

NEED NU _____ENTS IN MILK _____ CAUSE :



RI _____FLAVIN HELPS _____P MY SKIN HEALTHY



AND HELPS ME _____ ENERGY FROM _____



CAL _____UM AND V _____TAMIN D HELP MAKE



MY _____ AND _____ STRONG.



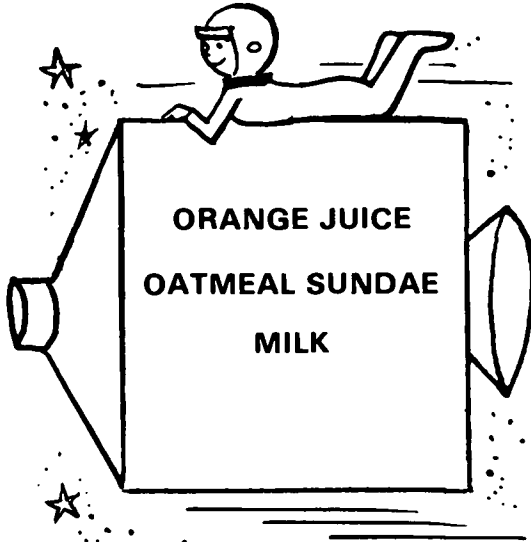
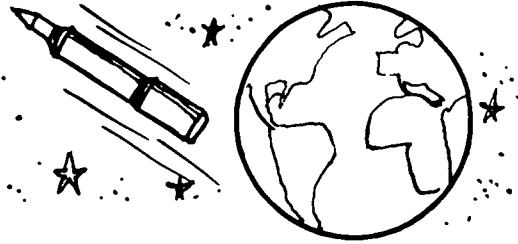
PRO _____INS HELP BUILD AND RE _____







MY _____







Out of this World Breakfasts



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

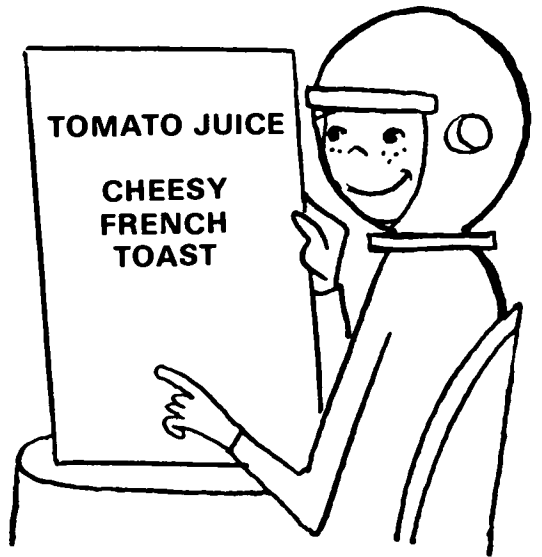
Heat water, milk, and salt until they are ready to bubble. Slowly shake in oatmeal, stirring all the time. Look at the oatmeal package to see how long you should cook the cereal.

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.

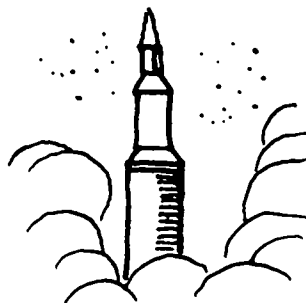
Make a French toast sandwich with cheese or peanut butter. It is good, warm and melty. Or serve the toast with syrup.



