

# GROW, GLOW *and* GO



**WITH  
NUTRITION**



# FEEL GREAT!



# LOOK TERRIFIC!

**EAT RIGHT!** EVERY DAY CHOOSE AT LEAST...

**FOUR** servings from the **FRUIT & VEGETABLE** group,

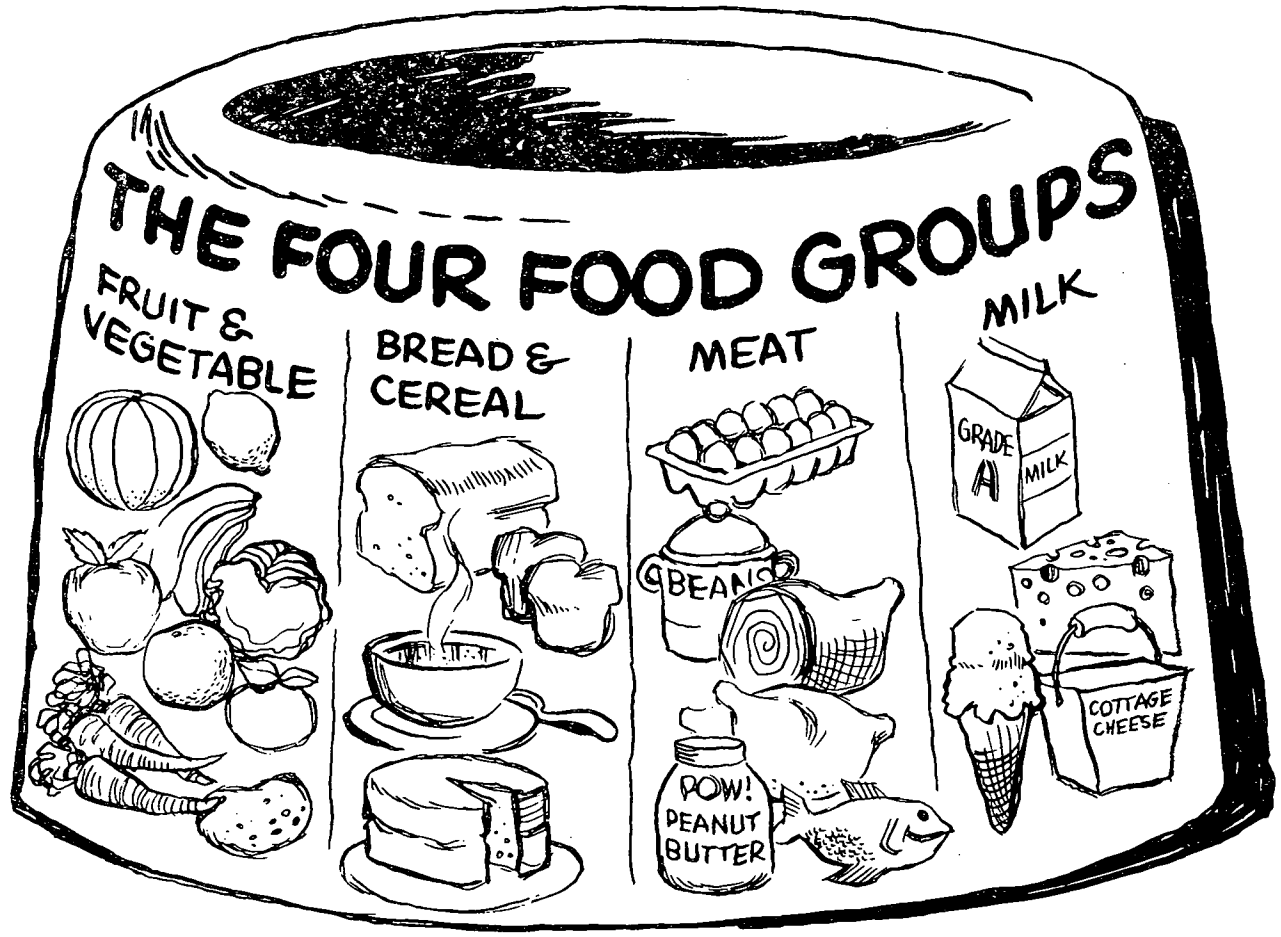
**FOUR** servings from the **BREAD & CEREAL** group,

