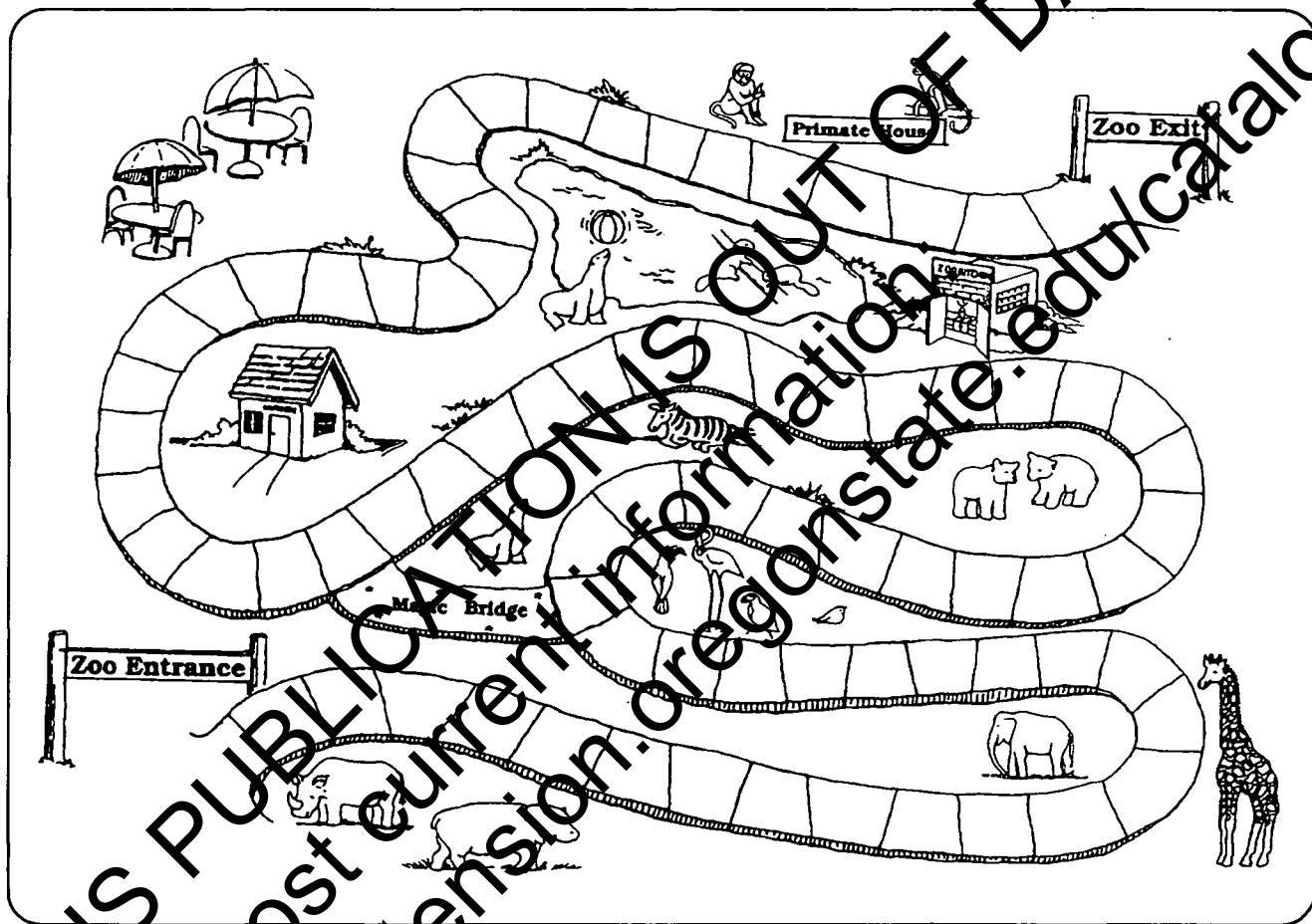


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Amount 1693-5  
shelf 0  
INV 39688

Nutri-Kids Visit

# THE ZOO



Student Workbook

Expanded Food and Nutrition Education Program (EFNEP)

PNW 480 • January 1996

Oregon • Washington • Idaho

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**Nutri-Kids Visit The Zoo**

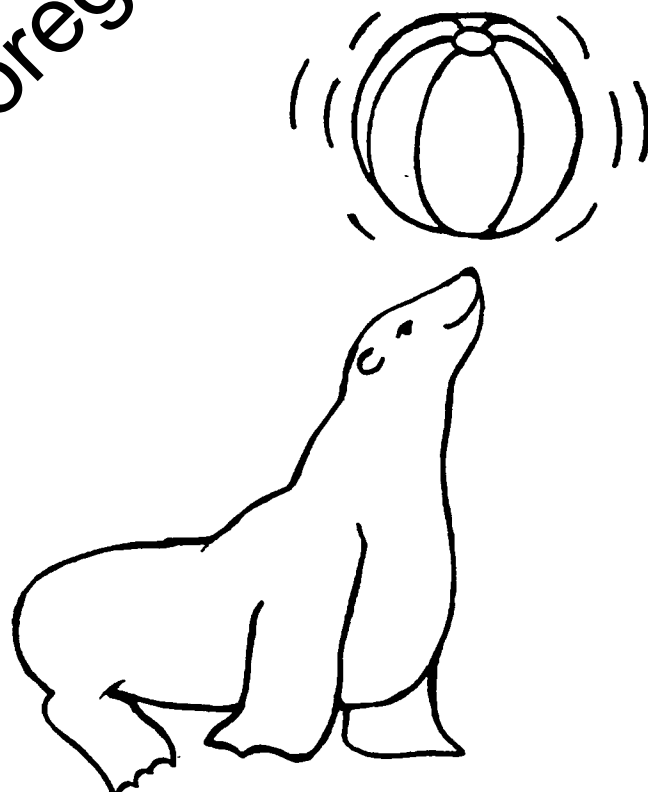
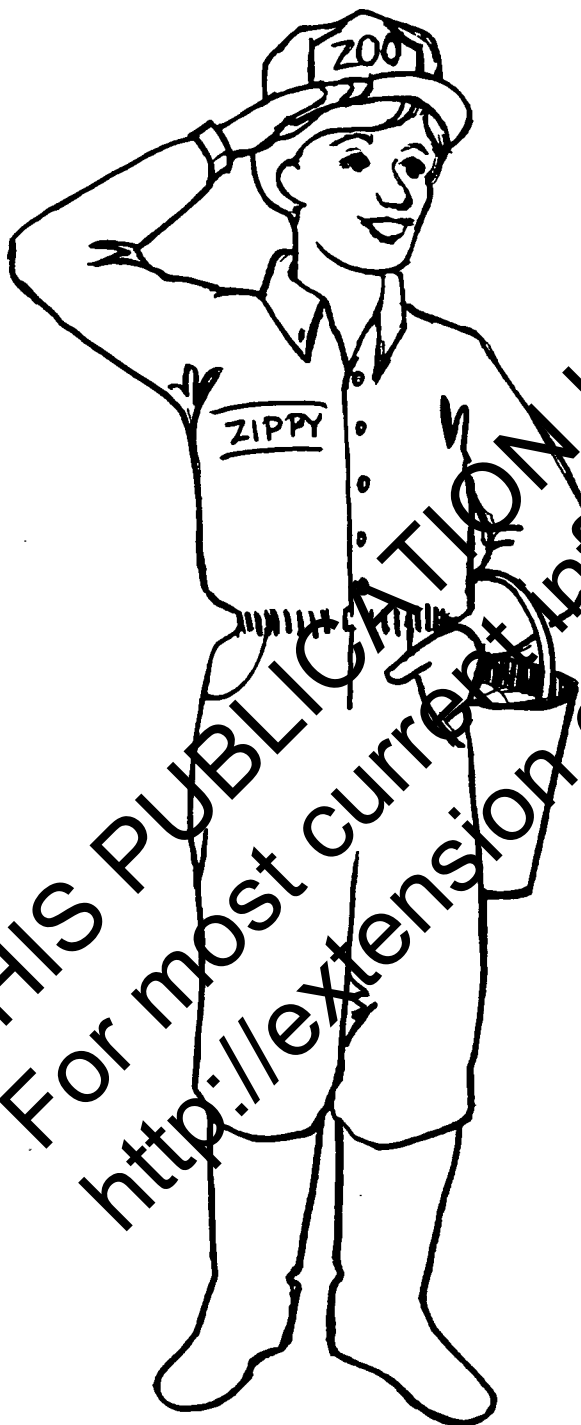
This is an Oregon 4-H Expanded Foods and Nutrition Education Program (EFNEP) School Enrichment publication. EFNEP is funded by the U.S. Department of Agriculture in cooperation with Oregon State University.

