CUSTOMIZE YOUR DIET

MEMBER MANUAL

4-H Member's Name:
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CUSTOMIZE YOUR DIET

The main goal of Customize Your Diet is to help you improve your diet. In this project you will be discovering the impact of diet on every phase of your teen lifestyle.

As part of the project, you will be involved in doing the following things:

- Organizing a plan for improving your appearance and personality.
- Organizing a diet plan for your personal weight control.
- Developing a plan for your physical fitness.
- Developing a plan for combating food faddism.

While participating in this project you will be involved in looking at yourself and evaluating changes you would like to make in your looks, personality, weight, and physical fitness. You will also be making plans for the changes and be involved in evaluating the success towards your individual goals.

It is an individualized project in that each member sets goals for what they as individuals want to do in relationship to the four topics. There are numerous suggestions for additional activities beyond the project book. You as a member are encouraged to participate in as many as possible.

At the end of each of the four sections you will be asked to give your goals for that individual section and provide feedback on progress toward the goals. At the end of this project book you will write a 4-H Story to tell your experiences during the course of the year in relationship to the project.

The last pages of this book are an appendix of additional information you might find helpful in working through the lesson topics. It is made up of individual topics on various nutrients and provides additional helpful information. They do not relate to any one topic in Customize Your Diet but can relate to all topics.
Customize your diet for an IN-Look

WHEN OTHERS LOOK AT YOU what do they see?

The custom look that is you depends on:

- Your appearance
- Your actions
- How you respond to others

Here's how to fashion your look. Take one to three STEPS each session.
STEP 1. START WITH WHAT **YOU** HAVE AND ARE.

WHAT YOU SEE
ABOUT YOURSELF

<table>
<thead>
<tr>
<th>What I like best about my</th>
<th>What I must accept about my</th>
<th>What I can and want to change</th>
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<td>Face</td>
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<td>Hair</td>
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<td>Hands and Feet</td>
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<tr>
<td>Body</td>
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</tbody>
</table>

When do you have the most pep?

What can you do best? What do you like to do?

What you dislike about your looks, others may like. Name some "stars" who have big noses, freckles, are tall or short. What makes these people attractive?

WHAT OTHERS SEE ABOUT **YOU**

**Idea** for a session now or later; Let one person sit in a special place. Everyone else writes down two and only two of the person's strong points. Put the papers in a bag and give it to the person. Take turns. Keep the papers secret.
STEP 2. PICTURE WHAT YOU CAN BECOME.

What would you like to work on?

STEP 3. SEE WHAT FOODS ARE GOING FOR YOU

Good looks start on the inside with nutrients from food. Write down all the food you eat for 1 or 2 days. Check your list with a Daily Food Guide (from your Extension Office).

STEP 4. GET IN THE KNOW FOR THE FACE FACTS

Do you agree with these ideas? (Two are false.)

1. Nice skin needs these nutrients from food:
   - proteins
   - carbohydrates
   - fats
   - vitamins such as A and C
   - minerals
   - water
2. Boys usually don't like heavy makeup on girls.
3. Many teenagers have pimples called acne. They usually outgrow them.
4. Keeping your face and hair clean helps prevent acne.
5. Squeezing pimples can spread infection or make scars.

6. Chocolate makes acne worse.
7. Vitamin pills don't clear up acne.
8. Vitamin skin creams are better than plain ones.

All are true except 6 and 8. Cross them out. Acne is not caused by what you eat. Some people are allergic to chocolate or other foods. Vitamins put on the outside can't get inside to help build or repair skin.

Idea: Invite someone to show you how to clean your skin or use makeup.

Idea: Compare labels and price tags of grooming aids. The most expensive may not be the best.
THE HAIR AFFAIR

Look at your hair. Is it attractive with highlights? Does it grow at least \( \frac{1}{4} \)-inch a month? Pull out a hair. Does it resist your pull? That's good. Look for a strong root.

Need to improve?

Proteins, vitamins, and minerals help your hair grow and look nice. Proteins come from milk, meat, eggs, nuts, dried peas and beans, cereal, and bread. Vitamins and minerals come from these foods plus fruits and vegetables. For healthy hair with highlights:

- Massage your scalp often.
- Wash and rinse out all soap (so you can squeak the hair).
- Brush.
- Keep comb and brush clean.

Take care! Permanents, straighteners, bleaches, and tight braiding can weaken hair. Which do you prefer:
- protein shampoo
- regular shampoo
- melted soap scraps
- other

All work well. You can't "feed" hair by putting nutrients on the outside. (Use hot water to completely melt soap scraps.)

TALES ABOUT NAILS—YOURS

Nails, like hair, need proteins and minerals. Some people think certain foods, such as gelatin, are especially good for nails. No one food is. You can get the proteins and minerals you need from many foods in the food guide.

Idea: Invite someone to show you how to fix hair to bring out your best points and to answer special questions.
Check your posture. Is it straight, yet natural enough to carry a book on your head? Good posture starts with a strong bony framework. Strengthen yours with calcium and other minerals from foods such as milk, cheese, and dark greens. Exercise can help your bones keep their minerals.

Practice walking, standing, and sitting. Pretend a string pulls at the top of your head. Good posture looks natural and easy.

**THE TOOTH TRUTH**

How can people on the go keep teeth clean and strong? It takes planning. Get enough calcium and other minerals to help keep teeth hard. Also vitamin C to help keep gums firm. Oranges, grapefruit, tomatoes, and potatoes are some vitamin C foods.

Have you tried?

- Carrying a toothbrush
- Chewing foods like celery to clean teeth

- Going easy on sticky foods and sweets.

**SOMETHING FOR EVERYBODY**

Vitamin A helps keep skin smooth and eyes clear. You can get the amount you need from such foods as carrots, pumpkin, sweet potatoes, dark greens, liver, eggs, and milk. Don't take vitamin A pills unless your doctor tells you to. Too much vitamin A from pills can make you sick.

Don't take vitamin A pills unless your doctor tells you to. Too much vitamin A from pills can make you sick.