**THREE** servings from the **MILK** group, and

**TWO** servings from the **MEAT** group!



# LOOK, KIDS! IT'S EASY TO EAT THE RIGHT FOODS!



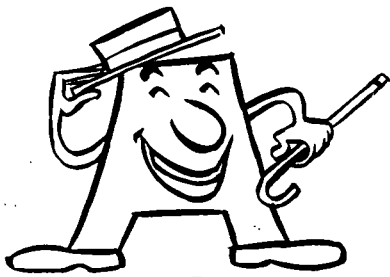
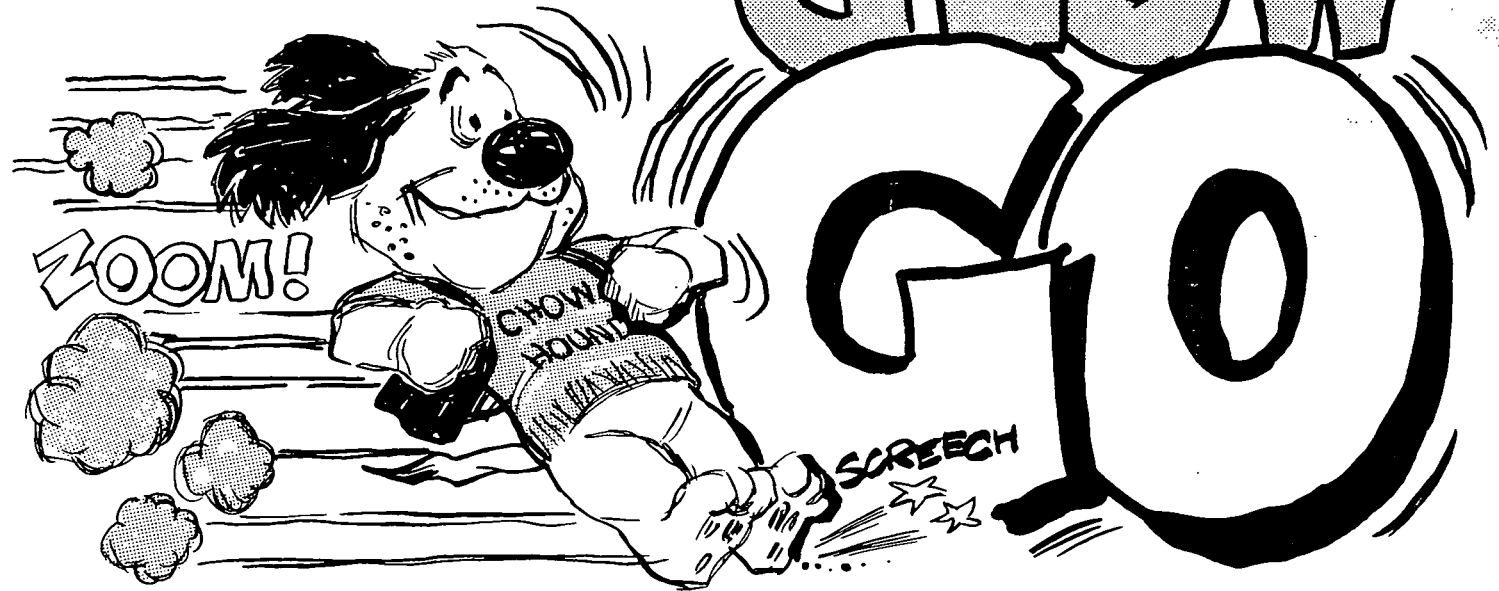
Sheet 1



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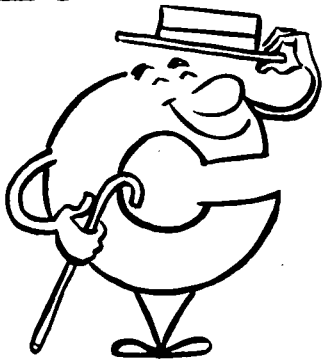
# VEGETABLES HELP YOU

# GROW GLOW



## VITAMIN A

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

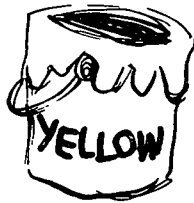


## VITAMIN C

IS GOOD FOR YOU. IT KEEPS YOUR GUMS,  
BODY TISSUES, AND BLOOD VESSELS HEALTHY.