*Nutri-Kids Visit The Zoo* was prepared by Bonnie A. Lorenz, former EFNEP program assistant, Michael H. Holroyd, Extension agent, Marion County; and Margaret Lewis, Extension agent, Lane County; Oregon State University. The 1996 version was revised by Joy Delgado, education graduate student; and Maria Souza, nutrition graduate student; Oregon State University.

# Meet Zippy!

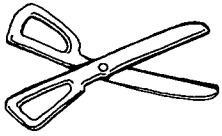


Zippy.



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Pretest A

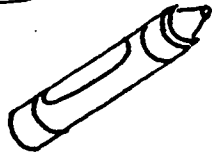


and

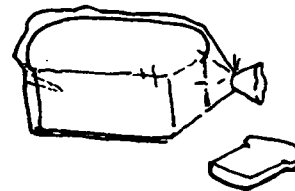
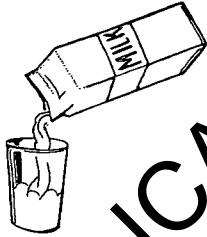
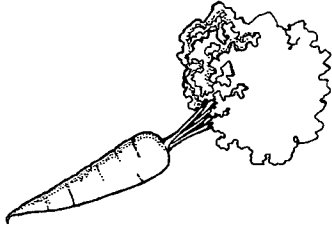


foods in the right food group

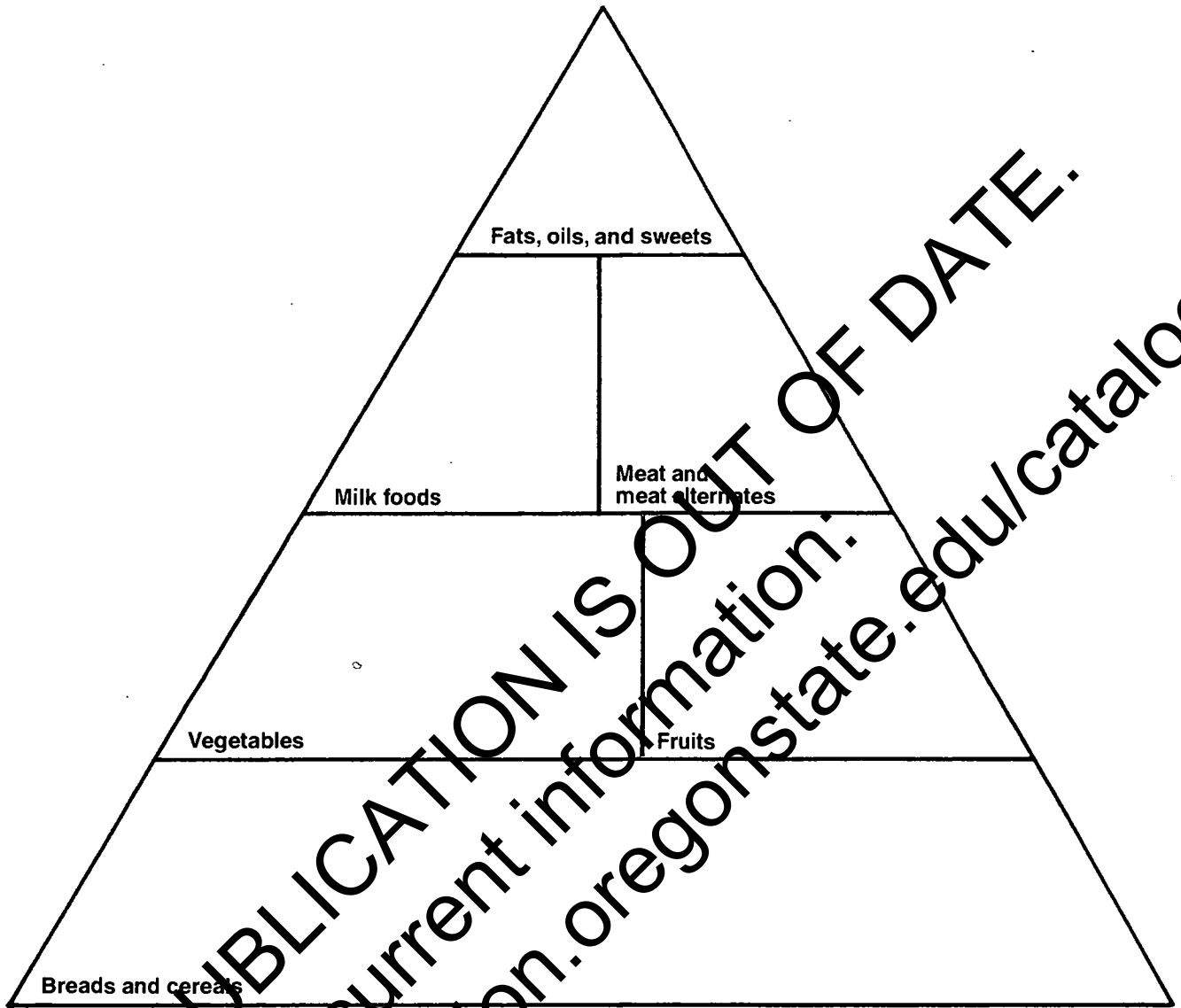
box on page 3.



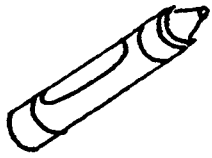
them.



