods hot and cold foods cold.

HOW DID IT ALL FIT TOGETHER?



The name of your sandwich was _____

Did your sandwich

- taste good?
- look attractive?
- combine food groups?
- combine textures?
- use ingredients you already had on hand?

Did you

- wash your hands before you started?
- use a cutting board?
- use a knife safely?
- store your sandwich safely if you didn't eat it right away?
- clean up and put away everything you used?

Did your meals today include four servings from this food group?

What were they?

What foods in this group are your favorites? Plan to eat them soon.

USE YOUR NOODLE: A Quiz

Which of these foods do you think has the fewest calories?

- one-half cup cottage cheese
- one 3-ounce hamburger patty
- one slice of enriched bread

It's the bread! Bread has only 75 to 85 calories per slice. The cottage cheese has 120, and the hamburger has 185.

Have you heard people saying, "I can't eat bread. I'm on a diet, and bread is fattening." Those people are wrong. It's not the bread that's fattening, it's what you add to it. If you add a pat of butter and a tablespoon of grape jelly to one slice of bread, it would have about 160 calories.

So if you're trying to lose weight, don't cut out bread. Cut out those "extras." Your body needs the nutrients you get from bread and cereals.

stretching exercises in this book. Do a few situps, too. That way, your body will be ready to start.

2. You don't need expensive clothes, but you should get a pair of running shoes. They should be strong enough to support your feet, but soft enough to protect them from the hard road or sidewalk.
3. Don't start out too fast. A good idea is to run with a friend or someone

from your family. Keep talking while you run. If you can't talk because you're out of breath, you are probably running too fast.

4. At first, run until you're tired, then walk a little, then run again. Gradually try to shorten the amount of time you walk.

5. When you're done, do a few stretching exercises again. This gives your body a chance to cool down.



What's your favorite color? You can probably find a vegetable or fruit that color. They come in all colors of the rainbow. And vegetables and fruits are nature's fast foods. Many of them can be eaten just as they are. Think of a raw, crunchy carrot or a juicy apple. Yum! Nearly all the vitamins A and C in your diet come from vegetables and fruits. Dark green leafy and yellow vegetables have more vitamin A. Oranges and grapefruit have more vitamin C. Vegetables and fruits are also a good source of fiber and other nutrients.

Vegetables include corn, tomatoes, spinach, potatoes, string beans and peas. Oranges, apples, melons and all kinds of berries are fruits you may know.

You should eat 4 servings from this food group each day. A small glass of orange juice with breakfast counts as 1 serving. A banana after school would be 1 more serving. A small salad and some peas with your dinner are 2 servings. That adds up to your 4 daily servings.

VEGETABLE & FRUIT GROUP

FRESH FRUIT SNACKING

A plain apple or orange makes a great snack. But you can make other fruit snacks, too. Try these ideas for fresh fruit snacking:



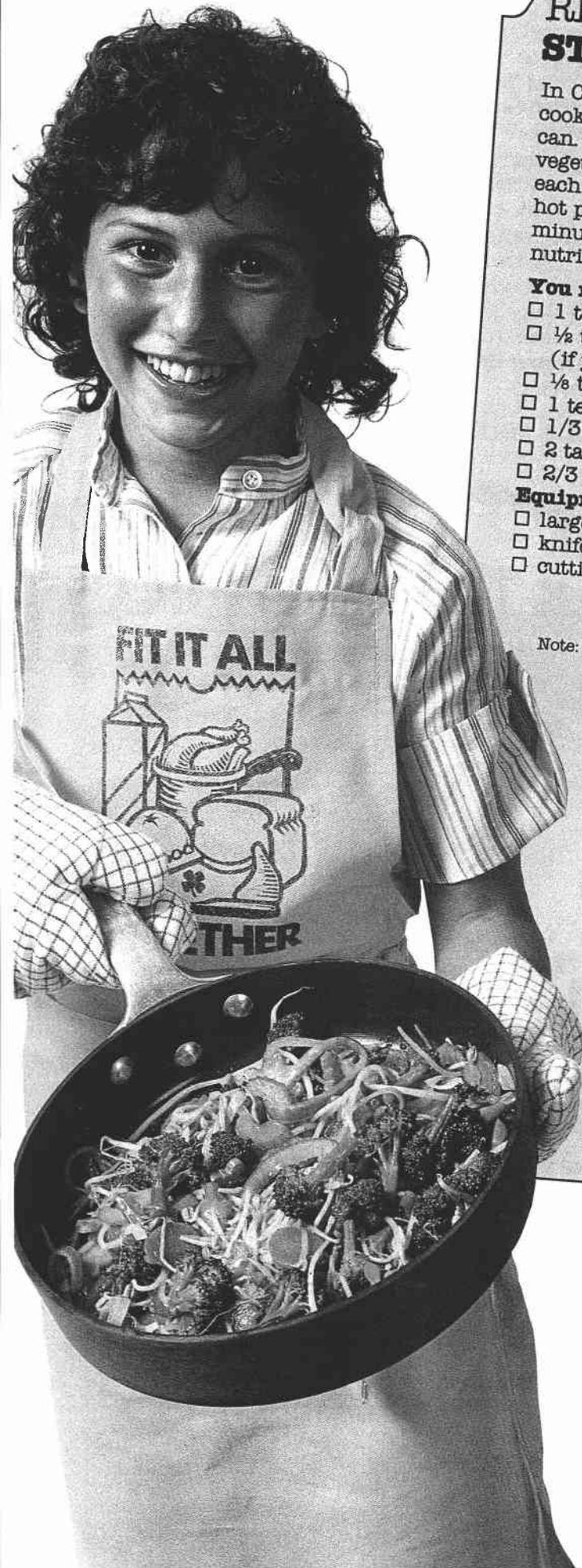
Cut bananas into small slices. Spread on aluminum foil and wrap tightly. Freeze and serve for a bite-sized snack.