Drinking 6-8 glasses of water a day can help your kidneys remove wastes from the inside. This helps your whole body.

Only washing can remove oil and bacteria that cause odor and acne. Spray and perfume don't cover up odor. Use them for that extra touch.
PEP TALK—Put **LIFE** into your looks.

Foods with iron and B vitamins help you get energy from proteins, carbohydrates, and fats. Some of these foods are meat, eggs, breads, and cereals. For a peppier morning, eat breakfast. Find out how much sleep makes you feel the best. Try something new such as growing plants, fixing new foods, fishing, or dancing.

**PERSONALITY Ins AND Outs**

What kind of person do you want to be? Radiant? Fun? Full of pep? You are more likely to be if you are in the best of health. And food affects your health. Did you know all nutrients affect how you feel about yourself and others? Lack of a nutrient can make you grumpy. How does skipping meals affect your mood and actions? What makes a person happy and well-liked? Discuss how you can help each other feel at ease in a group.

**Idea:** Want to know more about manners? Talk with someone whose manners you admire. Discuss why we have certain manners.

**Idea:** Plan a party. Serve foods from the food guide.

**Idea:** Find out what girls look for in boys, or boys in girls. Ask an older friend to discuss dating and personality with you.
STEP 5. CUSTOMIZE YOUR PLAN FOR YOUR IN-Look

1. Many foods have the nutrients you need for good looks. You are more likely to get the nutrients you need if you eat a variety of foods from the four food groups.

On a paper list foods you like from each of these groups. Which of your favorites come from more than one food group? (For example, a cheese sandwich is from the Milk Group and the Bread and Cereal Group.) What “extras” (foods that don’t fit any group) do you like? (For example, gelatin, soft drinks, and candy.)

2. Plan food for several days. Start with the guide. Then add “extras” if you wish.

3. Decide when to eat. To feel peppy and control weight, you need food at the beginning and middle of your day. Not just at the end.


**Idea:** Diets of people your age are often low in some of these: vitamins A and C, riboflavin, thiamine, iron, calcium. Find out how you can include them in your diet.

**Idea:** Want to control weight? Plan sessions about this.
STEP 6. KEEP WORKING TO BECOME WHAT YOU PICTURED

How will you remind yourself about eating, posture, etc.?
Fix nutritious foods for snacks.
Meet often with friends for games, dancing, or exercises. Encourage each other.

STEP 7. PICTURE YOUR PROGRESS

How have your food habits changed?
What has worked well? What needs changing?
What new ideas have you shared?
For example: Marcie's friend worried about his skin. She showed him a paper like this one. She also helped him think more about his friends and less about his skin.
How do you feel about what you have done?
MY GOALS FOR IMPROVING MY APPEARANCE ARE:


MY PLAN OF ACTION FOR IMPLEMENTING THESE GOALS ARE:


PROGRESS TOWARD MY GOALS OF IMPROVING MY APPEARANCE:


You Are Custom Built.

You inherited a possible height and frame. How much of your possible size you reach, depends on what you eat and do. For now, you may feel too tall or short. Many teenagers do because some grow much faster than others.

You may feel clumsy because some parts are growing faster than others. You may want to gain or lose weight. See if you really need to. Here's how. Take one to three STEPS each session.
STEP 1.
Check Out the **BoDy**

What model are you? Sports? Intermediate? Full size? This chart will help you compare your height and weight.

1. Find your age on the bottom of the chart. Draw a heavy line up from your age to the top.
2. Find your height near the top. Mark an X where the line for your height crosses your age line.
3. Find your range of best weights. They depend on your height and build. If you are tall, your best weights are probably in or near the above average zone. If short, in or near the below average zone.
4. Find your weight on the chart. Draw a line from your weight to your age line and make an X.

Is your weight within the range of best weights for your height? See how you grow. Mark this chart again in a few months.
Does heavy mean fat? Not always. Football players are heavy for their height, because they have large muscles.

On the other hand, some lightweight people have too much fat. Like some thin ones who sit instead of using their muscles.

Pinch the skin on the back of your arm like this. If the pinch is wider than this, you may need an overhaul.

Want to lose or gain? Try for about a pound a week. Fast weight loss can be a drag. You might lose more proteins than fat. You might get tired, grumpy, or sick. You would probably gain back the weight you lost. Ugh!

If you need to lose more than 20 pounds; gain more than 15 pounds, you should see a doctor. You may have special needs.

STEP 2. Choose a COURSE and SPEED You Can Drive.

Too heavy? My goal is to lose _____ pounds in _____ weeks. Too light? My goal is to gain _____ pounds in _____ weeks. Just right. My goal is to keep my weight near _____ pounds.

STEP 3. Check Present FUEL SUPPLY and PERFORMANCE

Food gives you nutrients to build, repair and run your body. Rest and exercise affect how you use them to build muscle or fat.

Write down what you eat and do for several days. Don’t forget bites you eat while watching TV and cooking. Use this list in STEP 6.
STEP 5. **SHOP Around Before You ** **DECIDE**

These have been tried. Which would help you gain weight or lose fat?

1. Eating all the meat you want, but not bread.
2. A rolling pin you roll on your tummy.
3. Eating food worth 1,500 Calories

while you use 2,000 Calories.

4. Wearing a plastic suit that makes you sweat.

No. 3. Eating food worth 1,500 Calories while you use 2,000 Calories.

**BEWARE of SHORT CUTS**

You can use these facts to help you judge a plan to lose or gain weight:

1. You still need these nutrients from different foods: proteins, carbohydrates, fats, vitamins, minerals, and water.
2. Losing fat depends on eating food worth less energy than you use.
3. No single food is especially good for losing fat or gaining weight.
4. A good diet helps you form good eating habits that fit your style.

What other plans have you heard about? Would they control weight for a long time? Do they include a variety of nutritious foods?