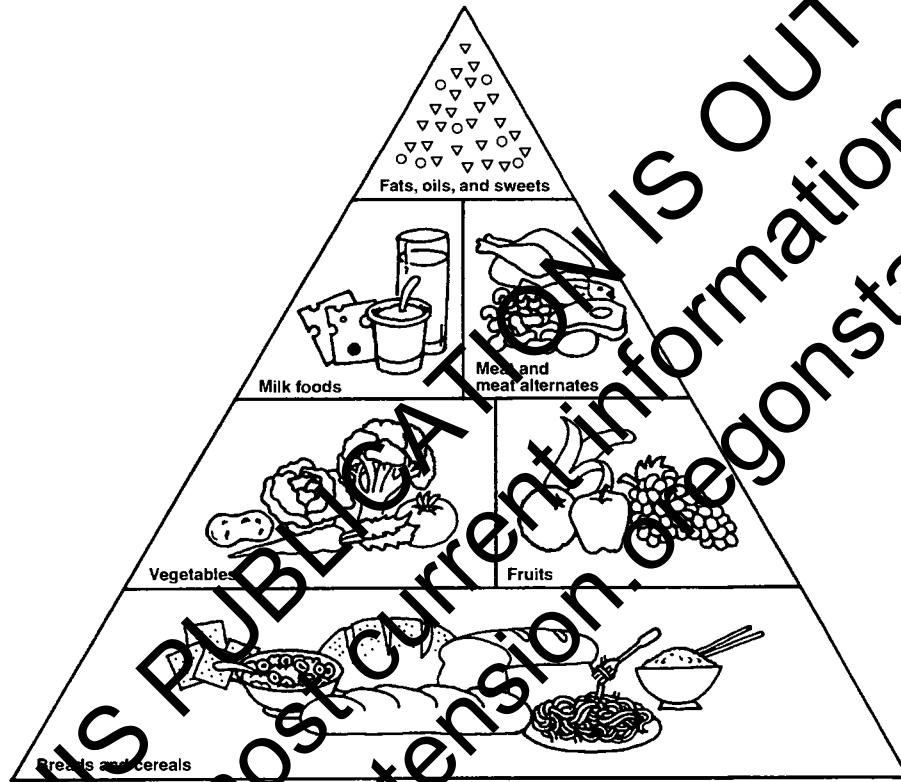
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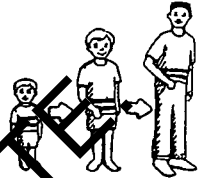

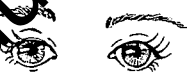
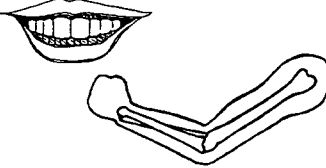
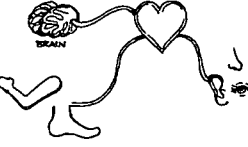
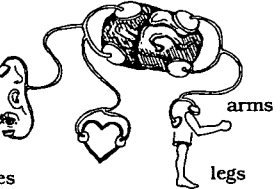



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a line from the food group  
to what it helps.



 <p>Growing</p>
 <p>Fight colds &amp; illness</p>
 <p>Healthy eyes</p>
 <p>Strong teeth and bones</p>
 <p>brain</p> <p>Healthy blood</p>
 <p>Nerves</p> <p>arms</p> <p>legs</p>
 <p>Energy</p>

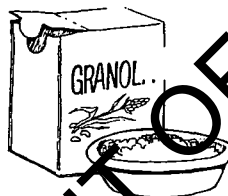
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# Peanut Butter Balls

1. Mix together in



1<sup>1</sup>/<sub>2</sub> cups



with raisins



+ 1 teaspoon



+ 1/4 cup



milk



+ 1/4 cup



honey



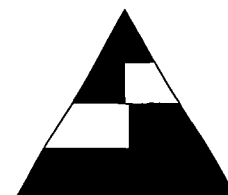
+ 3/4 cup



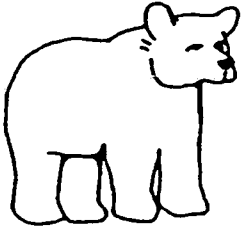
2. Wash hands. Roll mixture into 1-inch balls.

Use 2 teaspoons per ball. Eat and enjoy!

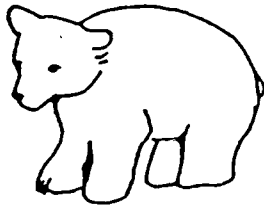
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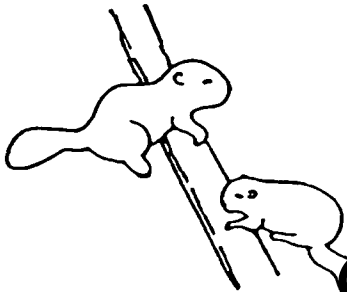
# Zoo animals



