GROW, GLOW, and GO

WITH NUTRITION

OREGON STATE UNIVERSITY
EXTENSION SERVICE

JULY 1982

4-H 9385
FEEL GREAT!

LOOK TERRIFIC!

EAT RIGHT! EVERY DAY CHOOSE AT LEAST...

FOUR servings from the FRUIT & VEGETABLE group,
FOUR servings from the BREAD & CEREAL group,
THREE servings from the MILK group, and
TWO servings from the MEAT group!
LOOK, KIDS! IT'S EASY TO EAT THE RIGHT FOODS!

THE FOUR FOOD GROUPS

FRUIT & VEGETABLE

BREAD & CEREAL

MEAT

Milk

Sheet 1
VEGETABLES HELP YOU GROW GLOW

VITAMIN A
IS GOOD FOR YOU. IT AIDS GROWTH,
NORMAL VISION, AND HEALTHY SKIN.

VITAMIN C
IS GOOD FOR YOU. IT KEEPS YOUR GUMS,
BODY TISSUES, AND BLOOD VESSELS HEALTHY.
PAINT A VEGETABLE

WHITE  |  YELLOW  |  RED  |  GREEN

Sheet 2

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FRENCH TOAST

2 fresh eggs
¼ cup milk
dash of salt
margarine or butter for browning

1. BEAT egg with fork. Add milk and salt and MIX together thoroughly. SPREAD a little butter or margarine in a heated frying pan or skillet.
2. DIP bread in egg mixture. COOK in frying pan over low heat until browned on one side.
3. TURN bread, putting a little more margarine or butter under each slice. BROWN other side.

Makes four slices.

HOMEMADE CEREAL

2 cups toasted chopped walnuts or filberts
3 cups quick-cooking rolled oats
¾ cup wheat germ, toasted
1 cup raisins
1 cup firmly packed brown sugar

Combine ingredients in bowl. Store in a tightly closed container at room temperature for up to four weeks. Use like cold cereal. Other fruit or nuts may be substituted or added. Makes approximately 2 quarts. Other ingredients such as nuts and seeds may be substituted.
BREADS AND CEREALS

CROSSWORD PUZZLE

DOWN
1. Part of a good lunch made with two slices of bread.
2. A Mexican tortilla filled with meat, lettuce, and cheese.
3. Iron and calcium are . . . . . . .
4. A crunchy, crisp member of this group that goes with soup.
5. What you spread your peanut butter and jelly on to make a sandwich.
6. One of the minerals mentioned in 3 down.
7. Breads and cereals give you . . . . . . . and minerals.
8. Oriental grain served in casseroles—rhymes with nice.
9. A thin, flat, Mexican bread often made with cornmeal.
10. You need 4-4-3-2 to Grow, Glow, and . .
11. The number of bread and cereal servings you need every day.

ACROSS
12. A yummy hot cereal you eat for breakfast.
13. Another breakfast food—this one is round and flat, you eat it with syrup.
14. A wrinkly fruit you can find in some breads and cookies.
15. You can have this dry for snacks or for breakfast with milk.
16. This rises and sets and when it shines you get vitamin D.
17. This is a noodle and makes a dish called . . . . . . . and cheese.
18. These are sweet delicious snacks that can have chocolate chips.
19. A grain used in making flour.
20. The basic ingredient in most breads and cereals.
CHOW HOUND SAYS:

DRINK MILK AND KEEP SMILING

DRINK THREE GLASSES OF MILK EVERY DAY...

AND DON'T FORGET TO CLEAN YOUR TEETH!

EVERYONE NEEDS MILK:

CHILDREN UNDER 9 NEED 2 TO 3 GLASSES EACH DAY

CHILDREN 9 TO 12 NEED 3 OR MORE GLASSES EACH DAY

TEENAGERS NEED 4 OR MORE GLASSES EACH DAY

CHEESE AND ICE CREAM CAN REPLACE SOME MILK
TRY THESE MILK TREATS

ORANGE BLOSSOM SHAKE
4 ounces milk
4 ounces reconstituted orange juice
6 ice cubes (optional)
Stir milk and orange juice thoroughly. If a blender is available, mix ice cubes, juice, and milk. Serve cold.

EGG NOG
1 egg
1 cup cold milk
1 teaspoon sugar
½ teaspoon vanilla
Mix all ingredients thoroughly by hand or with a blender.

USE DRY MILK IN COOKING—IT'S CHEAPER!

BE A PLAQUE ATTACKER

Plaque is a sticky, clear film that contains millions of bacteria that are always growing on the teeth. You must remove plaque from your teeth every day to keep your teeth and gums healthy.

Use a toothbrush with soft bristles.

Place the bristles alongside the teeth like this:

Wiggle the toothbrush so the bristles will slide into the space between the gums and teeth. The bristles will remove the plaque. Do this on the rest of the teeth, cheekside and tongue-side. Last of all, scrub the chewing surfaces.

The toothbrush cannot reach between the teeth. Dental floss is needed to clean the area between the teeth. Mom and Dad can help you learn how to use the dental floss.
JOIN THE PROTEIN PARADE!
MEAT GROUP WORD SCRAMBLE
K C L T F S A L M O N P
C H I L I P D P A H S A
N I V J S L H O T D O G
U C E K H E V R G E Y J
T K R L O N S K D I B F
P E A N U T B U T T E R
Q N E G G I M T U N A W
H A M X W L A M B F N T
B E E F T S B G O O S E

There are names of 17 meat group foods hidden in this puzzle. They are written across and down. Circle the words you can find.