**What about pills?** Diet pills can upset you or cause bad side effects. Don't take them unless your doctor tells you to.
STEP 6. Adjust **FUEL SUPPLY** and **PERFORMANCE**

Plan to get the nutrients you need. Use a Daily Food Guide from your Extension office. What are the four groups? List foods you like in each one. Compare calories. Calories depend on the amounts of proteins, fats, and carbohydrates in food. On your list mark foods that are higher in calories with an “H”, and those lower with an “L”. (Many foods are in between.) Use these clues:

<table>
<thead>
<tr>
<th>LOWER</th>
<th>HIGHER</th>
</tr>
</thead>
<tbody>
<tr>
<td>watery or juicy, crisp from water for example tomatoes, melons, carrots, green pepper</td>
<td>sweet or gooey, greasy or oily, thick or smooth, crisp from fat for example milkshake, fried chicken, sugar-coated cereal, French fries</td>
</tr>
</tbody>
</table>

Figure about how many calories you get a day. (Use your list from Step 3 and *Calories and Your Weight*, G-153, from your Extension office.)

- Want to gain weight? Add 500 Calories.
- To lose, subtract 500.

Use the list of what you did. Put an “M” by names of activities that take the most energy. “L” by the least. Use these clues:

<table>
<thead>
<tr>
<th>LEAST</th>
<th>MOST</th>
</tr>
</thead>
<tbody>
<tr>
<td>uses small muscles, movements slow or easy for example watching TV, talking, reading (½ hour takes 10-25 Calories)</td>
<td>uses large muscles, movements fast or hard for example playing basketball, dancing fast, running (½ hour takes 100-250 Calories)</td>
</tr>
</tbody>
</table>

How many calories you would use depends on your weight, physical fitness and how much you move around. Choose your activities.

Adjust timing. To feel peppy and control weight, you need food at the beginning and middle of your day. Not just at the end.
To customize, start with 4-4-4-2
This many servings . . . . . . from these groups:

<table>
<thead>
<tr>
<th>Fruit &amp; Vegetable</th>
<th>This plan gives about 1,500 calories. For example here's one plan to get 4-4-4-2 with 1,500 calories:</th>
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<tbody>
<tr>
<td>4</td>
<td>morning noon</td>
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<tr>
<td>1 for Vitamin C</td>
<td>1 fruit or vegetable 1 meat</td>
</tr>
<tr>
<td>1 for Vitamin A</td>
<td>1 bread or cereal 1 fruit or vegetable</td>
</tr>
<tr>
<td>2 others</td>
<td>1 milk 1 bread 1 milk</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Bread and Cereal</th>
<th>afternoon evening</th>
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<tr>
<td>4</td>
<td>1 milk 1 meat</td>
</tr>
<tr>
<td>slices of bread or cups of cereal</td>
<td>1 bread or crackers 2 fruit or vegetable 1 milk</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Milk</th>
<th>To lower calories Use skim milk instead of whole. Eat lower-calorie fruits and vegetables.</th>
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<tbody>
<tr>
<td>4</td>
<td>To raise calories Add more servings from the food guide. Eat higher-calorie foods. Add other foods such as margarine, or sweets.</td>
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<tr>
<td>cups of whole milk or slices cheese</td>
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<table>
<thead>
<tr>
<th>Meat</th>
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<tr>
<td>servings of meat, fish, eggs or dried beans (not fried)</td>
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</table>

Now customize your diet:

<table>
<thead>
<tr>
<th>morning</th>
<th>noon</th>
<th>afternoon</th>
<th>evening</th>
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Did you get the 4-4-4-2?
Each day choose foods and activities to fit your plan.
Idea for more sessions: Diets of people your age are often low in some of these—vitamins A and C, riboflavin, thiamine, iron, calcium. Find out how you can include these in your diet.
Idea: Measure some foods to see the amounts you plan to eat.
STEP 7. Stay in the **RIGHT LANE**

Meet often with friends who are controlling weight. You can help each other. Find out how posture, clothes, or hair-do can change how tall or heavy you look.

Play up your good features, such as nice eyes or a smile.

If you are cutting down . . .

**Picture yourself slimmer.** Find new interests and stay busy. Drink a glass of water before meals to curb hunger. Eat slowly.

**STEP 8. CHECK Your MILEAGE** Every Two Weeks.

<table>
<thead>
<tr>
<th>DATE</th>
<th>HEIGHT</th>
<th>WEIGHT</th>
<th>CHEST/BUST</th>
<th>WAIST</th>
<th>HIPS</th>
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You may gain some weight when spaces left by fat fill with water. Don't worry. The water will soon leave and you'll lose weight. Try to average about 4 pounds loss every 4 weeks.

How have your food habits changed?
What has worked well? What needs changing?
How do you feel about what you have done?

**Give Someone a Lift.**
Angie's friend wanted to lose some fat. Together they figured how he could cut down on food calories.

What lower-calorie snacks could they fix?
What have you learned that you would like to share?
Do you have SST?

Strength for regular activities and emergencies?
Stamina to keep up?
Tone to control your movements and help shape your body?

Here's how to improve fitness. Take one to three STEPS each session.

STEP 1.
Know your body design.

What kind of fitness will you develop? Your body build makes some kinds of fitness easier than others. For example, some people are more fit to play football and others to dance. Is your build like one or more of these? . . .
**Thin and Long**
You can strengthen and tone your muscles, increase stamina, and learn to move quickly and smoothly.

**Broad and Rounded**
You can strengthen and tone your muscles, increase stamina, and become fit for many activities. Extra fat under the skin gives you a rounded look.

**Broad and Muscular**
You tend to have large muscles. But the muscles must be trained to do their best.

Most builds are a mixture of all three. Everyone needs training for physical fitness, not just athletes.

**HOW MUCH OF YOUR POSSIBLE FITNESS WILL YOU DEVELOP? THAT DEPENDS ON YOU—WHAT YOU EAT AND DO.**

**STEP 2.**
**Chart a course you can fly.**

Physical fitness doesn't just happen. It takes planning, work, and time. If you eat, rest, and exercise for fitness, you will see some changes in a few weeks.