Bears



Birds



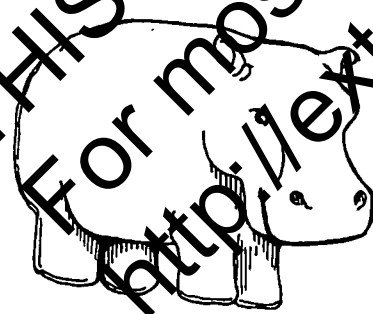
Beavers



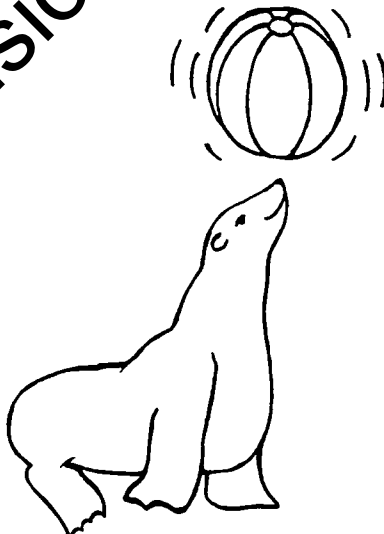
Elephant



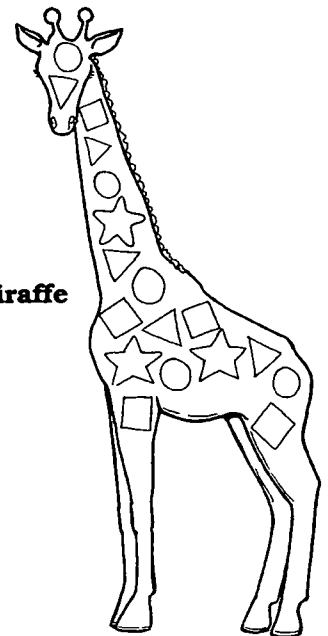
Monkey



Hippo



Seal

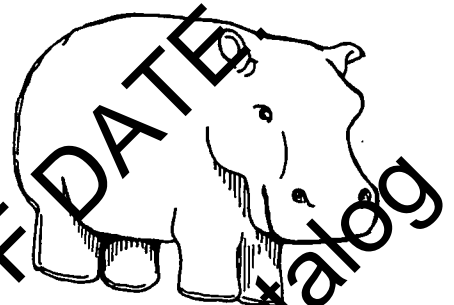
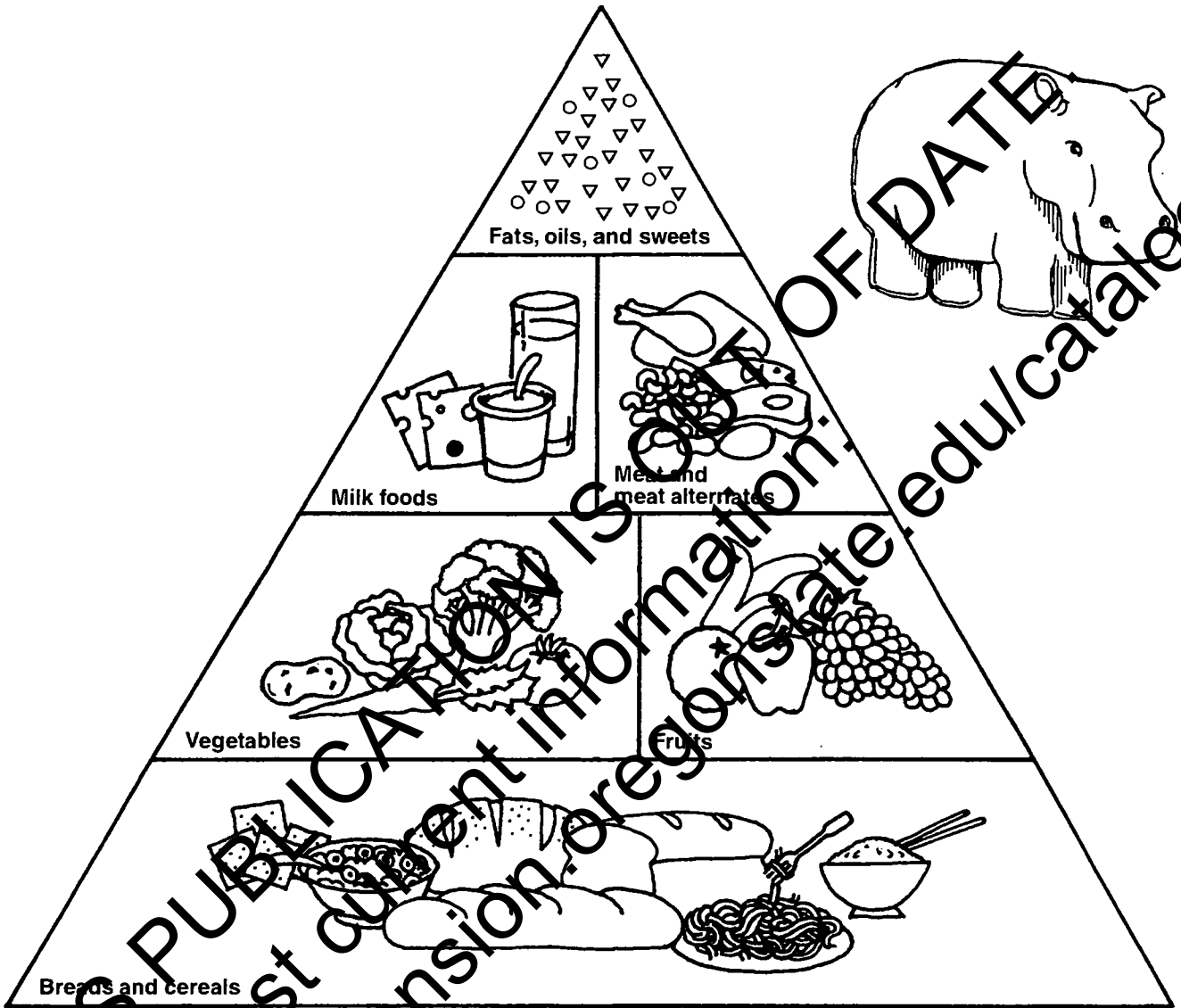


Giraffe



Name \_\_\_\_\_

Find the food that a hippo eats:

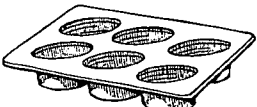



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# Apple Muffins

1. In  mix  $1\frac{1}{3}$  cups     
 +  $\frac{1}{4}$  cup   + 2 teaspoons    
 +  $\frac{1}{2}$  teaspoon  salt  + 1 egg   
 +  $\frac{3}{4}$  cup   +  $\frac{1}{3}$  cup    
 +  $\frac{1}{2}$  teaspoon   + 1 cup   diced  
 (chopped small) +  $\frac{1}{4}$  cup  raisins .

2. Mix everything until moist, don't stir too much.

3. Put in muffin pan  (fill cups  $\frac{2}{3}$  full).

Bake at  $400^\circ$   for 20 minutes.



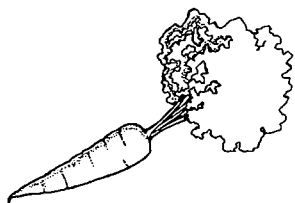
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# Carrot Apple Raisin Salad

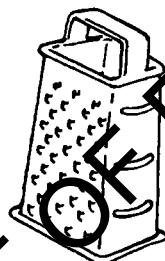
1. Mix together in BIG



4 washed



, grated



+ 3/4 cup



raisins



+ 1 washed



cut into pieces

2. Mix together in small



1/2 cup



plain



+ 2 Tablespoons



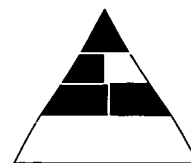
3. Add



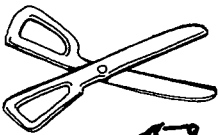

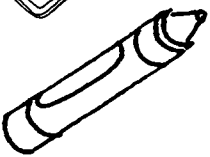
to

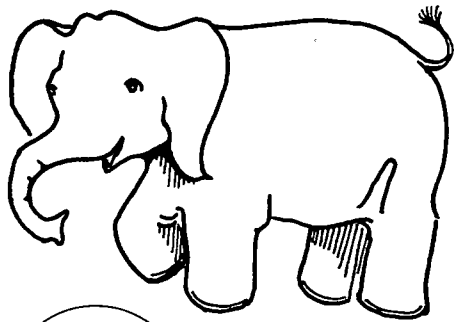


. Mix.

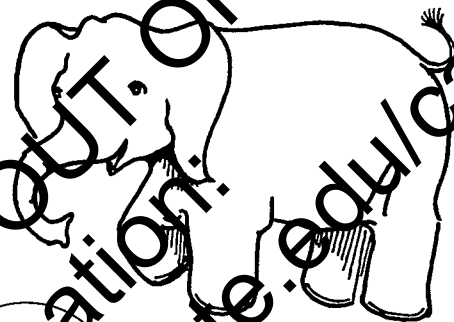


# Numbers

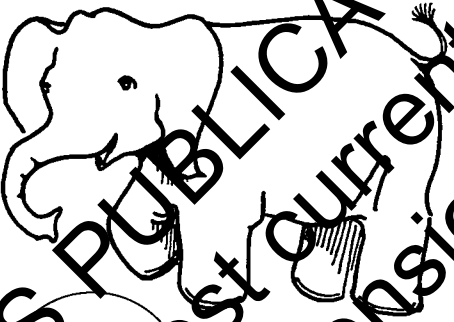
 and  peanuts to match numbers.  
 the pictures.



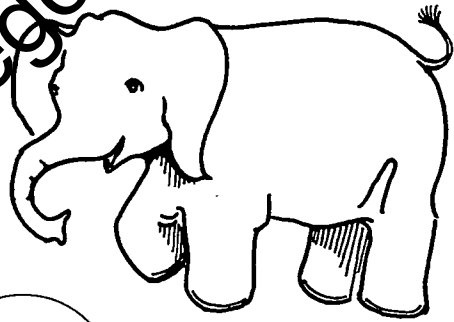
four  
4



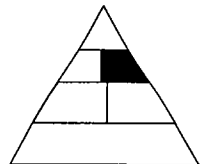
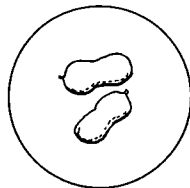
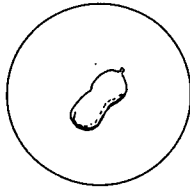
three  
3



one  
1



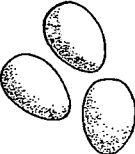
two  
2



## Deviled Eggs

1. In  cover 10 eggs  with cold .


Bring to boil, turn heat down, and simmer 15 minutes.