MY OWN 4-4-3-2 WEEKLY FOOD CHART

<table>
<thead>
<tr>
<th></th>
<th>FRUIT &amp; VEGETABLE</th>
<th>BREAD &amp; CEREAL</th>
<th>MILK</th>
<th>MEAT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>B</td>
<td>L</td>
<td>D</td>
<td>S</td>
</tr>
<tr>
<td>MONDAY</td>
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<tr>
<td>TUESDAY</td>
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<tr>
<td>WEDNESDAY</td>
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<tr>
<td>THURSDAY</td>
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<tr>
<td>FRIDAY</td>
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<tr>
<td>SATURDAY</td>
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<tr>
<td>SUNDAY</td>
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</tbody>
</table>

NAME

DIRECTIONS: After every meal or snack, make a check mark for the number of servings you ate from each food group.

Sheet 5

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CHOW HOUND SAYS:
"VEGETABLES ARE FUN TO FIX AND EAT!"

EAT RAW VEGETABLES FOR SPARKLE!
- Cauliflower rosettes
- Cabbage wedges
- Cucumber
- Turnip sticks
- Peas
- Green pepper
- Green onions
- Carrot sticks
- Broccoli flowerettes
- Leafy greens

VEG-A-KABOB
- Cucumber
- ½ package hot dogs
- 1 large green pepper
- 1 young zucchini squash
- 2 stalks celery
- 5 broccoli flowers
- 4 cabbage wedges

Wash vegetables; cut into 1-inch pieces and arrange with hot dogs on skewer stick. Eat!
VEGETABLES HELP YOUR SKIN GLOW!

FILL IN THE BLANK

The blanks should be filled in with the name of a food. Choose one from the following list. You will not use all of the words.


1. If we practice, we can _______________ the other team easily.
2. I lost my glove. Do you think it will _______________ soon?
3. Coming to this party is a good way to _______________ new people.
4. We _______________ even if they don’t let us get married.
5. We may go to the zoo if our mother will _______________.
6. Move over, you are going to _______________ me in this narrow seat.
7. My older sister is popular and has lots of _______________.
8. If you leave me, you will break my _______________.
9. Do you think you could _______________ all for me?
10. Can you _______________ by its scientific name?
EAT LOTS OF FRUIT FOR...

- Get up and GO POWER
- Skin with a healthy GLOW
- ZESTY Snacks
- COLORFUL Meals
<table>
<thead>
<tr>
<th>Fruits With Vitamin A</th>
<th>Fruits With Vitamin C</th>
<th>Vitamin A &amp; C</th>
</tr>
</thead>
</table>

**COLOR FRUIT BRIGHT!**

LIST FRUITS IN EACH COLUMN
MAKE SNACKS COUNT!

4  SERVINGS OF FRUITS AND VEGETABLES
4  SERVINGS OF BREADS AND CEREALS
3  SERVINGS FROM THE MILK GROUP
2  SERVINGS FROM THE MEAT GROUP

TOTAL: A GOOD DAILY MEAL PLAN! SNACKS FROM THE FOUR FOOD GROUPS CAN HELP YOU MEET YOUR DAILY FOOD NEEDS!
NOBAKE COOKIES
1. MIX in saucepan:
   1½ cups sugar
   3 Tbsp. cocoa
   1 stick margarine or butter
   ½ Tsp. salt
   ½ cup milk
   BRING to a boil. Boil hard for one minute.
2. REMOVE from heat. ADD these ingredients.
   ½ cup peanut butter
   1 Tsp. vanilla
3. POUR above mixture over these ingredients:
   3 cups oatmeal, uncooked
   1 cup raisins
   MIX well.
4. DROP from teaspoon onto wax paper.
   COOL. Ready to eat!

HARD COOKED EGGS
1. PLACE eggs in saucepan and COVER them with cold water.
2. HEAT until water just boils.
3. SIMMER about 15 minutes.
4. PLACE eggs quickly into cold water.
5. SERVE with salt or DEVIL the eggs.

DEVILED EGGS
1. CUT 6 hard cooked eggs in half lengthwise.
2. TAKE yolks out and mash them.
3. ADD to yolk mixture:
   1 tsp. vinegar or pickle juice
   ¼ tsp. mustard
   ½ tsp. salt
   ½ tsp. worcestershire sauce (optional)
   4 tbsp. mayonnaise
4. FILL eggs whites with yolk mixture.

DANDY CANDY
1. PUT into a bowl and BEAT:
   1 cup dry powdered milk
   ½ cup peanut butter
   ½ cup honey, molasses or corn syrup.
2. PLACE mixture on wax paper.
3. SPREAD ¾ inch thick. Cut it into squares.

WHICH FOOD GROUPS DO THESE SNACKS BELONG TO?
WHICH SNACKS BELONG TO MORE THAN ONE GROUP?

FRUITS AND VEGETABLES
1. FRESH, in season fruits and vegetables make a great snack! Just WASH, CHILL, AND ENJOY!
2. DRIED and CANNED fruits are nutritious nibblers for the whole family!

TANGY CHEESE DIP
1. PLACE in saucepan:
   1 cup diced cheddar cheese
   ¼ cup milk
   ½ tsp. worcestershire sauce
2. COOK over low heat until smooth.
3. SERVE with raw vegetables, meat cubes, crackers, chips, etc.
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Extension's 4-H Youth program assists young people, their families, and adult volunteers to become productive and self-directing by developing their practical skills and knowledge. Professionals and volunteers together provide educational projects and activities in animal science, plant science, home economics, creative arts, and natural science.

Grow, Glow and Go was originated by Clemie Moody, Lane County Extension Home Economist, and revised by Bill Boldt, Oregon State University, Extension 4-H/EFNEP Youth Specialist, with the cooperation of elementary school teachers in Lane County.

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