Spread peanut butter on apple slices.

Roll sliced bananas in chopped nuts or coconut.

Combine cottage cheese with your favorite fruits, sprinkle with chopped nuts.

Make a fresh fruit popsicle. Pour fruit juice in ice trays and put in your freezer. Just before they get hard, insert a popsicle stick in each cube.



RECIPE

STIR-FRY VEGETABLES

In China, people don't have much fuel to use for cooking. So they cook on small stoves and try to keep cooking time as short as they can. One way is by **stir-frying**. To cook food this way, wash your vegetables under running water. Cut food into bite-size pieces. Dry each piece with a paper towel to prevent splattering. Then fry in a hot pan, stirring constantly to keep from burning. After only a few minutes, the food is ready to eat. It's still crisp. And most nutrients are left in, because food is not overcooked.

You need

- 1 teaspoon cornstarch
- ½ teaspoon ground ginger (if you have it)
- ¼ teaspoon garlic powder
- 1 teaspoon soy sauce
- 1/3 cup water
- 2 tablespoons oil
- 2/3 cup carrots, sliced thin
- 2/3 cup celery, sliced thin
- 2 cups broccoli, separated into flowerets; cut the stems into thin slices
- 1/3 cup onions, sliced thin
- 1 cup bean sprouts (or use canned green beans)

Equipment

- large skillet with lid
- knife
- cutting board
- measuring cups (nested and liquid)
- measuring spoons
- wooden spoons

Note: You can use frozen vegetables in this recipe, too. Be sure they are defrosted. Then dry them with a paper towel to prevent splattering.

1. Mix cornstarch, ginger, garlic powder, soy sauce and water in a glass measuring cup and set aside.
2. Heat the oil in a large frying pan with a lid.
3. When the oil is hot, add the dry carrots, onions and the celery.
4. Cook for one minute, stirring constantly.
5. Then add the broccoli and cook for 2 minutes. Stir constantly. The broccoli will turn bright green.
6. Add the liquid and continue cooking for 1 minute, or until it's bubbly.
7. Then add the bean sprouts, reduce the heat, cover the pan and cook for 2 more minutes.
8. Don't get your face over the pan when you take off the lid. Steam will rise up and could burn you.
9. If you want, serve it over rice. Makes four servings.

TRY A NEW TASTE

The next time you are in the grocery store, find one fruit and one vegetable that you have never tasted. (It can be fresh, frozen or canned.) Try it with your family.

My new fruit was _____

My new vegetable was _____

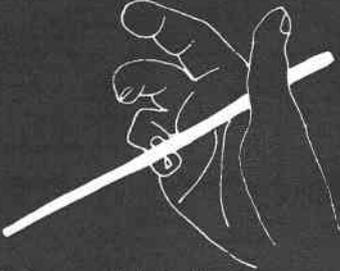
Here's how I made it _____

My family said _____

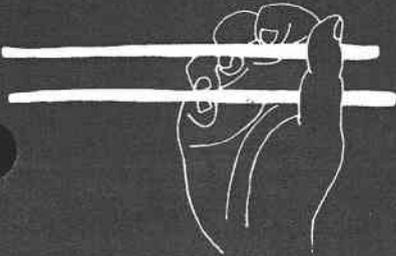
Try Chopsticks

Now that you've cooked a Chinese-style dish, you might want to eat it the Chinese do.

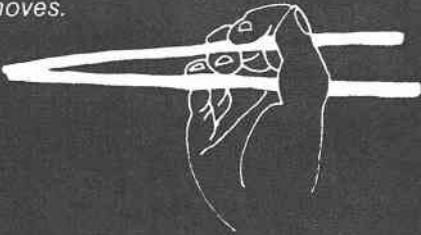
1. Think of chopsticks as tongs. One always stays still and the other one moves. Try to keep the ends even. (The best way to use chopsticks is to try different ways. Find the one that's easiest for you.)



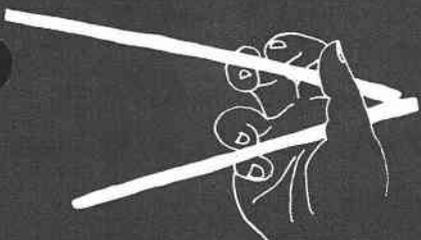
2. Put one stick between your thumb and first finger, like a pencil. Keep it steady with your third and little finger (or your third and middle finger, whichever is easiest). This is the stick that stays still



3. Put the other stick in the crook of your first finger and hold it steady with your finger and the tip of your thumb. This is the stick that moves.



4. Relax! Don't hold the sticks too tightly, or they will fall out of your hand. Using just a little pressure, put the chopsticks on your plate so that a piece of food is between the ends. Move the top stick a little so that the food is caught between the 2 chopsticks. Raise the chopsticks and pop the food into your mouth.



Something is Puzzling Me

Q. My doctor told me I need to lose some weight. So I've started eating salads for lunch. But it's been a whole week and I haven't lost any weight. Do you have any suggestions?

A. Don't get discouraged. You didn't gain those extra pounds in a week, and you won't lose them in a week, either. The only way to lose a pound is by taking in 3,500 calories less than your body uses. You might start by looking at what you put on your salad. Do you use three large tablespoons of salad dressing? That could add as much as 350 calories to your salad!

The best way to lose weight is to combine a balanced diet with exercise. Suppose you cut out the salad dressing and walk for an hour every day. You'd cut out about 500 calories a day. That's one pound a week, which your doctor would probably agree is a safe, sensible weight loss.

If you usually reach for the salt shaker before you eat your cooked vegetables, you may be eating much more salt than you really need. Some doctors and scientists think Americans eat 2 to 5 times too much salt. They say that too much salt might lead to high blood pressure and even to heart disease.

So don't use a salt shaker automatically. Always taste food first. Try lemon or lime juice instead. Herbs or other spices are different and tasty, too.