What changes would you like to make in:
- **Strength** (Example: Do 25 sit-ups in 1 minute)
- **Stamina** (Example: Run-walk 1½ miles in 12 minutes)
- **Tone** (Example: Trim my waist and stand straight)
- **Fun Skills** (Example: Dribble a ball for 2 minutes)

You may want to try a physical fitness test suggested by your Extension worker. **Always start slowly and work up.**
STEP 3.
Before take-off, check out each part.

Your Framework: Is your posture straight, yet natural enough to carry a book on your head?

Bones depend on all kinds of nutrients: proteins, fats, carbohydrates, vitamins, minerals, and water.

Strong bones are less likely to break. You can strengthen yours with calcium and other minerals from foods such as milk, cheese, and dark greens. Activities such as running, basketball, and pull-ups also help strengthen bones.

* Idea for another session: Practice walking, standing, sitting, and stretching. Invite a model or teacher to show you how to improve.

Power Generators: How many muscles do you have?

less than 200
about 400
more than 600

The body has more than 600 muscles.

Muscles need proteins from foods such as milk, meat, eggs, nuts, dried peas and beans, cereal, and bread. They also need vitamins and minerals from these foods and from fruits and vegetables.

All muscles use energy to move. You can get energy from:

- carbohydrates in bread, cereal, potatoes, and sweets
- fats in meats, nuts, cooking fat, butter, and margarine
- proteins which are not being used for building or repair.

Too much of these nutrients could make you fat.

* Idea: Invite an athlete, model, teacher, or dancer to show you how to develop or firm certain muscles.

Fuel Pump and Oxygen Supply: Sit down to count your heartbeat at your neck or wrist. Then run in one spot for 3 minutes. Rest and count again. Your heartbeat should return to normal within 2 minutes.

Iron helps your blood carry oxygen. It also helps the muscles use oxygen to release energy. Meats, especially heart, liver, and kidneys, have important amounts of iron. So do raisins, wholegrain or enriched bread and cereal, and dark green vegetables.

You can train your heart and lungs to do more work with less effort. Exercise that makes them work harder long enough (without getting too tired) will do this.

* Idea: Invite a coach or teacher to show you how to build up your heart and lungs.

Smoking, air pollution, and some drugs make your heart and lungs work harder to move the same amount of oxygen.
Athletes and teens ask about...

Sweating, cutting down on fluids, or dieting to lose weight fast. These make you lose water your body needs. This can be hard on your heart and make you feel weak. You would soon regain the weight, but you might get sick first.

2 servings of meat, eggs, nuts, or dried peas or beans
4 servings of milk or cheese
4 servings of bread or cereal

While growing fast or in training you may need extra proteins. You can eat one or two extra servings of the foods listed above.

Many athletes think they need more proteins than they really do. Extra proteins are used for energy or changed to body fat. Carbohydrates and fats cost less than proteins.

Some athletes eat steak, but proteins from cheaper meat, milk, and eggs are just as good.

What you eat before a big game. About 3 to 4 hours before the game, eat a meal of nutritious foods. Go easy on fat and on raw fruits and vegetables that stimulate your intestines. Avoid foods such as onions and cabbage if they make gas.

Sweets. You can get enough energy from other foods. Extra sugar seems to help you keep up during long athletic contests, but not short ones.

Extra vitamins. Vitamins don’t give energy. Some vitamins such as thiamine and niacin help release energy from carbohydrates, fats, and proteins. Most people can get enough vitamins from regular food. Don’t take vitamin pills unless your doctor tells you to. Too much of some vitamins from pills can make you sick.

Extra proteins. Most teenagers can get the proteins they need from these:

STEP 4. Customize your plan.

You might use the following GUIDE to help choose food for fitness. Scientists suggest teenagers eat each day:
4 or more servings from the Fruit and Vegetable Group

4 or more servings from the Bread and Cereal Group

4 or more servings from the Milk Group

2 or more servings from the Meat Group

1. List foods you like from each group. Which of your favorite foods come from more than one group? (For example, a cheese sandwich is from both the Milk Group and the Bread Group.)

   What “extras” do you like? These are foods such as gelatin dessert, soft drinks, and candy that don't fit in any group.

2. When will you usually eat? To feel peppy and control weight, you need food at the beginning and middle of your day. Not just at the end.

3. Choose food you might eat for a few days. Start with the GUIDE. Then add “extras” if you wish.

4. What kinds of exercise do you like? Choose those, such as skating, dancing, or basketball, that are vigorous and fun.

   * Idea: Diets of people your age are often low in some of these: Vitamins A and C, riboflavin, thiamine, iron, calcium. Find out how you can include them in your list.

   * Idea: Ask a dietician or home economist to answer questions about diets during training.

STEP 5. Check your position each week.

Try some of these to see changes in:

- **STRENGTH**

<table>
<thead>
<tr>
<th>WEEK</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
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<tbody>
<tr>
<td>Number of situps in one minute</td>
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<td></td>
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<tr>
<td>Number of pushups in one minute</td>
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<td></td>
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<tr>
<td>Distance you jump</td>
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<tr>
<td>Distance you throw a ball</td>
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</tbody>
</table>
• STAMINA

Week 1 See how far you can walk and run in 3 minutes. Check the distance with a car or by blocks. I went _____ mile. Practice during the week.

Week 2 Walk and run for 6 minutes. I went _____ mile.

Week 3 Walk and run for 9 minutes. I went _____ miles.

Weeks 4, 5, and 6
Go 12 minutes. Then check the chart below.
I went _____ miles
_____ miles
_____ miles

Girls
Poor less than 1.1 miles
Fair 1.2 - 1.3
Good 1.4 - 1.6
Great! more than 1.6

Boys
Poor less than 1.3 miles
Fair 1.3 - 1.4
Good 1.5 - 1.7
Great! more than 1.7

• TONE

<table>
<thead>
<tr>
<th>WEEK</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Size of Waist</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Size of Hips</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Size of Chest or Bust</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

STEP 6.
Keep on course.
Do a vigorous activity at least five times a week. Work up slowly so you won’t get too tired. Warm up and cool off with less vigorous activities.
Fix nutritious snacks such as Lasses Cooler: Stir 2 tablespoons of molasses into 1 cup cold milk.
Check what you eat with a food guide.
Meet often with friends for games or dancing.

