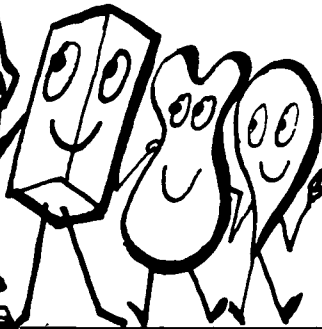
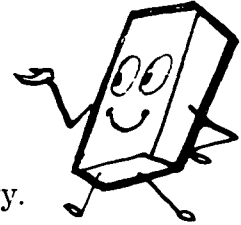


# Mighty Milk



## Milk gives you proteins

- to help build your body.
- to give you fuel for energy.



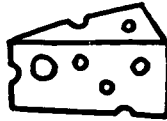
## Milk gives you calcium and other minerals

- to help make your bones and teeth strong.



All these foods were made from milk. But they look and taste different. Why? Because the milk was treated differently to make each one.

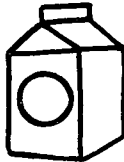
Cheese



Ice Cream



Buttermilk



Dry milk



In each blank write the name of the food which is:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

sweet because of added sugar.

sour because of acid.

solid because it is made from cards.

powdery or grainy because it has been dried.

These foods also give you P

and the mineral



# Magic Mix

Makes about 5 cups mix

	4 cups instant dry milk
	1 cup flour
	1 cup (2 sticks) margarine

Put into a large bowl and mix until it looks like cornmeal. Keep tightly covered.



# My Own Pudding

Makes 4 servings

I will need

	1/2 cup sugar	
	2 cups Magic Mix	
	2 cups water	

Stir over medium heat until you see a bubble in the pudding. Remove from heat.

	1 teaspoon vanilla	
--	--------------------	--

Add 1 teaspoon vanilla and beat. Cover and cool.





**For chocolate pudding:** Mix 3 tablespoons cocoa with sugar. Then add mix and water.

# Magic Sauce

Yummy with meat, cheese and vegetables.

Makes 1 cup













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

Stir over medium heat until it starts to bubble. Add the meat, cheese or vegetables to the hot sauce.



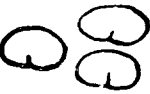





# Cream Soups

Makes 6 servings



    	4 cups water
  	2 cups mix
 	1 teaspoon salt

Stir over medium heat until slightly thick. Add one of these:

	3 cooked carrots, mashed
	1 package chopped spinach, cooked
 +  	3 potatoes, cooked and chopped, and 1 tablespoon chopped onion
 +  	1 can cream-style corn and 1 tablespoon chopped onion.

## To do at Home

Tell someone about Magic Mix  
or  
Make one of these recipes  
or  
Tell someone why we need milk  
or

# All three!

# Hi! Meet the Nutrients!

Nutrients come  
from food

Our bodies need nutrients.  
Nutrients are things from \_\_\_\_\_  
which our \_\_\_\_\_ need.