HOW DID IT ALL FIT TOGETHER?

Stir-Fry Vegetables

Were your vegetables

- bite size?
- crunchy?
- attractive?

Was your sauce

- smooth, not lumpy?

Did you

- turn the pan handle away from you?
- keep your face away when you lifted the lid?
- clean up and put away?

Did you eat 4 servings from the fruit and vegetable group today?

What were they?

Put a C by those that are good sources of vitamin C.
Put an A by those that are good sources of vitamin A.

FRUIT FUNNIES and some vegetables, too!

Honeydew ya love me?

Orange ya glad we met?

My heart beets for you.

We make a peach of a pear.

I think you're berry cute.

I don't carrot all for anybody else.

Let's go to the Justice of the Peach to get married.

Okay, because we cantaloupe.

Boy, is this stuff corny!

HOW TO: buy fresh fruits and vegetables

1. Fruits and vegetables are freshest in season. That's when they taste best and cost least.

2. Check to make sure your fruits and vegetables are the colors they should be. Green beans should be green, not yellow. (But bananas should be yellow, not green.) Carrots should be orange. Look carefully at the fruits and vegetables each time you shop. That way, you'll learn what colors they

should be.

3. Medium sizes are usually best. Very small fruits and vegetables may not have much you can eat. Very large ones may not taste as good.

4. Buy only fruits and vegetables that **look** fresh. Don't buy old or bruised items. Wilted leaves or stalks may mean the produce is old. Bruises can hurt both the taste and the texture.

PRIMARYLY PROTEIN

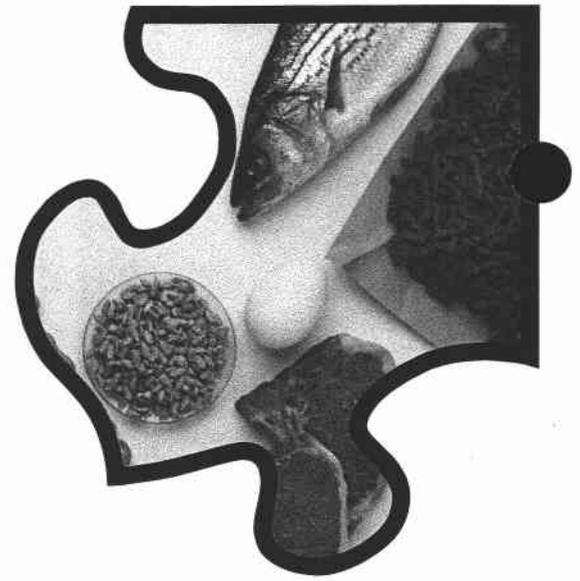
MEAT, POULTRY, FISH & BEANS GROUP

Most people don't know beans about protein. They think protein can come only from animal foods like meat, cheese, fish or eggs. That's not true. Dry beans, dry peas, lentils, peanuts and other nuts are members of this group, too.

Protein comes from a Greek word meaning "of first rank." And it *does* rank first in your body. Nearly all the solid parts of your body — from your brains to your bones to your biceps — are made of some protein. And those cells are constantly being replaced as they wear out. (You're really *not* the same kid you were even a few weeks ago.) As your cells need repair or replacing, your body uses protein to "custom-design" the new cells.

Your body needs protein while you're growing. Protein can help you to develop healthy muscles, too. But it also takes exercise to make muscles strong. If you ate lots of extra protein and didn't exercise, your muscles would just turn to flab. So remember — protein *and* exercise make strong muscles.

You should eat 2 daily servings of 2 to 3 ounces each from this group. A cup of this chili would be 1 serving. If you also ate a tuna sandwich for lunch, that would add up to your 2 daily servings.



YOGA

Yoga exercises are thousands of years old. Long ago in India, people discovered a way to exercise that borrows the natural movements of animals, birds, and insects. The secret to any yoga exercise is to relax and breathe deeply as you hold these positions. Try these for a few days and see if you can stretch farther each day.



STORK (helps your balance and keeps you concentrating)

1. Stand on your left leg. Place your right foot high on your left thigh.
2. Raise your arms straight above your head. Put your finger tips together. Hold and relax for a count of 5.



3. Lower your leg and your arms. Relax. Repeat with your left leg.

RECIPE

CHILI CON CARNE

(con carne means with meat)

People don't always agree about chili. Some people say it **can't** have beans. Others say it **must** have beans. Some people say the **only** beans that are okay are kidney beans. Others say pinto beans should be in chili. There are even chili contests!

You need

- 1 teaspoon salt
- 1 pound ground beef
- ¼ cup chopped onions
- ½ cup chopped green pepper
- ½ teaspoon ground pepper
- 1 can (15 ounces) chili, pinto or kidney beans
- 1 can (1 lb. 12 oz.) tomatoes with juice
- 1 teaspoon (or more) chili powder

Equipment

- skillet with a lid
- measuring spoons
- wooden spoon
- knife
- cutting board
- measuring cups

1. Sprinkle the salt in the frying pan so the meat won't spatter.
2. Then put the ground beef, the onion, the green pepper and the pepper in the pan.
3. Cook over moderate heat, stirring and breaking the meat into little pieces. Cook until the meat is light brown and the onion and green pepper are tender. (A wooden spoon doesn't get hot.)
4. Spoon extra fat off meat before you add the other ingredients. Add beans, tomatoes and chili powder.
5. Bring to a slow bubble. Then stir. Reduce the heat, cover with a lid and and simmer for 20-30 minutes or more. Makes 6 servings.



HOW TO:

buy ground beef

In your grocery store, did you notice how many different names and different prices there are for hamburger? You usually pay more money for beef with less fat. Hamburger or ground beef may be 30 percent fat. It usually costs the least. "Ground chuck" is medium-priced and contains less fat. "Ground round" and "ground sirloin" are the highest priced — and have the lowest fat — of all.