STEP 7.
Have a happy landing.
How have your food habits and exercise changed? How do you feel?
How do you feel about these changes?
What other changes would you like to make?
What fun skills have you improved?
customize your diet—are food fads in TUNE with your STYLE?

How can I choose the foods I need? Foods change.
How can I know what is true? Ideas change.
How can I find the diet for me? I change.

To create your food style, take one to three STEPS each session.
STEP 1. Let What You Want Set the BEAT

Everyone has a different food style. Most of us eat foods we like. What else influences when, where, and what you eat?

Number these from 1 to 9, starting with the one most important to you. I want food that:

- helps me look and feel good
- expresses my style
- reminds me of home
- impresses others
- is like what my friends eat
- is clean and safe
- tastes good to me
- is easy to fix
- gives a lot for the money
- or

Do you want to keep your food style or change? Discuss what you would like to do. You might want to:

Eat food that tastes good and would help you feel good.

Try new foods.

Compare cost and nutrition of different foods.

Find out more about the newest food or diet.

STEP 2. Make NOTES About Your Food Now.

On other paper keep track of what you eat for several days. Save this list for STEP 4.
STEP 3. **PLUG**
Into the Facts and Look at Your Choices.

Use these facts to compare diets.

- **Food can give enough nutrients to build, repair, and run your body.** You need proteins, fats, carbohydrates, vitamins, minerals, and water.
- **All people need different amounts of the same nutrients.** Teenagers need more calcium than most adults because their bones are still growing.
- **To get the nutrients you need, eat a variety of foods.** People who like many fruits and vegetables usually get more vitamins than those who eat just a few.
- **Nutrients must be teamed to do their work.** Vitamin D helps the body use calcium.

Compare these three ways to plan a diet, then see box below.

1. **Daily Food Guide — Scientists suggest teenagers eat each day:**
   - 4 servings of Fruit and Vegetables
   - 4 servings of Bread and Cereal
   - 4 servings from the Milk Group
   - 2 servings from the Meat Group

2. **Zen macrobiotic — There are ten stages.** Each has fewer foods. The early stages are fairly good, except for not enough fluids. On the last stage you eat only rice.

3. **Vegetarian — You eat fruit, vegetables, grains, and nuts.** Some vegetarians also eat milk and eggs.

---

1. This guide gives many choices.
2. The later stages are so low in vitamin B12 and other B vitamins, some people have got trouble.
3. Without animal foods, lack of fluids can cause kidney trouble.

What other diets are popular in your area? Would they give you the nutrients you need?—Are they costly? Do they taste good?
TuNE in for Answers to Today's Questions.

Is our food grown on worn-out soil? A carrot has carrot nutrients whether it grows in rich or poor soil. But rich soil produces more food.

Is our food full of chemicals? All foods are made of chemicals. Many chemicals added to foods are the same as some made by Nature.

What about additives? Additives are things added to food after it is grown and before it is eaten. People question some additives used now. New additives can't be used in food until scientists show they are safe. Which of these additives do you put into food?

- salt or sugar
- flavoring
- food coloring
- BHT, to help keep fat from getting rancid

Idea for now or later: Look at labels on food to see what additives they contain.

Is our food safe? The Pure Food and Drug Law says that a food can’t go from one state to another if it:

- Has a misleading label (example: a picture showing more meat than is included)
- Is filthy or dirty
- Has pest killer that might be dangerous
- Has too much or too many additives.

Most states also have laws to protect food. Inspectors check samples of food to see that it meets these laws.

Is fresh food better than canned or frozen? Small amounts of nutrients are lost when food is cooked, canned, or frozen. But most factories freeze or can food fast, right after picking. These foods keep more vitamins than fresh foods that sit around.

Save up to one-third the vitamins and minerals by using the liquid from canned foods.

- geraniol
- acetaldehyde
- citric acid
- pectins
- malic acid
Is the **OLD WAY** better?

Some people prefer less-processed food, similar to food eaten many years ago. Discuss the nutrients and cleanliness of these.

**Whole wheat flour and enriched white flour**

Whole wheat flour has bran which contains vitamins and minerals. Enriched white flour has no bran, but has added thiamine, niacin, riboflavin, and iron. Flour sold from open sacks or barrels can collect bacteria, viruses, or molds that make you sick.

**Raw milk and pasteurized**

There is no important difference in nutrients. But pasteurized milk has been heated to kill bacteria that could make you sick.

**"Natural" cereal (granola) and others**

Compare amounts of proteins, B vitamins, and iron with cost. With calories.

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Cost</th>
<th>Calories</th>
<th>Proteins</th>
<th>Thiamine</th>
<th>Niacin</th>
<th>Iron</th>
</tr>
</thead>
<tbody>
<tr>
<td>granola—¼ cup</td>
<td>3½¢</td>
<td>138</td>
<td>3 gm.</td>
<td>.09 mg.</td>
<td>.7 mg.</td>
<td>.9 mg.</td>
</tr>
<tr>
<td>corn flakes—1 cup</td>
<td>2½¢</td>
<td>98</td>
<td>2 gm.</td>
<td>.30 mg.</td>
<td>3.0 mg.</td>
<td>.6 mg.</td>
</tr>
<tr>
<td>cooked oatmeal—¾ cup</td>
<td>1½¢</td>
<td>87</td>
<td>3 gm.</td>
<td>.13 mg.</td>
<td>.1 mg.</td>
<td>.9 mg.</td>
</tr>
</tbody>
</table>

(These amounts of nutrients are 3 to 20 percent of the daily amounts recommended for teenagers.)