# PAINT A

# VEGETABLE



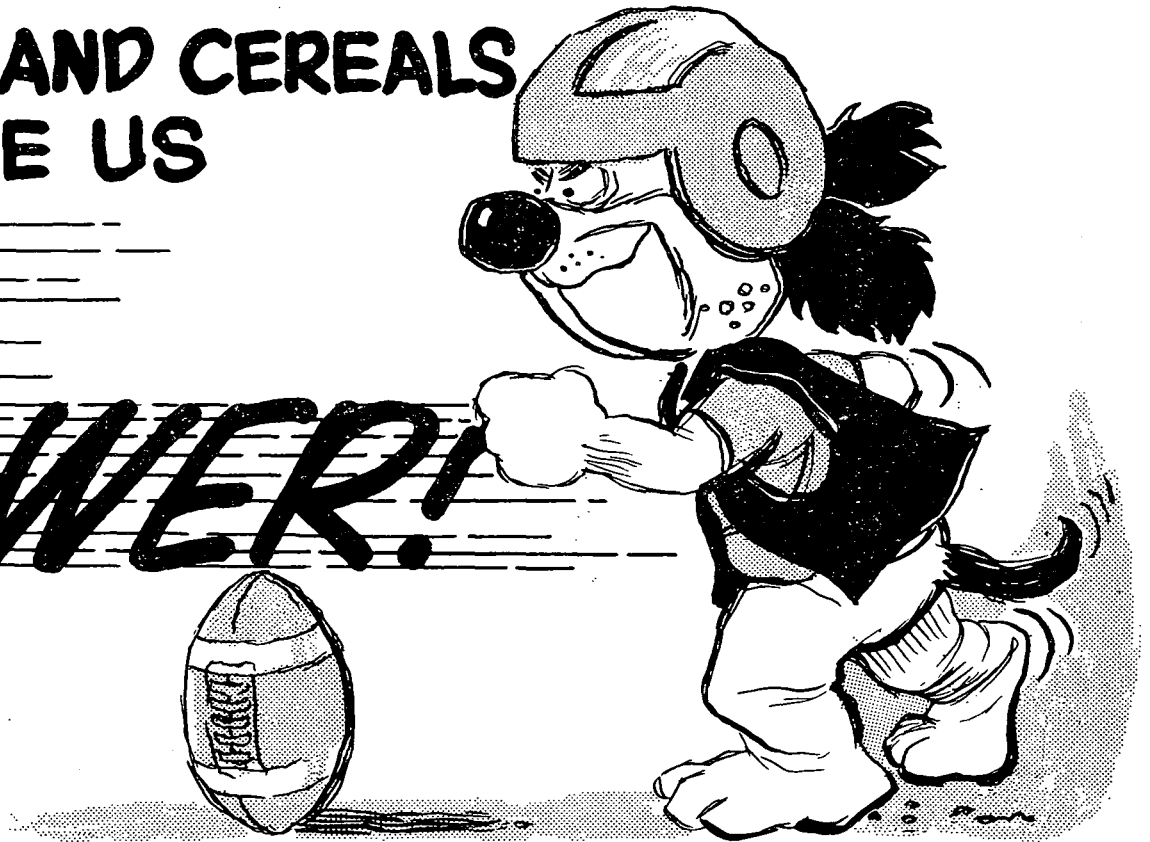
Sheet 2



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# BREADS AND CEREALS GIVE US