How do you decide what to buy?

It depends on what you'll be using the meat for. If you're going to eat plain hamburger, you might want to buy the ground chuck or ground round. But when you can pour off the fat (as in this chili recipe), ground beef is just fine.

You usually will get the greatest amount of protein for the lowest cost by buying ground beef. But remember to pour off the fat!

Whichever kind of hamburger you buy, here are some tips for getting your money's worth:

1. Look for a package that is well-wrapped and sealed tightly.
2. The meat should have an even color all over. There should be no brown spots.

Meat contains lots of protein, but it can contain a lot of fat, too. Many doctors and nutrition experts think Americans eat too much fat. And too much fat is fattening! But doctors say too much fat may also lead to some serious diseases in some older people — like heart attacks. Does this mean you should not eat meat? No. But you can do some things to reduce the amount of fat in your diet. Choose lean meats. Cut off the fat from the meat. Sometimes bake or broil your meat instead of frying.

WHY DO WE SPOON OFF THE FAT FROM GROUND BEEF?

EAGLE SPREAD (stretches your legs, makes your back move easily)

1. Sit on the floor. Put your legs out in a "V" and put your hands on your knees.
2. SLOWLY slide your hands down your legs. Hold onto your ankles.



3. Drop your head slowly. Try to bring your forehead to the floor. Relax for a count of 5. Repeat.
4. Next week, hold for a count of 10, then 15, then 20.

Something is Puzzling Me

Q. I want to be physically fit and have strong muscles. A friend told me that steak has lots of protein. Is that the only food I can eat to build up my muscles?

A. No. Most of the food you eat gives you some protein, but some foods have more than others. Steak is a good source of protein, but it's not the only one.

Protein is made up of 20 amino acids in different combinations. Eight of these amino acids must come from your food. Your body can't manufacture them.

Proteins that come from animals — like steak, milk or fish — are sometimes called *complete protein* because they contain all eight of the essential amino acids. But protein can come from plants, too. They are *incomplete proteins*.

Many people combine two incomplete plant proteins to make one complete protein. Mexican people eat corn tortillas and red beans. Chinese people eat soybean cakes and rice. Arabic people eat chick peas and cracked wheat. Many people in this country eat rice and beans. If you make a peanut butter sandwich, you're combining bread and peanut butter to make complete protein, too.

HOW DID IT ALL FIT TOGETHER?

Was your chili

- good tasting?
- not greasy?
- attractively served?

Did your meal

- combine food groups?
- get ready on time?
- look attractive?

Did you eat 2 servings from this group today? What were they?

Have you ever combined incomplete proteins? What did you eat?

Make a Meal For Your Family

The chili in this lesson would make a good main dish for your family's supper. The main dish needs something more to be an appealing meal. First, you might want to add a vegetable. How about a small salad? Next, you might want some bread. Maybe cornbread or biscuits would be good. How about milk to drink? And you want things to look attractive. Of course, you want everything to be ready at the same time.

Try this timetable:

5:00-5:20

Prepare the chili

5:20-5:30

While the chili is cooking, preheat the oven. Prepare the cornbread or biscuits.

5:30-5:50

While they are baking, make a salad like carrot and celery sticks. Set the table.

5:50-5:55

Test the biscuits or cornbread. Are they done?

5:55-6:00

Spoon the chili into bowls. Sprinkle a little grated cheese on it to make it look nice. Serve the bread and the salad. Ask someone to pour the milk while you tell everyone to "come and get it."

Menu

Chili
Con Carne

Cornbread

Carrots

Milk

Fruit

Cookie

JUMPING ROPE

How can you strengthen your heart, improve your endurance and have fun in just 15 minutes a day? Jump rope! You don't need special equipment — just a rope, running shoes and some open space. So put on some music (or ask your mom to remember jumprope rhymes) and start jumping!

1. Keep your legs relaxed and your feet together. Push off with your toes.

2. Land on the balls of your feet. Don't jump more than 1 or 2 inches off the floor.



PUTTING THE FOOD GROUPS TOGETHER

CAUTION

If you're driving, this sign means "caution."

It tells the driver to slow down and to be on the alert. We use the "caution" sign for the fifth food group, too. Many experts think that we Americans should *slow down* our eating of these foods. They are high in calories but low in nutrients.

Foods in this group include fats like butter, oils, margarine and foods that have a lot of fat in them — mayonnaise, other salad dressings and fried snack-type foods like potato chips.

You need some fats. Some fats help carry certain vitamins. Fats are also a source of energy. In fact, a teaspoon of fat has twice the energy — and twice the calories — of a teaspoon of protein or carbohydrate. But you can get enough fats by eating a balanced diet of the other four food groups.

