

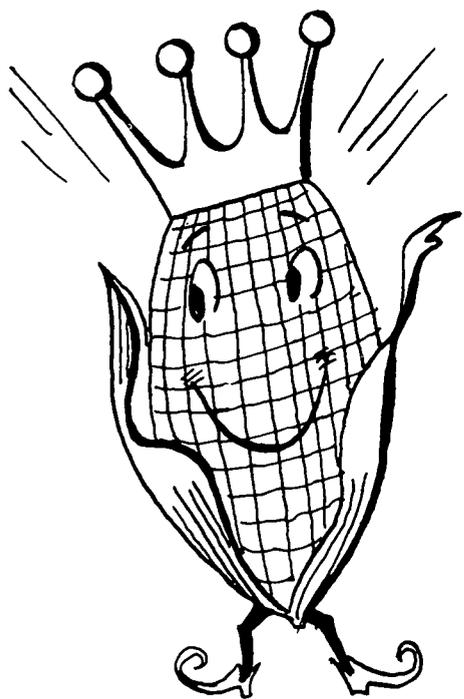


These foods are made from whole grains. Circle the ones you have tasted. Cracked wheat oatmeal shredded wheat bulgur whole wheat bread barley buckwheat rolled wheat rye bread graham crackers

These are foods that are sometimes enriched. Circle the ones you have tasted. Biscuits cornflakes white bread rice cornbread grits cornmeal tortillas pancakes macaroni spaghetti noodles crackers farina wheat flakes

	<p><b>These foods bring you . . .</b></p> <p><b>IRON</b></p> <ul style="list-style-type: none"> <li>— to help your blood carry oxygen</li> <li>— to help you get energy from your food</li> </ul>
	<p><b>THIAMINE and NIACIN (These are B vitamins)</b></p> <ul style="list-style-type: none"> <li>— to help you have a good appetite</li> <li>— to help you get energy from your food.</li> </ul>

# Gold-N-Good Mix

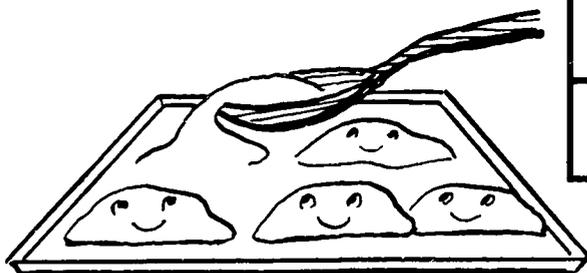


	4 cups sifted flour
	4 cups cornmeal
	1½ cups instant dry milk
	½ cup sugar
	¼ cup baking powder
	1 tablespoon salt
	3 sticks margarine or 1½ cups fat

Put dry ingredients into a big bowl and stir until well mixed. Cut in fat using 2 table knives to cut

and mix. Store in a tightly covered container in a cool place. Use within a month.

# Golden Bread Drops



	2 cups mix
	½ cup water

Mix and drop onto baking sheet. Bake at 425° (hot) 10-12 minutes.

# No-Oven Baking - Indoors or Out

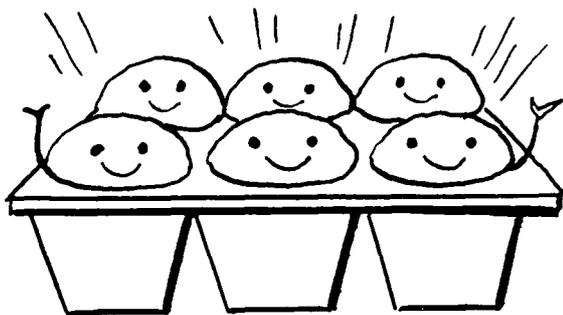
**Crisp Golden Drops**—No lid. Heat heavy skillet until very hot. Grease well—enough to run. Drop in dough.

Bake 5-7 minutes on top of stove or hot coals. Turn over and bake on other side about 5 minutes.

**Cornbread**—with lid. Heat heavy skillet and lid until very hot. Grease well—enough to run. Pour in batter and cover.

Bake about ½ hour on top of stove or hot coals.

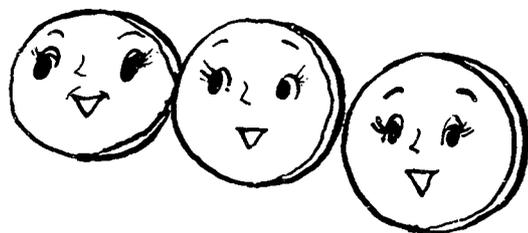
# Golden Corn Bread

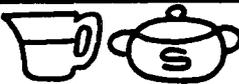


	2 cups mix
	1 egg
	$\frac{2}{3}$ cup water

Mix and pour into greased pan or muffin cups. Bake at 425° about 20-25 minutes until lightly browned.

# Corn Doodle Cookies

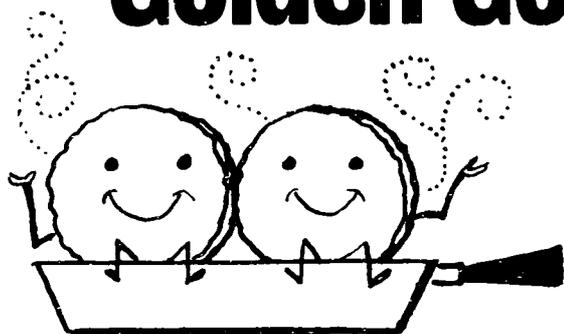


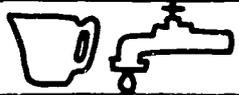
	2 cups mix
	$\frac{1}{2}$ cup sugar
	$\frac{1}{2}$ teaspoon cinnamon
	1 egg
	3 tablespoons water
	$\frac{1}{4}$ teaspoon vanilla

Stir together mix, sugar, and cinnamon. Blend in egg, water, and vanilla. Drop by spoonfuls onto greased baking sheets. Bake at 375° (moderate) 10-

12 minutes until lightly brown on edges. Remove from oven and loosen cookies with a spatula.

# Golden Goody Pancakes

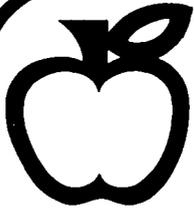


	2 cups mix
	1 egg
	1 cup water

Stir and drop onto hot greased skillet or griddle. Turn over when edges look dry. Cook until lightly browned on the bottom.



# REMEMBER THE FOOD GUIDE



## FRUIT AND VEGETABLE GROUP

We eat foods such as oranges, tomatoes and potatoes to get

proteins      vitamin C      vitamin D

Eat \_\_\_\_\_ or more servings each day.

(circle 1)



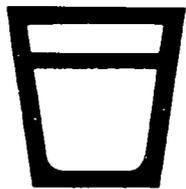
## BREAD AND CEREAL GROUP

We eat foods in this group to get

vitamin C      B vitamins      calcium      iron

Eat \_\_\_\_\_ or more servings each day.

(circle 2)



## MILK GROUP

We eat foods from this group to get

proteins      vitamin C      calcium

iron      Eat \_\_\_\_\_ or more servings each day.

(circle 2)



## MEAT GROUP

We eat foods from this group to get

proteins      vitamin C      calcium      iron

Eat \_\_\_\_\_ or more servings each day.

(circle 2)

# 4-4-3-2 That's the Good Food Clue



### To Do at Home

See if cereals and baked goods are enriched or made from whole grains. Tell your family why it is important.

or

Make a food from the Bread and Cereal Group for your family.

or

Ask a community helper (such as a fireman or nurse) about his job.

or all three!