OTHER GREAT MENUS



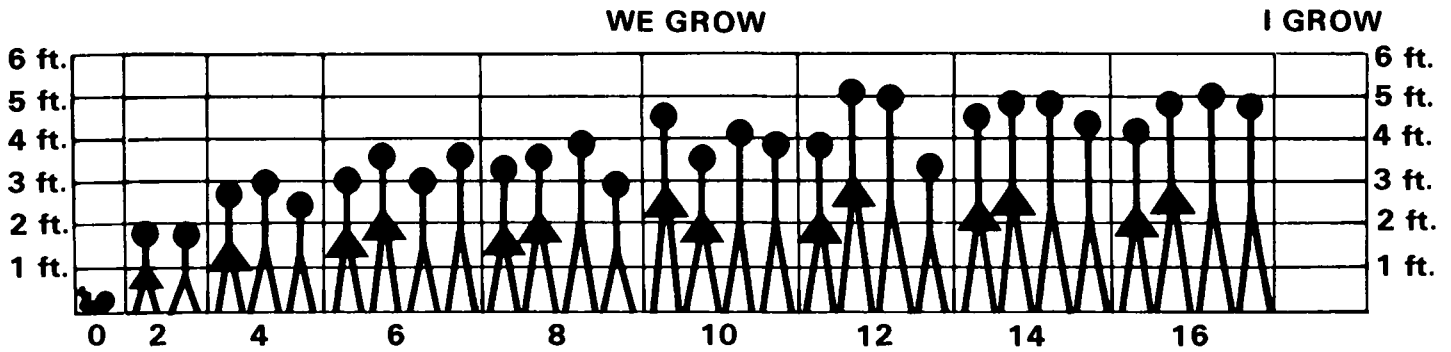
BANANA
PEANUT BUTTER SANDWICH
MILK



TOMATOES
BEANS
CORNBREAD
MILK



WE GROW



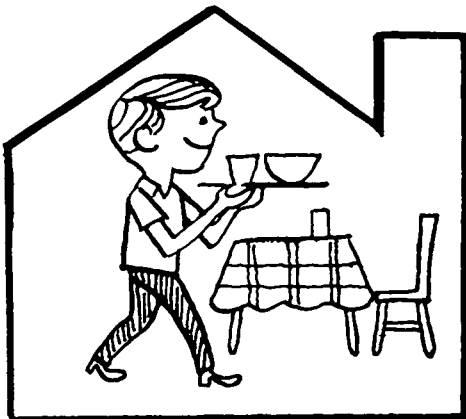
This picture shows the heights of boys and girls at different ages.

Draw your size here



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.

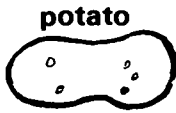
Let's Review the Fruit and Vegetable Group

○ ○ Draw Circles Around Pictures ○ ○

of three vitamin C foods.



ice cream



potato



orange



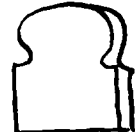
beet



tomato juice



hamburger



bread



carrot

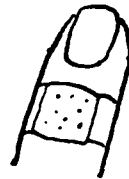
that show two ways vitamin C helps you.



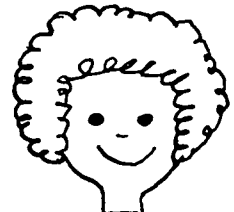
long fingernails



healthy gums



healing cuts

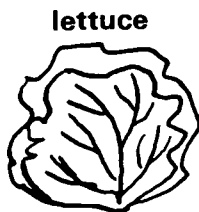


curly hair

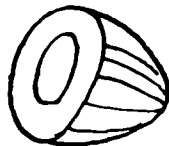
of four vitamin A foods.



dark greens



lettuce



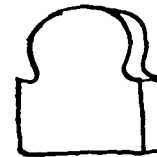
winter squash



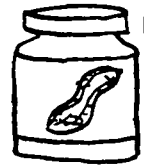
carrot



apple



bread



peanut butter

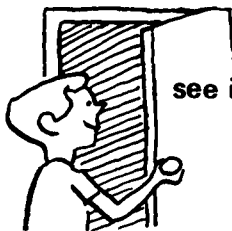


liver

that show two ways vitamin A helps you.



long eyelashes



see in dim light

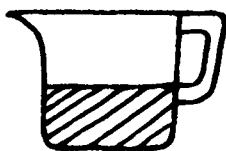


straight teeth

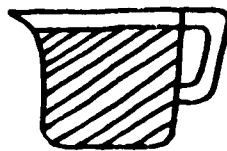
smooth skin



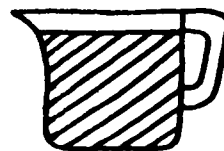
that shows how much juice counts as one serving from the Fruit and Vegetable Group.



1/2 cup



1 cup



2 cups