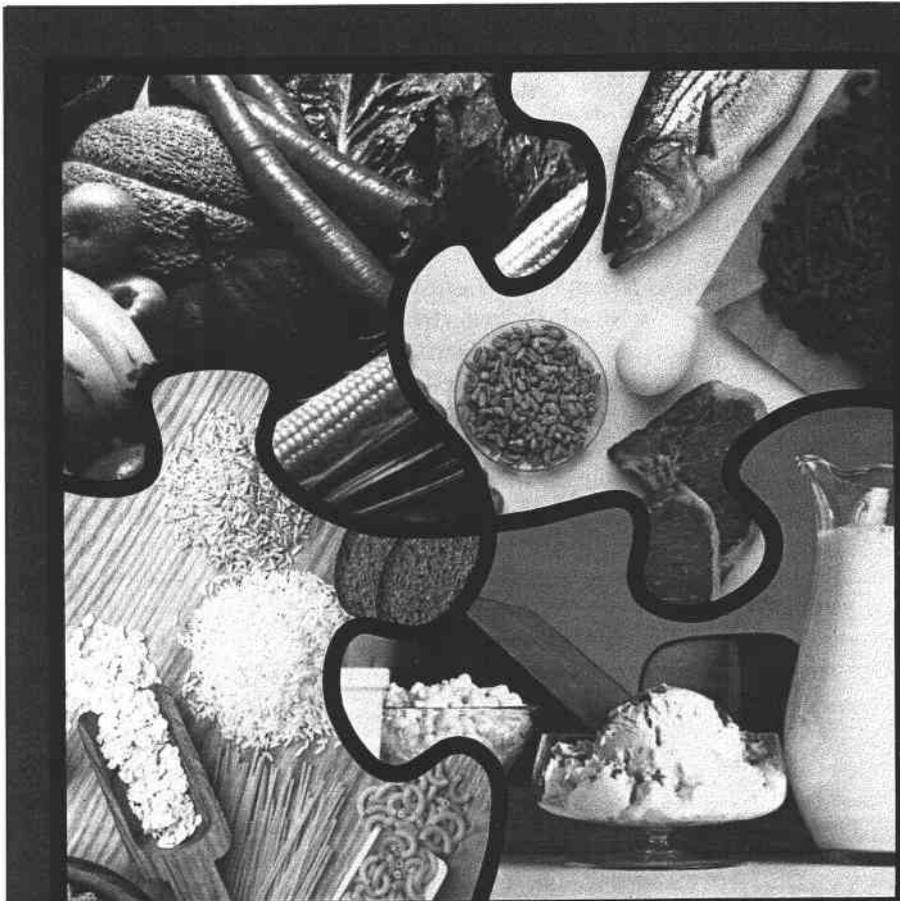
Foods in this group also include sweets like sugar and foods that have a lot of sugar in them — honey, chocolate or other candy, soft drinks, cookies, cakes and pies.

Sugar is a carbohydrate that provides calories for energy. But sugar does not have any other nutrients. Sugar is a leading cause of tooth decay. You get some sugar in most foods.

Something is Puzzling Me

Q. Does this mean I should never eat sweets?

A. No. If you're about the right weight and eat a balanced diet from the other 4 food groups, there's no reason why you should not have sweets some-



Now you know about all the food groups. But it's up to you to fit them together each day. Here are some things to remember:

Eat a variety of foods. Each day, be sure to include 4 servings from vegetables and fruits, 4 servings from breads and cereals, 3 servings from milk and cheese, and 2 servings from meat, poultry, fish or beans. Eat different foods from each group, too. That way, you'll get the nutrients your body needs.

Balance your intake of calories with your activity level. When you're more active, you can eat more calories. When you're less active, better cut down a little.

Use caution when eating fats and sweets. Don't cut them out altogether, just be a little careful.

times. There are just two things to remember as you decide whether or not to eat a sweet food:

1. Usually sweets have quite a few calories. Save them for times when you're active.

Also, if you eat sweets just before meals, you may not be hungry for the nutritious foods that are part of your meal. So, if you eat sweets, eat them after your meal.

2. Sweet sticky foods can lead to cavities (dental caries) which are no fun. The problem is not just a matter of how much sugar you eat, but how often the sugar is in contact with your teeth, in what form and for how long. Brush your teeth after you eat sweet food — especially anything that's sticky and sweet.

Grocery Store Trip

Not so long ago, preparing food took most of the day. But a trip to the store was easy. You went to *the* store. (There was probably only one. It sold nearly everything for your family, your horses and your farm.) You talked to the owner a little, then looked at what he had for sale. If you wanted flour and it was out of stock — well, you had to wait until the next trip.

Today, food can be prepared in only a couple of minutes. But some people could spend all day shopping. There are many different sizes and kinds of food stores — from roadside stands to giant supermarkets. There are many different products to choose from — at many different prices. And you can shop almost anytime — some stores are even open all night.

It's important to learn now to be a wise shopper. That way, you can save time and money. So take this chapter to your grocery store. As you

answer the questions, you'll be learning how to get the most from your food dollar.

1. The name of my grocery store is _____.

2. The name of the store's manager is _____.

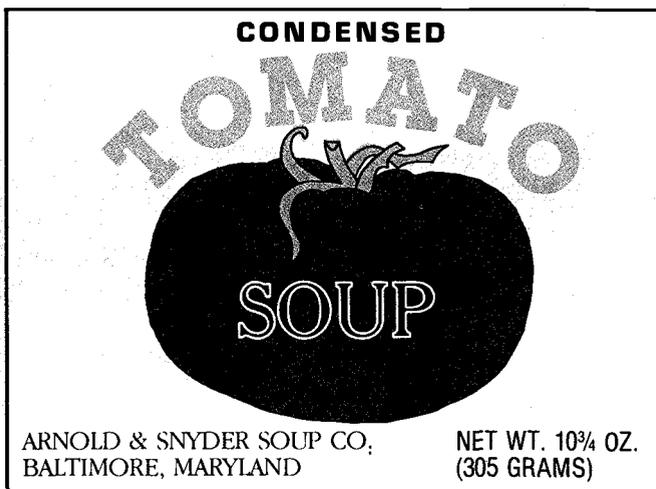
The store's manager can help answer your questions. He or she is also the person to see if you have problems or complaints.

3. I would guess my store contains _____ different items. Some big stores may contain 10,000 items. That's why it's important to be a smart shopper.

Perhaps the most useful skill you can learn as a shopper is **how to read a label**. That way, you can tell what you're actually buying. And you can compare two similar items to see which is the best buy for you and your family. So as you shop, see if you can find these things:

ON EVERY LABEL

- The name of the food.
- How much the contents weigh.
- What form or style the food is. Words like "condensed" soup or "evaporated" milk will appear on some products. If the product is packed with water or in syrup, that will be stated, too.
- The name and address of the manufacturer, packer or distributor.