# GO POWER!



## 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

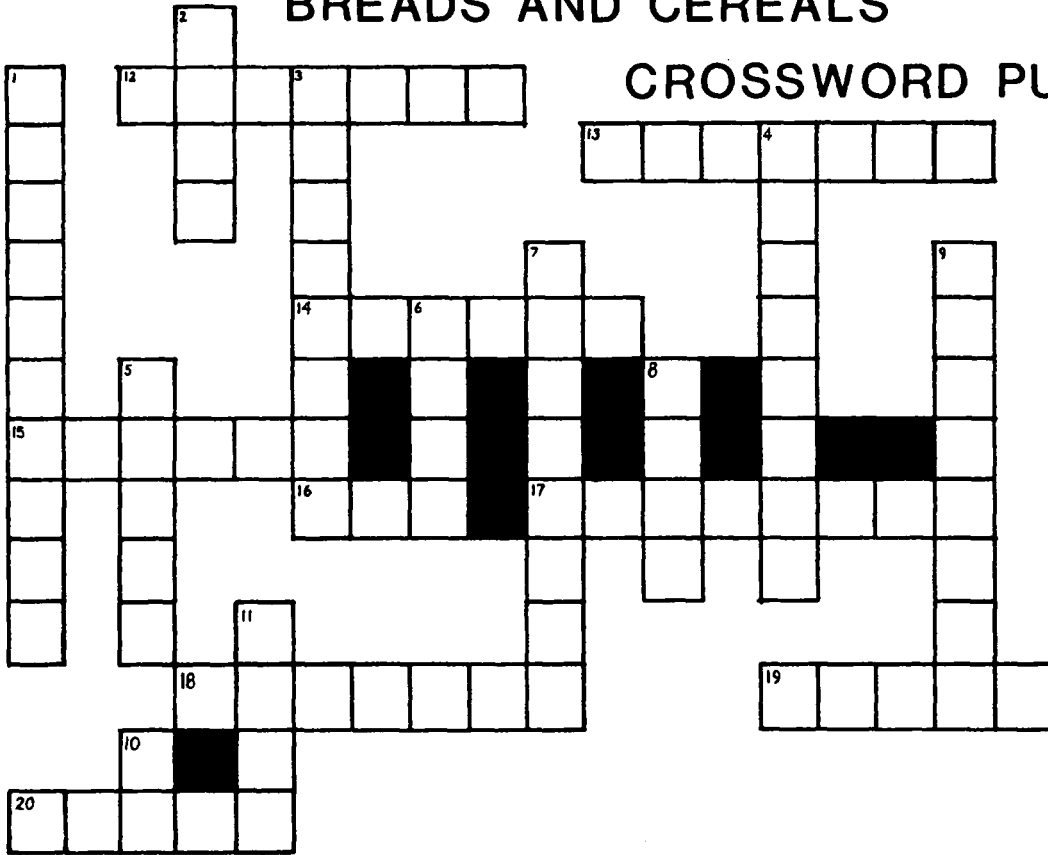
Combine ingredients in bowl. Store in a tightly closed container at room temperature for up to four weeks. Use like cold cereal. Other fruit or nuts may be substituted or added. Makes approximately 2 quarts. Other ingredients such as nuts and seeds may be substituted.

## RAISINS GIVE US IRON TO BUILD STRONG BLOOD!



# 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!**

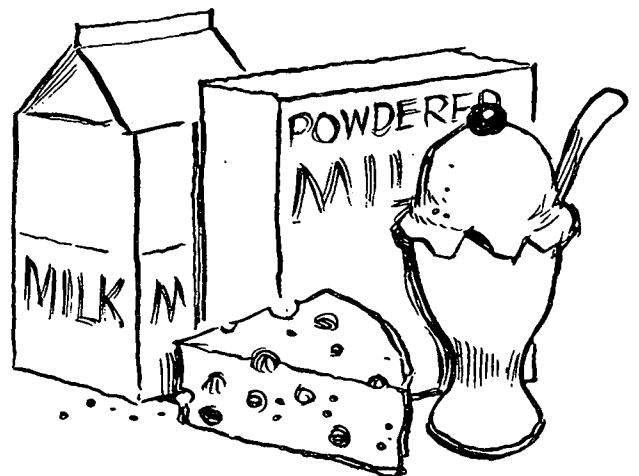
**EVERYONE NEEDS MILK:**

**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  
 $\frac{1}{3}$  teaspoon vanilla  
Mix all ingredients thoroughly by hand or with a blender.