2. Cool eggs  in cold .

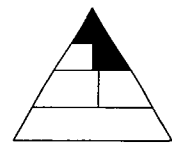
3. Wash hands. Peel  eggs. Cut them in half .

4. Put yolk in  Mash  the yolk.

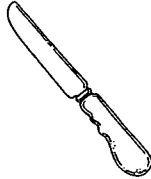
5. Add  $\frac{1}{2}$  cup  and 2 teaspoons .

6. Mix. Stuff white with yolk mixture  using a teaspoon. Makes 20 servings,  $\frac{1}{2}$  egg per person.

**Note:** If eggs are cooked in advance, store cooked unshelled eggs in the refrigerator.



# Banana Buses

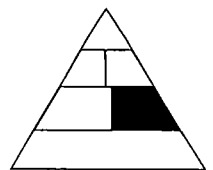
1. Cut  1  in quarters the long way.

2. Cut  1 orange  into slices 

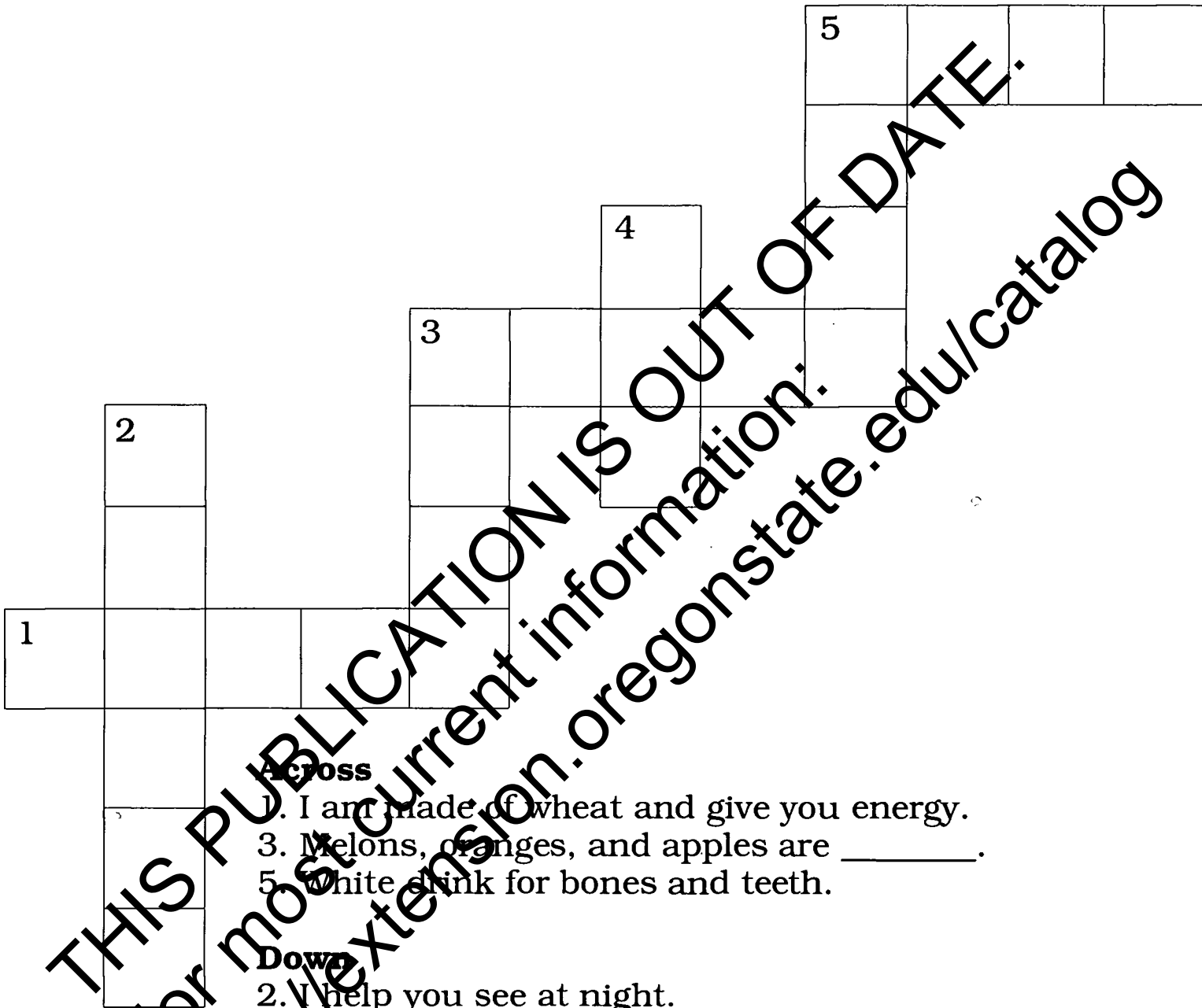
3. Stick raisins  and orange slices  onto banana pieces with toothpicks  =



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### Crossword Puzzle



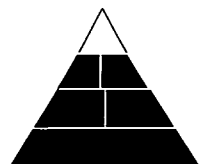
**Across**

- 1. I am made of wheat and give you energy.
- 3. Melons, oranges, and apples are \_\_\_\_\_.
- 5. White drink for bones and teeth.

**Down**

- 2. Help you see at night.
- 4. What we eat.
- 4. A way to exercise.
- 5. The \_\_\_\_\_ group has protein to help blood, skin, and hair.


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## Tuna Salad

1. In  mix 2 cans   +  $\frac{1}{4}$  cup 

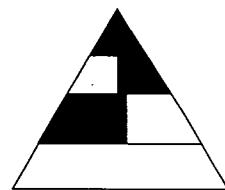
pickle relish , chopped pickles ,

and/or chopped celery  and

enough  to hold together (about  $\frac{1}{4}$  cup).

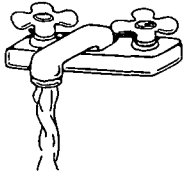


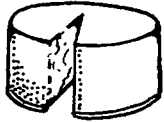
2. Now you have tuna salad .

3. Eat tuna salad by itself or spread on crackers or bread. Refrigerate if you have leftovers.






# Lettuce Rolls

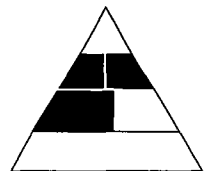
1. Wash   . Grate  4 to 8 ounces cheese  .

2. Put grated cheese  on a lettuce leaf  .

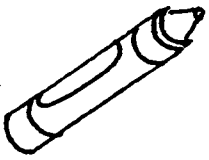
3. Roll  and use toothpicks  to hold.