Now, find a package, and let's do some label reading:

4. The product label I am reading is for _____.

5. The package weighs _____.

6. The form or style of food is _____.

7. The name and address of the manufacturer, packer or distributor is _____.

ON NEARLY EVERY LABEL

- Ingredients used in the product. The ingredient that weighs the most is listed first, the ingredient that weighs second most is listed second, and so on. If any colorings or additives are included in the package, they will be listed.

INGREDIENTS: WATER, TOMATO PASTE, CORN SYRUP, WHEAT FLOUR, SALT, PARTIALLY HYDROGENATED VEGETABLE OILS (SOYBEAN OIL, PALM OR COTTONSEED OIL), NATURAL FLAVORING, ASCORBIC ACID (VITAMIN C) AND CITRIC ACID.

8. Find one product that has the ingredients listed. The product is _____.

9. The first three ingredients in this product are: _____.

Why doesn't every food have the ingredients listed? Because some foods — like peanut butter, flour, jams and jellies, tomato products and about 300 others — must follow a recipe that's set by the government. They are called "STANDARD OF IDENTITY" products. So you know if the label says "Peanut Butter," the jar contains 90% peanuts. Only the ingredients that are different from the government recipe must be listed on the label.

10. Find one STANDARD OF IDENTITY product. What did you find? _____.

Are there any other ingredients listed on the label? _____ If so, what are they? _____.

ON MANY LABELS

- Nutrition information is being found on more and more labels. Here's what a nutrition label contains:
- Serving size
- Servings per container
- Calories
- Percentages of U.S. Recommended Daily Allowances (U.S. RDA)
- Protein
- Carbohydrate
- Fat

NUTRITION INFORMATION PER SERVING AS PACKAGED

SERVING SIZE: 3.3 OZ SERVINGS PER PACKAGE: 3

CALORIES	25	CARBOHYDRATE...5G.	
PROTEIN	2G	FAT	0

% OF U.S. RECOMMENDED DAILY ALLOWANCES (U.S. RDA)

PROTEIN	4%	CALCIUM	2%
VITAMIN A	15%	IRON	4%
VITAMIN C	100%	VITAMIN B ⁶	6%
THIAMINE	4%	PHOSPHORUS	4%
RIBOFLAVIN	4%	MAGNESIUM	4%
NIACIN	2%		

CONTAINS 0.9% NON-NUTRITIVE CRUDE FIBER (0.9 GRAM PER SERVING)

INGREDIENTS: BROCCOLI FLORETS, CAULIFLOWER FLORETS, RED PEPPERS

Studies show how much of each of these nutrients people of different ages need. These amounts are called the U.S. Recommended Daily Allowances, or U.S. RDA. The numbers you see on the label are the percentages of the U.S. RDA that this food gives you.

11. Find one product that has a nutrition label. The name of the product is _____

What 3 vitamins or minerals does this product provide in the largest amounts?

FINDING SUGAR ON THE LABEL

- Any of these words on a label means that the food contains sugar: sucrose, dextrose, lactose, molasses, corn syrup, honey, invert sugar, fructose.

INGREDIENTS: Enriched Flour, Sugar, Vegetable Shortening, Graham Flour, High Fructose Corn Syrup, Honey, Salt, Baking Soda, Artificial Flavor

12. Find two products that have one of these types of sugar as an ingredient. What are they?

UNIT PRICING

- You can learn things by looking on the shelves of your store, too. Sometimes you will find "unit prices." They give you the cost per unit. Units can be ounces, pounds, or even square feet for products like paper towels. By looking at unit prices, you can see that a 12-ounce can for 89¢ is a better buy than a 6-ounce can for 64¢.

ITEM PRICE	UNIT PRICE
64¢	\$3.42
PER QUART	
FROZEN ORANGE JUICE 6-oz.	

ITEM PRICE	UNIT PRICE
89¢	\$2.38
PER QUART	
FROZEN ORANGE JUICE 12 oz.	

13. Does your store use unit prices? _____
 If so, find a product that comes in 2 or 3 sizes. What is the name of the product?

Fill in the spaces below:

Size 1	Size 2	Size 3
Item _____	Item _____	Item _____
Price _____	Price _____	Price _____
Unit Price _____	Unit Price _____	Unit Price _____

Which is the best buy?
 Remember — if you can't use all of the larger size, you might have to throw some away. So the smaller package may be a better buy for you.

Shopping Tips

1. Make a list. That way, you'll buy only what you need. And you won't get home to discover you've forgotten something. (Experts say that people who shop without lists may spend twice as much as list-makers.)
2. Don't shop when you're hungry. You may buy more than you should.
3. Buy vegetables and fruits in season.
4. Use the units. Unit pricing can help you find the best buy.
5. Don't buy more food than you need. Wasted food costs money.
6. Buy your meat, dairy and frozen foods last so they will stay cold until you get them in the refrigerator or freezer at home.

BE CHEWSY

Some kids in the U.S. have something to eat or drink 20 times a day! And most kids eat at least 8 times a day. How many times did you eat today? (Remember the handful of cookies and the bunch of grapes.) Is all

that snacking bad for you?

Well, yes. And no.

How often you eat isn't as important as *what* you eat. Smart snackers choose foods that help them eat a balanced diet. A piece of celery stuffed with cottage

cheese, peanut butter or cheese spread tastes great. It's good for you, too. Fruits and nuts are delicious and nutritious.

Some other snacks — like candy or soda pop — have lots of calories but not many nutrients. If you eat these foods, you may get more calories than you need.

The snack ideas in this lesson are for great-tasting nutritious snacks. Choose these or other smart snacks when you're hungry. They will help you get the nutrients you need to take good care of your body.

A snack that's okay when you're active may not be right for you when you're just sitting around. For example, it will take you about 1½ hours of playing football or tennis to work off calories from a milkshake. But it will take about 5 hours to work them off if you just watch TV. So balance your activity with your calories.

Popcorn It's a whole grain food. Try it hot with a little grated cheese instead of butter and salt. Tastes great.