USE DRY MILK IN COOKING—IT'S CHEAPER!

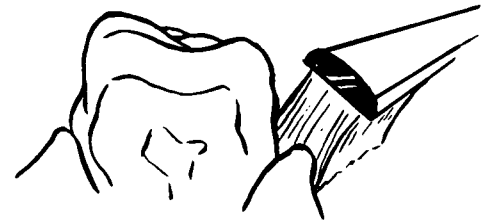
# BE A PLAQUE ATTACKER

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.

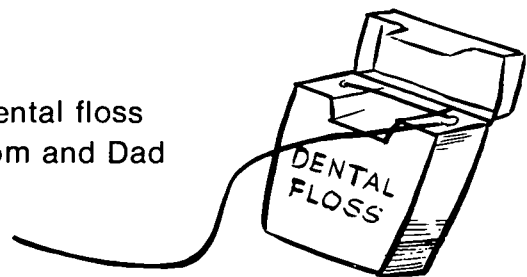


Place the bristles alongside the teeth like this:



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, cheek side 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.

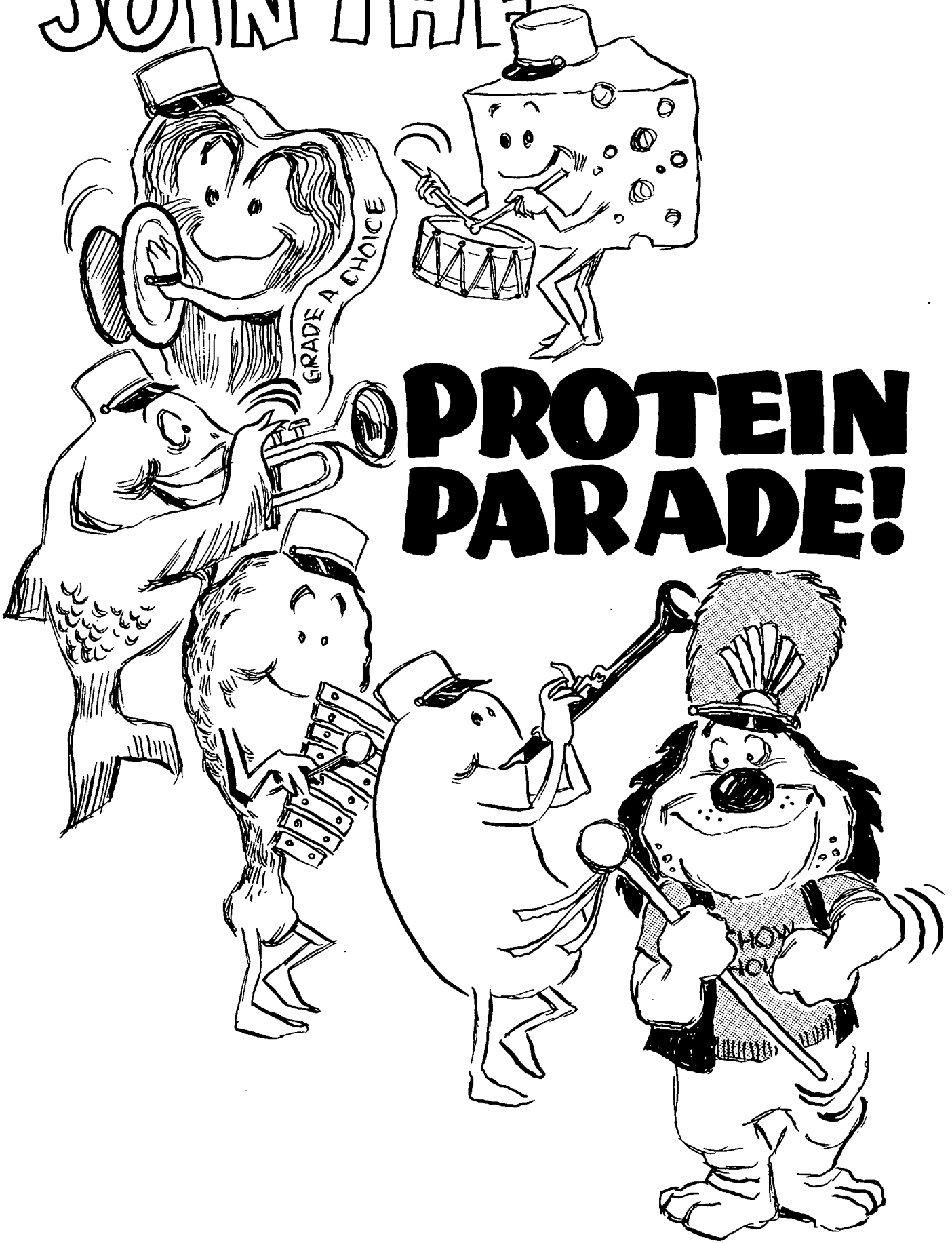


Sheet 4



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# 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

| DAY       | FRUIT & VEGETABLE |   |   |   | BREAD & CEREAL |   |   |   | MILK |   |   |   | MEAT |   |   |   |
|-----------|-------------------|---|---|---|----------------|---|---|---|------|---|---|---|------|---|---|---|
|           | B                 | L | D | S | B              | L | D | S | B    | L | D | S | B    | L | D | S |
| MONDAY    |                   |   |   |   |                |   |   |   |      |   |   |   |      |   |   |   |
| TUESDAY   |                   |   |   |   |                |   |   |   |      |   |   |   |      |   |   |   |
| WEDNESDAY |                   |   |   |   |                |   |   |   |      |   |   |   |      |   |   |   |