**Note:** You can use peanut butter  too.

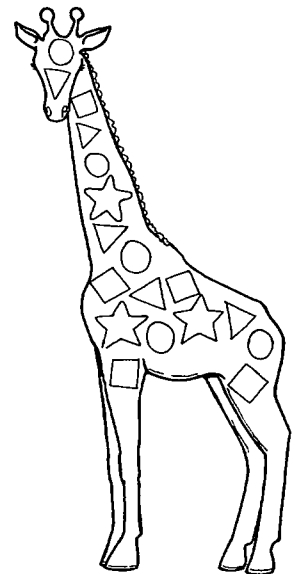
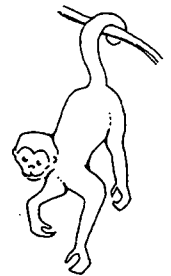
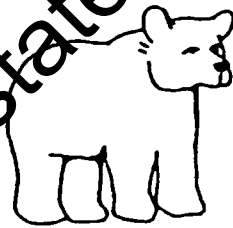
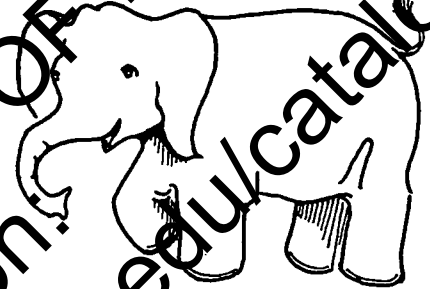
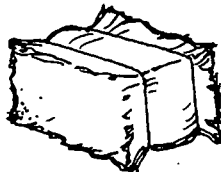
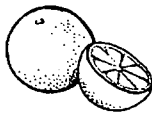
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# People, Foods, Animals





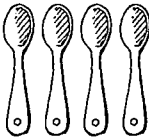









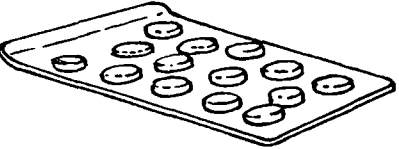



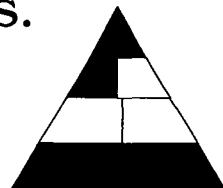
a line from each food to who eats it.







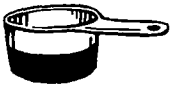

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## Biscuits

1. Mix in  2 cups    FLOUR
- + 4 teaspoons   BAKING POWDER
- +  $\frac{3}{4}$  teaspoon  salt 
2. Cut in  $\frac{1}{2}$  cup  margarine  with a pastry cutter or two table knives until margarine is the size of peas. Add  $\frac{1}{2}$  cup   MILK.
3. Mix together. Roll  $\frac{3}{4}$ -inch thick on floured board.
4. Cut dough  into biscuits  and place on cookie sheet .
5. Bake at  $450^{\circ}$   for 10–12 minutes.

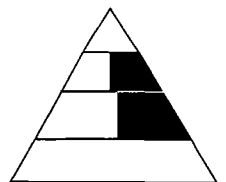


# Trail Mix

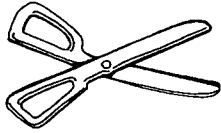

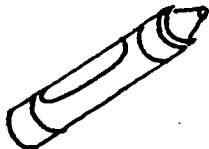
1. In  mix 2 cups    
peanuts  and 1/2 cup  raisins .

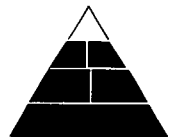
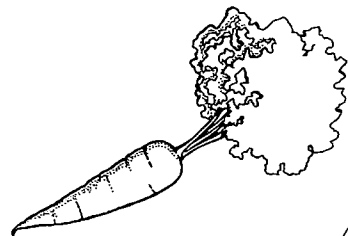
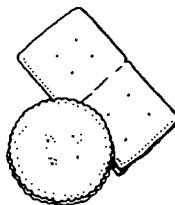
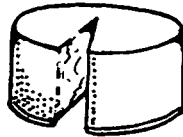
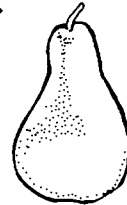
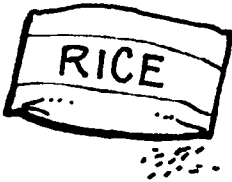
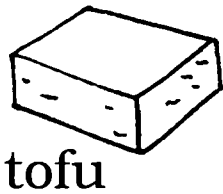
**Note:** You may use mixed nuts  and dried fruits.

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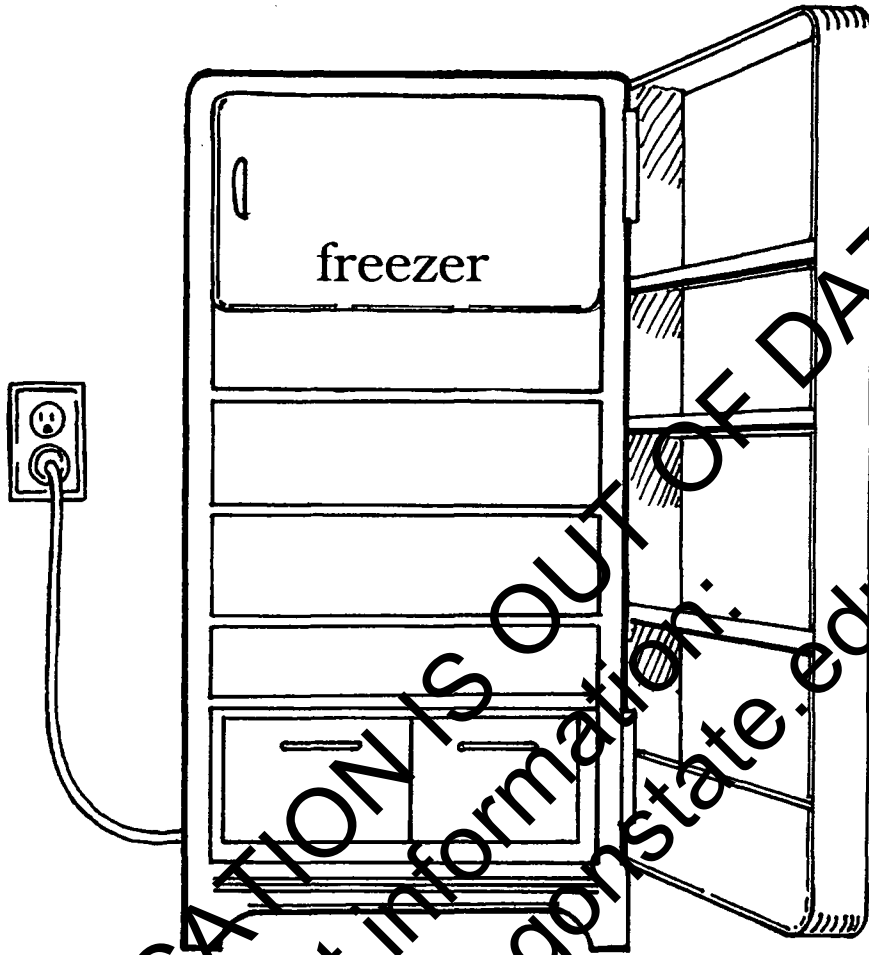