Fruit and Cheese A great combination. Good for after school or while watching TV. Try a new cheese.

RECIPE DEVILED EGGS

You need

- 6 eggs
- ¼ cup mayonnaise or salad dressing
- ¼ teaspoon salt
- dash of pepper

- dash of paprika
- ½ teaspoon prepared mustard
- Your choice — 2 tablespoons of finely chopped pickle, celery or green pepper

Equipment

- saucepan with lid
- small bowl
- teaspoon

- fork
- mixing spoons

1. Put eggs carefully into pan. Cover with water so there is at least 1 inch of water above the eggs. Put the cover on the pan, and heat quickly until the water is boiling hard.
2. Take the pan off the heat and let the eggs stand in the water for 15 minutes. Then, put the pan in the sink and run cold water over the eggs until they are cool. This prevents the yolk from turning green.
3. To peel, first crack the shell. Roll the egg between your hands, then start peeling at the large end.
4. Cut the eggs in half the long way. Gently scoop out the yolk, put it into the small bowl, and mash it with a fork.
5. Add the mayonnaise or salad dressing, the mustard and the salt and pepper. Add the chopped ingredients. Mix well.
6. Now, put some of the egg yolk mixture back in each of the egg whites. Sprinkle with paprika. Eggs should be wrapped tightly and kept in the refrigerator until ready to serve.



BICYCLING

Bicycling is great exercise. If you ride hard for an hour, you'll burn up 500 calories! And bicycling builds leg muscles and endurance. And bicycling is lots of fun, too. When you explore a back road on your bicycle, you get a new view of the world. You see things you could never see from a car. Best of all, bicycling is a sport for everyone.

You can enjoy bike riding now by yourself or with friends or family. And you'll be able to enjoy bicycling all your life.

But bicycles are the leading cause of accidents for kids your age. So here are some tips to make your bicycling safe and enjoyable:

1. Use a bike that fits you. You should be able to straddle the bike with both feet flat on the ground. There should

SNACK SMART

● SODA POP AND ORANGE JUICE

They both have about 105 calories. The soft drink has only carbohydrates from the sugar. The orange juice has Vitamin A, some B vitamins and more than 200% of the Vitamin C you need for the day.

Fresh Orange Juice 1 cup	% U.S. RDA	Soda Pop 1 cup	% U.S. RDA
Vitamin A	10	Vitamin A	0
Vitamin C	210	Vitamin C	0
Niacin	4	Niacin	0
Thiamine	15	Thiamine	0
Riboflavin	4	Riboflavin	0
Calcium	2	Calcium	0
Iron	2	Iron	0

HOW DID IT ALL FIT TOGETHER?

The snack I made was _____

Were your skillet balls

- good tasting?
- small and even?
- attractive?

Were your deviled eggs

- good tasting?
- attractive?
- was the yolk yellow, not greenish?

What snacks did you eat today? _____

Do you think these were smart snacks? _____ Why? _____

RECIPE SKILLET BALLS (makes 25 to 30)

You need

- ½ cup dry powdered milk
- ¼ cup sugar
- ½ cup peanut butter
- 1 egg
- ½ cup water

Equipment

- large skillet
- measuring cups
- measuring spoons

- 1 teaspoon vanilla
- 1-2 cups cereal (quick-cooking oats, wheat or bran flakes, rice cereal)

- wooden spoon
- teaspoon

1. Put the dry milk, the sugar, the peanut butter, the egg and the water in a skillet. Stir and cook over low heat until it thickens — about 3 minutes.
2. Watch carefully. When smooth and thick, stir in the vanilla and the cereal. Remove from heat and let it cool.
3. Take a teaspoonful of batter. Roll it between the palms of your hands to make a little ball. Set on waxed paper.
4. If you want to make these extra-special (but with extra calories), roll them in coconut, cereal or chopped peanuts.

Vegetables and Dip Cut raw vegetables up into small pieces for a crunchy snack. Carrots are high in vitamin A. Broccoli and green pepper are high in vitamin B. Make a dip with ½ cup mayonnaise-based salad dressing or yogurt. Add ½ teaspoon of your favorite seasoning — lemon juice, dill or curry powder are all good.

Oatmeal-Raisin Cookies Everybody's favorite. Raisins are high in iron. Oatmeal is a whole grain. This snack is a little higher in calories, so save it for a time when you're more active.



be at least one inch between the top bar and your crotch.

● never ride double.

3. Be alert and cautious. Accidents can be caused by cars, bumps in the road or sewer grates. So keep your eyes and ears open.

4. Don't wear loose clothing or long

coats that can get caught in the spokes or chain. Wear leg clips if your pants are loose around your ankles. (Or tuck your pants into your socks.)

5. Always ride near the curb, and in the same direction as traffic is moving.

6. Obey all traffic rules.

7. If you come to a busy intersection,

walk your bicycle across.

8. If you ride at night, wear reflective tape on your clothes or have a flashlight strapped on your arm or leg.

FAST BREAK FOR BREAKFAST

RECIPE

INSTANT HOT CHOCOLATE MIX

You need

- 3½ cups instant nonfat dry milk powder

- ½ cup sugar
- ½ cup cocoa

Equipment

- bowl
- measuring spoons
- measuring cups

- flat-edged knife
- spoon for stirring
- canister or glass jar

1. Stir ingredients in bowl until well mixed.
2. Store in tightly-covered container.

To make one cup of hot chocolate:

1. Measure 1/3 cup of mixture into a cup or mug.
2. Add enough hot water to make a paste. Stir well.
3. Fill cup with boiling water.
4. Stir again.