We used this recipe to get the figures for granola:

- 4 cups oatmeal
- ½ cup raisins
- ½ cup peanuts
- ½ cup honey
- ½ cup oil.

Some people use less oil, and add coconut. Granola with seeds, coconut, or other nuts may cost more.
How Do I Know If It's **FACT** or **FAD**?

Want to Lose? **try DR. CLARK'S MIRACLE DISCOVERY**

Hidden inside rose petals are powerful vitamins. Vitamins you don't get at the grocery store. Vitamins that will attack fat and give you new energy. Let these amazing pills help you, as they have helped this famous doctor's patients. Lose weight and feel better in just seven days or your money back!

No one has yet discovered special vitamins in roses. Vitamins don't "attack fat" or give energy. Some, such as thiamine or niacin, help release energy from proteins, fats, and carbohydrates. Most people can get enough vitamins from regular food.

You can get too much of some vitamins from pills. Take them only if your doctor tells you to. Some people make money selling false or partly true ideas. So far, laws against this have been hard to enforce.

Here are some clues to fads and misleading claims:

- Claims that regular food isn’t good enough.
- Catchy words like "the natural way" or "scientific discovery."
- Claims of a "new secret" or "Miracle".
- Words that sound scientific.
- Claims by someone that it helped him.
- Big promises.

How many examples can you find in the ad above?

🎶 **Idea:** Look for examples of fads in a Sunday newspaper.

Here are places to get scientific answers to your questions:

- Your Extension office
- Your health department
- Your hospital or clinic.

🎶 **Idea:** Invite a dietitian or home economist to answer questions about diets or food products.
STEP 4. Make Your Own Kind of Music

Use the list you made in STEP 2. Why did you eat each food?
Put a dot by your favorites.
Use a food guide to check what you ate.
Which foods could you leave out? Add?

Think about when you eat. To have pep and control your weight, you need nutrients at the beginning and middle of your day. Not just at the end.
Plan changes you want to make. Plan what you might eat for several days and when.

♫ Idea: Diets of young people are often low in some of these: vitamins A and C, riboflavin, thiamine, iron, calcium. Find out how you can include these in your diet.

♫ Idea: Plan a party. Serve foods high in these nutrients. You might set out bread, peanut butter, and sliced fruit or vegetables. See what wacky sandwiches friends invent. Or try a new kind of milkshake.
STEP 5. Keep Up with Your Music

Now that you have made a plan, how will you carry it out?

STEP 6. Play It Back. Was It a Hit?

How have your food habits changed? What new facts or ideas have you shared? For example, Lynn's friend decided to eat only meat, eggs, and cheese. They discussed the reasons for the decision. Lynn showed him a paper like this. Then they called the Extension office to find out more.

What has worked best? What needs changing now? How do you feel about what you have done?
MY 4-H STORY

Considering the goals you made for yourself during the past year, write a story telling your progress and the ways you have grown through participation in this project.
THE NUTRIENT PACK

The Nutrient Pack is composed of nine topics related to nutrients and nutrition. They are to be used as additional information to support the Customize Your Diet four main topics.
How does Vitamin A affect YOUR driving?

After you meet a car at night, Vitamin A helps your eyes adjust to dim light. Lack of Vitamin A can make the road look like this.

You also need Vitamin A for growth smooth skin.

color is a clue. Your body can make Vitamin A from yellow coloring matter in these fruits and vegetables.

deep yellow
cantaloupe (muskmelon) carrots pumpkin sweet potatoes yellow squash
dark green leafy
collards kale mustard greens spinach turnip greens

Liver and some red peppers give large amounts of Vitamin A. Your body also can get Vitamin A from apricots, broccoli, milk, cheese, eggs, butter, and fortified margarine.
What's your score?

Make a rough guess of the amount of Vitamin A you got last week. Give yourself the following points:

Score one point for each half cup deep yellow or dark green leafy vegetable or fruit

Count three points for a serving of liver

Last week, did you have at least three servings of these fruits and vegetables ... OR one serving of liver?

Now add one point for the week if you had some of these every day.

Give yourself another point if you had a tablespoon of red hot chilli peppers.

If you got four or more points for the week, you probably got the amount of Vitamin A that scientists recommend for teenagers.
Think of foods you might eat to get the recommended amount of Vitamin A this week.
Can You get too much VITAMIN A?

Yes, but not from regular food. Some people took so much Vitamin A or Vitamin D, they got very sick. Your body can't get rid of excess Vitamin A, D, E, or K. Take Vitamin pills only if your doctor tells you to.

How about a party?

Fix some new Vitamin A foods for your family and friends. You might try sweet potato pie or pumpkin bread. Dunk carrot sticks in a cheese dip or melt cheese in hot greens.

Freeze any cooked vegetables you want to keep more than a few days. This keeps bacteria from growing in them.

Have a garden? Always can vegetables (except tomatoes) in a pressure canner. This kills bacteria that might cause botulism (a serious food poisoning).
B vitamins

Do vitamins affect your feelings?

Yes, they do! All nutrients affect how you feel about yourself and others. People who need more of a B vitamin may feel grumpy.

This is for the birds and people.

A doctor noticed that some pigeons ate mainly white rice. They became nervous, lost appetite, and walked with a limp. When they ate rice hulls, they got better. The hulls had B vitamins birds and people need for healthy nerves and appetite.

Why so many B vitamins?

Scientists first thought all B vitamins were the same. Then they discovered each of the following:

- thiamine (vitamin B₁)
- niacin
- riboflavin (vitamin B₂)
- pyridoxine (vitamin B₆)
- folic acid
- pantothenic acid
- cobalamin (vitamin B₁₂)
- biotin

Each of the above B vitamins does different work. Which ones have you heard about before?

Where do you get them?

Many foods have some B vitamins. Milk, cheese, meat, and eggs have riboflavin. Liver, greens, beef, and whole wheat have folic acid. You are more likely to get the B vitamins you need if you eat a variety of food from the food guide every day.
Join the rescue squad.
B vitamins dissolve in water. You will lose some if you throw away cooking water.
- Cook rice so no water is left.
- Don't rinse macaroni or noodles.
- Cook vegetables in a small amount of water.
- Use liquid from cooked and canned foods in soups, gravy, gelatin, or drinks.