| THURSDAY  |                   |   |   |   |                |   |   |   |      |   |   |   |      |   |   |   |
| FRIDAY    |                   |   |   |   |                |   |   |   |      |   |   |   |      |   |   |   |
| SATURDAY  |                   |   |   |   |                |   |   |   |      |   |   |   |      |   |   |   |
| SUNDAY    |                   |   |   |   |                |   |   |   |      |   |   |   |      |   |   |   |

NAME \_\_\_\_\_

B-Breakfast                      L-Lunch  
D-Dinner or Supper      S-Snack

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



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. Meat    | 5. Heart       | 9. Orange      |
| 2. Carrot  | 6. Cauliflower | 10. Cantaloupe |
| 3. Lettuce | 7. Turnip      | 11. Squash     |
| 4. Dates   | 8. Liver       | 12. Beet       |

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?



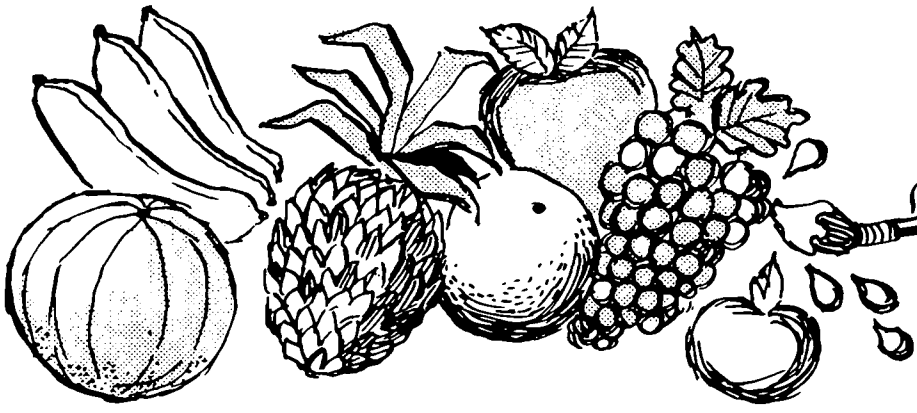
**FUN**

**WITH**

**FRUIT!**

**EAT LOTS OF FRUIT FOR...**

- **Get up and GO POWER**
- **Skin with a healthy GLOW**
- **ZESTY Snacks**
- **COLORFUL Meals**