# Where Am I Stored?

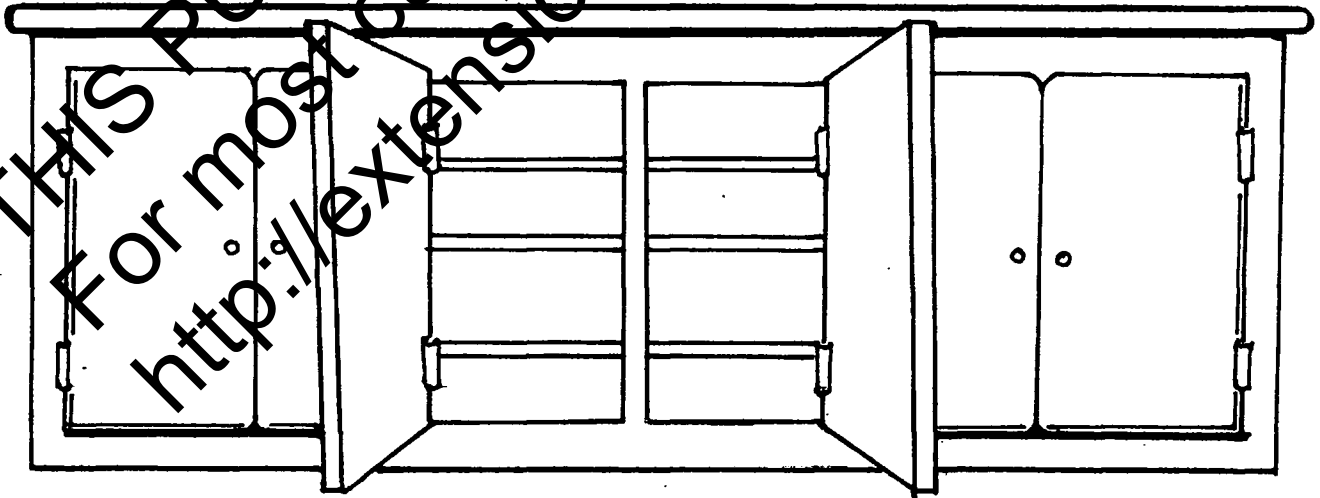
 and  to put food in the right place in the kitchen on page 20.  the pictures.



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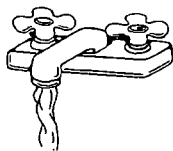
refrigerator



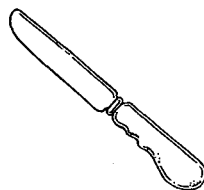
cupboards

# Vegetable Snacks

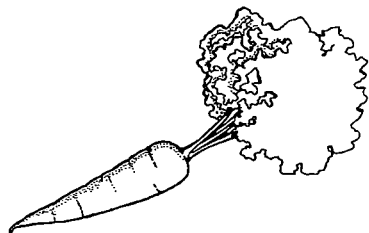
Wash



and cut



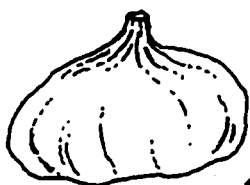
vegetables:



carrot



cauliflower



jicama



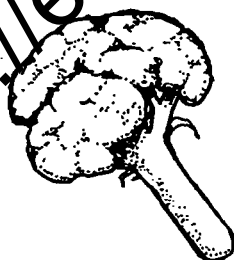
radishes



turnip



rutabaga



broccoli

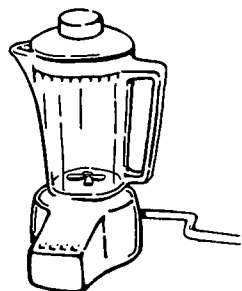


parsnip

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# Yogurt Milkshake

1. Mix in



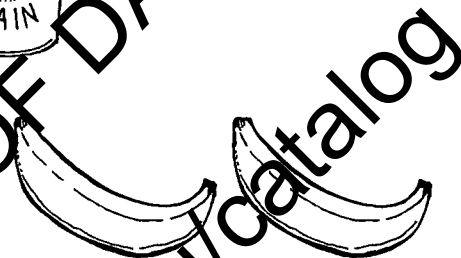
1 (6-8 ounce)



+ 1 can concentrated



+ 2



+ 2-3 cups



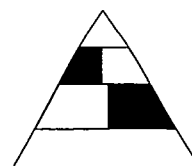
ice cubes



2. Blend until smooth.

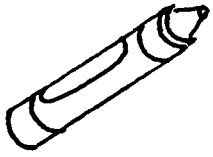
Makes 20 5-ounce cups.



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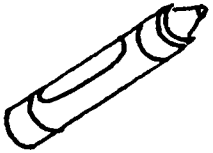




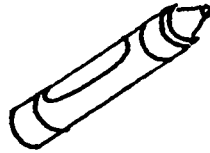
# Colors



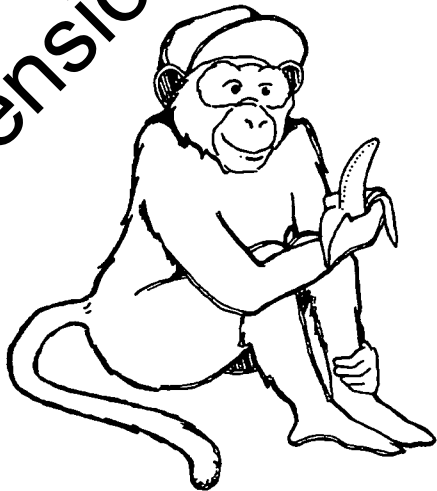
three  's red and three  's blue.



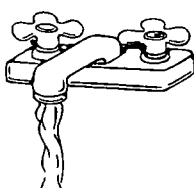
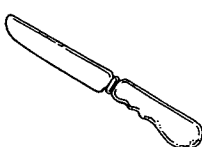


brown.

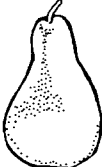

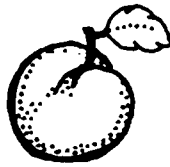


yellow.



# Fruit Kabobs

1. Wash  fruit. Cut   

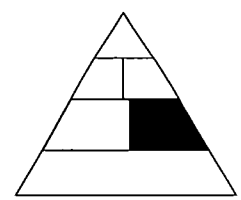
+  +  +  into chunks.

2. Add 1 bunch  + 1 pint 

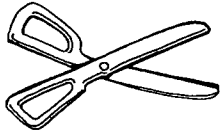
+ 1 pint  or 

3. Spear with big toothpicks 

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Pretest A

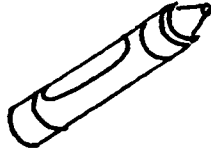


and

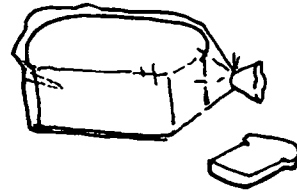
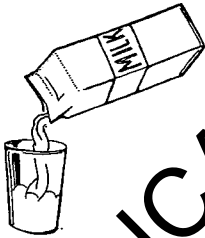
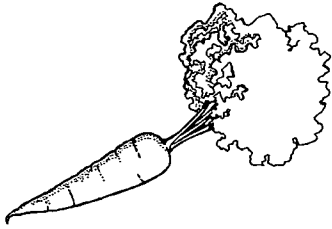