What's in it for you?
The label on food must tell if nutrients have been added. The list of ingredients starts with the largest one by weight.

ENRICHED WHITE BREAD
Ingredients: white flour, water, sugar, yeast, salt, niacin, iron, riboflavin (vitamin B1), thiamine (vitamin B1).

Enriched bread and flour means B vitamins and iron have been added. Some of these nutrients were lost when the hulls were removed from grain to make white flour. Bread has more flour than any other ingredient.
Vitamin C
(Ascorbic Acid)

Coming unglued?

Of course not! Vitamin C helps your body make a network to hold its millions of cells together.

Three hundred years ago many sailors didn't eat fruits or vegetables while at sea. Their bodies were so low on vitamin C, some got scurvy, a disease. Their wounds didn't heal, and sometimes their gums bled and their teeth fell out. You probably don't have scurvy. But do you get enough vitamin C from food?

One or two servings of these foods would give you the amount of vitamin C recommended for teenagers. Which are your favorites? Oranges—grapefruit—cantaloupe (muskmelon)—strawberries—peppers—broccoli—Brussels sprouts—dark leafy greens—tangerines—watermelon—cauliflower—guava—papayas.

Cabbage, potatoes, sweet potatoes, and tomatoes also give you vitamin C.

Which vitamin C food did you have yesterday? Choose some you might eat this week.

Your body doesn't store vitamin C. Eat at least one of these foods each day.
What would you do?

Suppose you are making popcorn balls to sell all over the United States. Iron is added to some foods. Should you add iron to the popcorn balls?

Before you decide, consider this:

Most nutrition scientists think a nutrient should be added only if:

- Many people need more of the nutrient.
- Many people eat the food often.
- This would not give people too much of the nutrient from foods they usually eat.

So far, scientists have approved adding:

- vitamin D to milk
- vitamin A to margarine
- iodine to salt
- iron and some B vitamins to white flour and bread.

A mineral that makes paint red also makes blood red.

IRON HELPS . . .

- blood carry oxygen to where it is needed.
- muscles release energy.

Many young men and women need more iron than they get. Teenagers need extra iron for making new blood and muscle as they grow.
Getting enough iron can be a puzzle. It takes planning. These foods have about the same amount of iron. Did you have some yesterday?

Which will you eat tomorrow?

- 3 slices enriched bread 180 Calories
- ½ cup baked beans 130 Calories
- ½ cup of cooked spinach 20 Calories
- 2 eggs 160 Calories
- beef or pork the size of a small hamburger patty 160 Calories
- 1 cup cooked oatmeal 130 Calories
- ½ cup peanut butter 470 Calories
- 2 teaspoons dark molasses 30 Calories

Watching your weight?

Iron comes in foods both high and low in calories.

When fixing for friends or family...

Wash your hands after touching raw meat or eggs.

Keep meats hot or cold. Bacteria grow easily at room temperature.

Freeze sandwiches to keep them cold and safe for lunches and picnics.

Freeze cooked meat or soup if you want to keep them more than a few days.

Keep food safe.
Gravity affects BONES? Yes.

Calcium and other minerals are always coming and going from your bones. Gravity and being active help keep minerals in your bones.

Gravity is no problem unless you travel in space. But you may need more activity if you spend most of your time sitting around.

Many things affect how your body uses calcium.

Have you seen RDA?

Scientists use research to suggest how much of a nutrient you need. The amount is called Recommended Dietary Allowance or RDA. Look for these letters on the label of a food such as cereal.

Many young people do not get the RDA for calcium. Teenagers need more calcium than adults to strengthen their growing bones.

If you are: • growing fast
• upset for a long time
• recovering from illness or injury,
you need even more calcium.
If you eat 4 servings a day of foods high in calcium, you will probably get the RDA for calcium for teenagers. Which of these good sources of calcium did you have yesterday?

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup skim milk</td>
<td>90</td>
</tr>
<tr>
<td>1 large slice cheese about 3½ inches square, ¼ inch thick</td>
<td>170</td>
</tr>
<tr>
<td>1 cup whole milk</td>
<td>160</td>
</tr>
<tr>
<td>1½ cups ice cream</td>
<td>360</td>
</tr>
<tr>
<td>½ cup tuna or salmon with soft bones</td>
<td>220-300</td>
</tr>
</tbody>
</table>

The above foods have about the same amount of calcium. How do they compare in calories? Foods made with lots of milk or cheese are good sources of calcium. Dark leafy greens can be too. What calcium foods will you have today?

Calcium Carnival

See how many foods, made from those above, you and your friends can think up. For example:
- molasses milkshake
- peach ice cream
- cheese tacos
- peppermint pudding
- cream of corn soup
- cheeze pizza

Fix some for friends and family.

Keep puddings, custards, cream pies, and whipped cream desserts cold. Bacteria that could make you sick grow easily in these foods.
A piece of a penny like this...

...would weigh about as much as the copper in your body. Your body needs that tiny amount of copper for making red blood cells and doing other jobs.

Some other minerals you need in tiny amounts are zinc, iodine, and cobalt.

Help stamp out the rumor...

...that minerals are gone from the soil. So far only iodine has seemed to be low in some soils. This was caused by Nature, not farming.

Some soils have more minerals than others. Since most of us eat foods grown in many places, we have a good chance of getting the “mini” minerals we need.

Shake around this idea with friends and family.

Iodine is sometimes added to salt because some people need more than they can get from food where they live. Iodine helps the thyroid gland (in your neck) control your energy output. If you don’t get enough you may develop an enlarged thyroid.

Just ¼ teaspoon of iodized salt a day has the amount of iodine recommended by scientists. Or, you can get this mineral from seafood.

Why can’t scientists make a pill we could live on?
Scientists don’t know exactly how much of nutrients we need. Or even if all the minerals have been discovered yet.