RECIPE

MUFFINS (makes 10)

You need

- 1¾ cups unsifted all-purpose flour
- 2 tablespoons sugar
- 2½ teaspoons baking powder

- ½ teaspoon salt
- 1 egg, well beaten
- ¾ cup milk
- 1/3 cup liquid shortening

Equipment

- large and small mixing bowls
- measuring cups — dry and liquid

- measuring spoons
- mixing spoon
- muffin pan

1. Preheat oven to 400°.
2. Grease muffin pan.
3. Combine flour, sugar, baking powder and salt in a large bowl. Stir well.
4. Combine egg and milk in a small bowl, then pour into the dry ingredients.
5. Add shortening. Stir 10 to 20 seconds only — until dry ingredients are just moist. Your batter will have lumps, but that's okay.
6. Spoon into greased muffin pan, filling each cup about two-thirds full.
7. Bake for 25 minutes, or until muffins are golden brown. Remove from the pan. If you're eating muffins right away, cover them to keep them warm. If you are storing them, let them cool completely and then wrap them.

Here are some ways to change this recipe:

Orange-raisin muffins: add ½ cup chopped raisins and 1½ teaspoons grated orange rind to the milk-egg mixture. Makes 12 muffins.

Apple-cinnamon muffins: fold 1 cup chopped, peeled apples into muffin batter. After the batter is in the muffin pan, sprinkle with a mixture of 2 tablespoons sugar and ½ teaspoon cinnamon. Makes about 12 muffins.

In basketball, a fast break is a play that moves the ball quickly from one end of the court to the other. It helps a team get a fast start on a scoring play. You should make a fast break for breakfast every day, too. Breakfast can help your body get started for a "high-scoring" day.

Here's why breakfast is so important. When you get up in the morning, it's been about 12 hours since your last meal. Your body has used up the food energy from your supper. If you don't eat again until lunch, it will be nearly 6 more hours before any new food energy gets into your system. No wonder kids who skip or skimp on breakfast often feel run down during the morning. And no wonder they don't do as well in school and on the playground as kids who eat a good breakfast.

HOW TO:

grease a pan

1. Grease pans to keep baked goods from sticking. Use butter, margarine or shortening. Use a small piece of waxed paper to help you spread a thin, even layer of grease over the entire pan. Don't forget the corners.
2. Save the wrappers from butter or margarine. They can be used to grease baking pans. You save money — and your fingers don't get greasy.
3. Grease only the bottom of muffin pans so the muffins can rise.

make better muffins

1. Don't mix muffin batter too long. If you do, the gluten in the flour will make your muffins tough. They will have lots of holes, too.
2. Make sure your oven temperature is right. If the oven is not hot enough, your muffins will have a flat top. If the oven is too hot, your muffins will be lopsided.

Here are some important ways to make a good breakfast part of your daily "game plan."

1. Invent your own plays. Who can you only eat breakfast food in the morning? Japanese kids sometimes eat soup for breakfast. You can, too. If a bowl of tomato soup and a cheese sandwich sounds good, try it. If you liked last night's chicken, have it for breakfast today.

2. Help the younger members of your team. If you have younger brothers and sisters, help them get a good breakfast, too. Use fruit to make a funny face on their breakfast cereal. If they love peanut butter, help them make peanut butter toast. With a glass of milk and fruit, it's a nutritious breakfast that they'll like.

3. Teamwork is important. So eat a combination of foods. Try to include in your breakfast at least three of the four food groups every day. And remember — breakfast is a good time to get your vitamin C. Oranges, grapefruit and fruit juices are all good choices.

4. Get your game set up quickly. If you're short of time, fix some foods in advance. That way, you can eat a nourishing breakfast in less than 5 minutes.

HOW DID IT ALL FIT TOGETHER?

The breakfast foods I made were

Were your muffins

- well shaped?
- golden brown?
- good tasting?
- nicely textured

Was your hot chocolate

- good tasting?
- lump-free

Did you

- grease the pan?
- use a pot holder?
- wrap your food for safe storage?

Did you eat a breakfast that included at least 3 or 4 food groups? What did you eat?

Did you eat a fruit containing vitamin C? What was it?

What are some of your favorite breakfast foods? Plan to eat them soon.



MY RECORDS

PIECE TOGETHER A PIZZA

At the meeting

The food(s) I prepared

The skills I learned

At least two other things I learned

At home

Food I prepared for my family

Skills I practiced

Fitness activities I tried

Additional activities related to things in this lesson

GREAT THINGS FROM GRAIN

At the meeting

The food(s) I prepared

The skills I learned

At least two other things I learned

At home

Food I prepared for my family

Skills I practiced

Fitness activities I tried

Additional activities related to things in this lesson

WHOLLY COW

At the meeting

The food(s) I prepared

The skills I learned

At least two other things I learned

At home

Food I prepared for my family

Skills I practiced

Fitness activities I tried

Additional activities related to things in this lesson

A RAINBOW OF FLAVOR

At the meeting

The food(s) I prepared

The skills I learned

At least two other things I learned

At home

Food I prepared for my family

Skills I practiced

Fitness activities I tried

Additional activities related to things in this lesson

My name _____

My age _____

My address _____

PRIMARILY PROTEIN

At the meeting

The food(s) I prepared

The skills I learned

At least two other things I learned

At home

Food I prepared for my family

Skills I practiced

Fitness activities I tried

Additional activities related to things in this lesson

BE CHEWSY: SNACK SMART

At the meeting

The food(s) I prepared

The skills I learned

At least two other things I learned

At home

Food I prepared for my family

Skills I practiced

Fitness activities I tried

Additional activities related to things in this lesson

GROCERY STORE TRIP

At the meeting

The food(s) I prepared

The skills I learned

At least two other things I learned

At home

Food I prepared for my family

Skills I practiced

Fitness activities I tried

Additional activities related to things in this lesson

FAST BREAK FOR BREAKFAST

At the meeting

The food(s) I prepared

The skills I learned

At least two other things I learned

At home

Food I prepared for my family

Skills I practiced

Fitness activities I tried

Additional activities related to things in this lesson



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