foods in the right food group

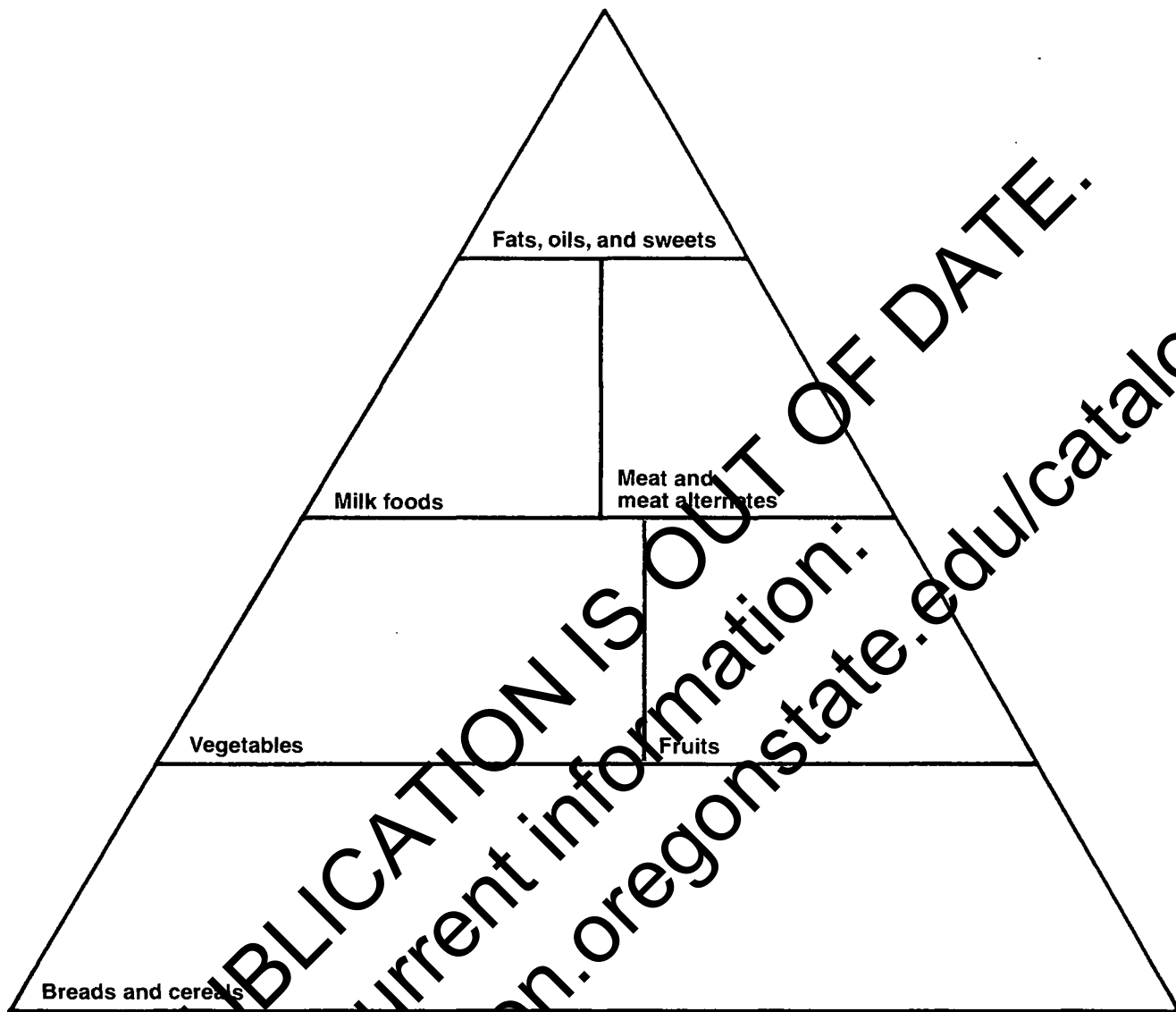
box on page 26.



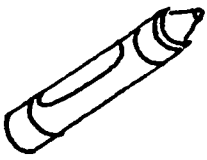
them.



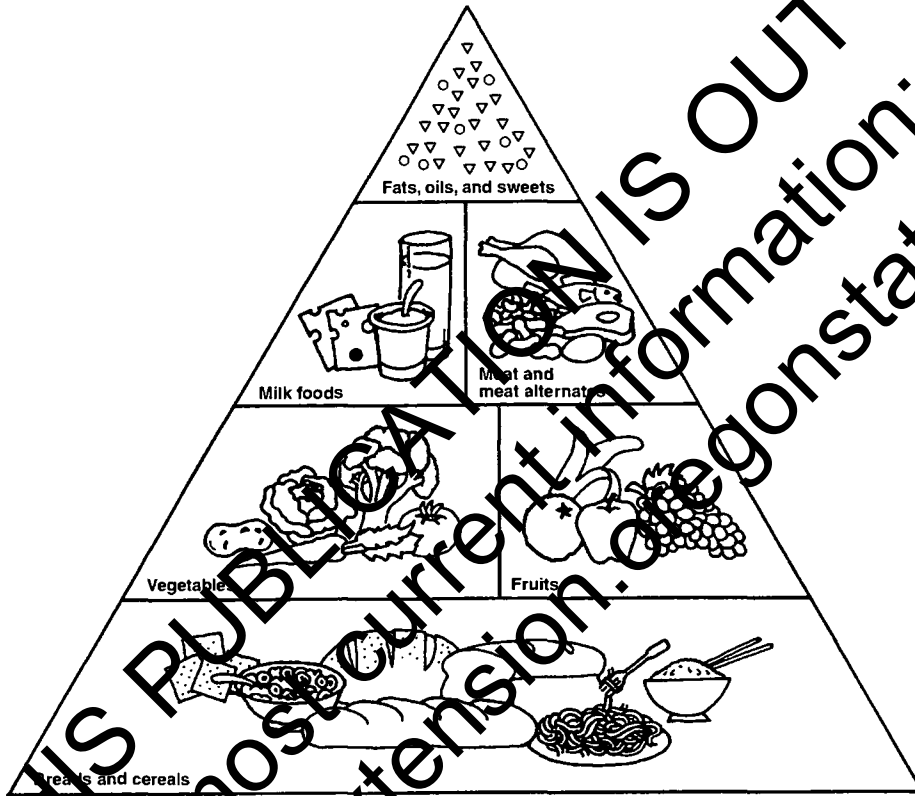
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a line from the food group  
to what it helps.

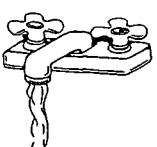





<p>Growth</p>
<p>Fight colds &amp; illness</p>
<p>Healthy eyes</p>
<p>Strong teeth and bones</p>
<p>Healthy blood</p>
<p>Nerves</p>
<p>Energy</p>

# Tacos

1. Cook 1 lb. ground meat in skillet  





2. Heat 1 can  in 

3. Wash  and cut  1  and 

Put in 2  




4. Grate  8 ounces cheese  in 




5. Put  and other foods on table.

6. Put the ground meat +  +  +  + 

+   on a  

# Lemonade

1. Squeeze  a half lemon  into a glass  .

2. Add 2 teaspoons  +  $\frac{1}{3}$  cup  + ice cubes  .

3. Stir  .

**Note:** You can use a half orange  instead of

. Makes 1 serving.

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The Expanded Food and Nutrition Education program (EFNEP) helps limited-income families in Oregon improve their nutrition practices. These include learning to:

- Stretch family food dollars
- Choose foods for better nutrition for family members
- Purchase food for nutritional needs
- Improve food production, preparation, storage, safety, and sanitation

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