You are likely to get the minerals and other nutrients you need when you eat a variety of foods. Besides—food is more fun!

**Waste is OUT—Conserve is IN.**

Minerals and some vitamins dissolve in water. Cook vegetables in a small amount of water so you won’t have to drain them.

Up to one third of the vitamins and minerals in canned foods are in the liquid. Use it in soup, gravy, gelatin, or juice.

---

**What new and interesting foods have you tried lately?**

- Fruits and vegetables?
- Meats?
- Breads and cereals?
- Milk products?

You are more likely to get enough minerals if you eat different foods from each group.
What's one nutrient that is taken for granted? WATER.

It makes up most of your body and the food you eat.

Many people don't get enough water. Lack of water makes you feel bad much faster than lack of any other nutrient.

There are two ways to get low on water:

**Losing water fast** as in crash dieting or some illnesses. This makes cells in your body shrink. You may be weaker and have slower reflexes than usual. Some people have become very sick from losing water fast.

**Not drinking enough water.** You may have kidney or bowel trouble because the body can't get rid of wastes as it should.
Is the water you see, the water you get?

Not all of it. Scientists recommend you drink at least 6 to 8 glasses of water a day. In addition, your body produces some water as you use energy. The rest comes from food.

What are some advantages of drinking plain water instead of flavored water such as soft drinks, coffee, and tea? Discuss convenience, cost, and calories.

How much water did you drink yesterday? If you need more, how can you remember to get it?

How much water from a fountain makes a glassful? To make a rough guess, count how many swallows you get from a glass.

How could you help young children learn to drink plain water often?

Offer it to them and let them see you drinking it.
Nutrition and Pregnancy

It's never too early! Now is the time for a girl to prepare her body for having a baby. Even if she doesn't expect to have one for years, her body is getting ready for this important job.

You are more likely to feel good and have a healthy baby if you eat a good diet before and during pregnancy.

Where does an unborn baby get food? It gets nutrients from the mother's food and from her body. A mother who gets enough nutrients before pregnancy is more likely to have a good supply. During pregnancy she needs to get enough for herself and to replace what the baby takes.

How do nutrients get into the baby? They go from the mother through the cord to the baby's navel. Other things a mother takes, such as alcohol and some drugs, can go to the baby and may hurt it. Take drugs, even aspirin, only if your doctor tells you to.

What's different about teenage pregnancy? A teenager needs extra nutrients for her own development as well as the baby's. If you are a pregnant teenager, be very careful about your diet. Your body isn't ready for the extra job of having a baby.
Should a pregnant woman "eat for two"?
Yes, but not for two people her size.

Why are the recommended number of milk group servings different for the following people?

<table>
<thead>
<tr>
<th>Adult</th>
<th>Teenage</th>
<th>Pregnant</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 or more</td>
<td>4 or more</td>
<td>1 extra</td>
</tr>
<tr>
<td>servings</td>
<td>servings</td>
<td>serving</td>
</tr>
</tbody>
</table>

When you are pregnant or growing fast, you need extra proteins, calcium, and vitamin A for building bones, muscles, and other tissues. Milk has these nutrients. Calcium tablets don't replace milk.

Pregnant women need more of other nutrients, too, such as folic acid (a B vitamin). You are more likely to get them if you eat the recommended number of servings from the food guide and a variety of foods in each group.

How much weight should you gain? That depends on your needs. Your doctor will advise you. You and the baby are more likely to be all right if you gain the right amount.

Do pregnant women crave ice cream and pickles?
A pregnant woman may want to eat lots of a certain food, starch, or clay. Cravings are caused by upsets in her body or feelings. If you eat a good diet before and during pregnancy, you probably won't crave something special.

You are more likely to have a healthy baby and feel good if you keep appointments and do what the doctor says. Each pregnancy is different. So follow your doctor's advice, not friends' suggestions.

For more information, contact your local Health Department or Cooperative Extension Service office.

Prepared by Dr. Mary Jean Baker in collaboration with Dr. Evelyn H. Johnson, Dr. Rhonwyn Lowry, and Jean Brand, with consultation of a committee of county and State Extension workers.

nutrition and drugs

Turn on to Life!

Friends
Nutrients
Enjoyment
Exercise
Rest
Curiosity

What other things help you turn on to life?

What do drugs have to do with nutrition? Drugs are chemicals that change the normal way your body works. They all affect the way your body uses nutrients.

- Drugs may keep some nutrients from doing their jobs. Women who take birth control pills may need extra vitamin B12. Check with your doctor.

- Drugs may make you want to eat more or less. Amphetamines ("uppers") may make you nervous and ruin your appetite.

- Drugs may make you more or less active. Caffeine from coffee can make you jumpy.

- They may affect your ability to think about what you eat. People on heroin often don't care whether they eat.

Aspirin ties up some nutrients so they can't be used.
Turn off Life
and on to Drugs?
Why?

Some people take too many drugs because they are trying to escape from loneliness or fear. What other things do they try to run away from?

Others try drugs because someone else does. How might they better deal with their problems?

How do you keep from getting hung up on drugs?

Take drugs only if a doctor tells you to.

Go easy on coffee, tobacco, and alcohol.

Throw away old medicine. Be sure children can't find it.

Accept food and drinks only from people you can trust.

Talk over problems and seek help for them.

Where can you find out more?

Ask about nutrition, diets, or weight control at your Cooperative Extension Service.

Your health department has information about drugs and nutrition.

A doctor, nurse, or clinic worker will answer questions about drugs or nutrition.

What other things would you suggest? How can you help others avoid the big hang-up?
4-H PLEDGE:

My head to clearer thinking;
My heart to greater loyalty;
My hands to larger service; and
My health to better living for
My club, my community, and my country.

4-H MOTTO:

"To make the best better"
This publication was promulgated at an annual cost of $459.20, or 23 cents per copy, to be used in the nutrition education programs of Florida 4-H. 8-2M-80