# COLOR FRUIT BRIGHT!

LIST FRUITS IN EACH COLUMN

Fruits With Vitamin A

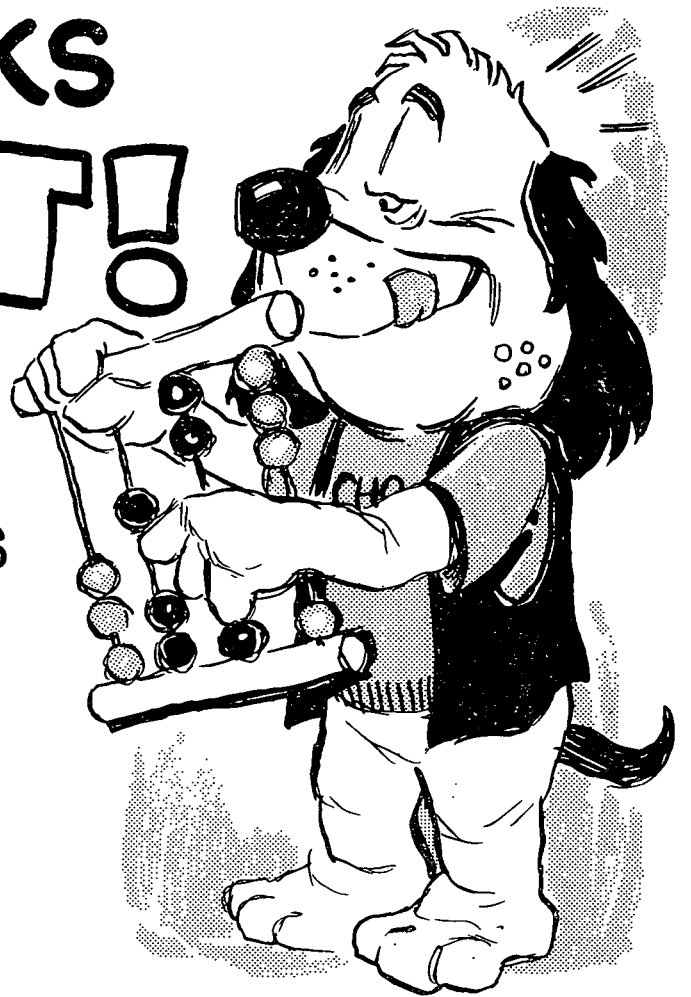
Fruits With Vitamin C

Vitamin A & C



# 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!**





# SNACKS that COUNT!

## NOBAKE COOKIES

- MIX in saucepan:
  - 1½ cups sugar
  - 3 Tbsp. cocoa
  - 1 stick margarine or butter
  - ½ Tsp. salt
  - ½ cup milkBRING to a boil. Boil hard for one minute.
- REMOVE from heat. ADD these ingredients.
  - ½ cup peanut butter
  - 1 Tsp. vanilla
- POUR above mixture over these ingredients:
  - 3 cups oatmeal, uncooked
  - 1 cup raisinsMIX well.
- DROP from teaspoon onto wax paper. COOL. Ready to eat!

## HARD COOKED EGGS

- PLACE eggs in saucepan and COVER them with cold water.
- HEAT until water just boils.
- SIMMER about 15 minutes.
- PLACE eggs quickly into cold water.
- SERVE with salt or DEVIL the eggs.

## DEVILED EGGS

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

## DANDY CANDY

- PUT into a bowl and BEAT:
  - 1 cup dry powdered milk
  - ½ cup peanut butter
  - ½ cup honey, molasses or corn syrup.
- PLACE mixture on wax paper.
- 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

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

## TANGY CHEESE DIP

- PLACE in saucepan:
  - 1 cup diced cheddar cheese
  - ¼ cup milk
  - ½ tsp. worcestershire sauce
- COOK over low heat until smooth.
- SERVE with raw vegetables, meat cubes, crackers, chips, etc.

Sheet 8



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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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