MEMBER'S MANUAL

Expanded Food & Nutrition Education Program

Florida Cooperative Extension Service
Institute of Food & Agricultural Sciences
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Dear 4-h'er,

Welcome to **Design Your Diet**. I'm Al E. Gator. This project will introduce you to my friends: Water, Protein, Carbohydrates, Fats, Vitamins and Minerals. As a group they are called Nutrients. Together we will learn about the many ways they work together as a team. We need these Nutrients to grow and develop into healthy, happy adults.

Each of the lessons talks about one nutrient. They include:
- a list of what each nutrient does for you,
- the foods containing each nutrient,
- a game to help you remember where to find each nutrient,
- a daily menu including the specific nutrient,
- a page just for you to design your own diet using each nutrient.

Your group leader will work with you on each lesson. At some group meetings, you might prepare some food recipes.

We hope you will share the information you learn at each meeting with your family and friends. It is important that you tell them what you are learning.

At the end of the lessons there is a tie-up page where you will be able to design your own special diet for a whole day. This diet will be how you plan to use each nutrient, and can include your favorite foods.

As a member of 4-H, you are enrolled in the world's largest youth organization. The 4-H motto is "learning by doing," and that is what this whole project is about. When you have completed this project, there are lots of others to choose from. This can be the beginning of many new adventures in learning how to eat better.

Your friend,

Al E. Gator
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Design Your Diet

This 4-H food-nutrition unit is to help you learn to:
- understand the role of each nutrient in your diet.
- recognize foods containing each nutrient
- design your diet with nutritious foods
WATER

IS THE MOST IMPORTANT NUTRIENT FOR LIFE
WHAT WATER DOES FOR YOU:

- Builds new cells.

- Helps digest the foods you eat. It softens the food, making it easy to swallow. This also makes it easy for the food to enter your stomach.

- Helps get rid of wastes.*

- Keeps your body temperature normal (98.6°F is average).**

- Helps get nutrients to all parts of your body.

* Your kidneys are responsible for taking unneeded liquids out of your body. Water helps the kidneys do this job properly.

** When you are too hot, you sweat. In the cold weather you can see vapor coming from your mouth when you exhale. This really happens all the time, but you can only see it in the winter because of the low temperatures.
**Something FUN for you to do:**

**PUZZLE:** Fill in the blanks to the puzzle by answering the questions below.

**ACROSS:**
1. A type of food found in the ground
4. One type of food picked from trees
6. Usually drunk in the winter; ___ chocolate
7. A liquid that is heated and eaten with a spoon
8. Usually drunk in the summer; ___ ___ ade
9. Is eaten with cereal or drunk by itself

**DOWN:**
2. Comes from fruits; usually drunk at breakfast
3. A large green fruit that is eaten in the summer; water ___ ___
5. Comes from the faucet

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**YOU CAN EAT AND DRINK WATER**

- Drink 5-6 glasses every day.
- Drink beverages such as: milk, juice, and hot chocolate.
- Eat foods that are high in water, such as: soups, and juicy fruits and vegetables.

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**Answers to Puzzles:**


WATER in my DIET

Circle the best food sources for Water.

**BREAKFAST**
- Orange Juice
- Cereal and Milk
- Buttered Toast
- Milk

**LUNCH**
- Peanut Butter Sandwich (on Whole Wheat Bread)
- Cold Vegetable Soup*
- Milk
- Apple

**DINNER**
- Baked Fish*
- Broccoli
- Cheese Grits*
- Celery Sticks
- Lemonade
- Yogurt with Sliced Fruit

* To learn how to make this dish, turn to the Recipes section.

WHAT WATER DOES FOR ME:

**Water** helps me build new ___________.

**Water** keeps my temperature at ___________.

**Water** helps me ___________ my food by making it easier to swallow.

I need ______ servings of Water each day.

Answers to WHAT WATER DOES FOR ME: calls 98.6 degrees, Digest 5-6
WHAT **PROTEIN** DOES FOR YOU:

- Is necessary for growth, upkeep, and repair of your body.*
- Fights disease and infection.
- Makes red blood cells.
- Controls your water balance.
- Can be used as energy.**

* For example, when you cut yourself, protein repairs the cut.

** When you don't eat enough carbohydrates or fats, protein is used for energy. A balanced diet includes just enough protein, carbohydrates, and fats. When you eat more protein than you need, it is used as energy or stored as fat. Eating too much protein is a waste.

**When is protein used as energy?**

1. When you don't eat enough carbohydrate or fat foods.
2. When you eat too many protein foods.

**How much should I eat?**

Choose 2 servings of protein-rich foods every day.

**How much is a serving?**

I'M A SERVING!

I'M A SERVING!

I'M A SERVING!

I'M A SERVING!
WORD SCRABBLE: The words below are foods high in protein. Rearrange the letters to spell the foods.

HBURRGEAM
BEFE
HICCKNE
EPATUNS
MHA
ISHF
ROSAT
KETURY
SEECEHE
GGSE
SNEAB
MKLI

Answers to WORD SCRABBLE: hamburger, beet, chicken, peanuts, ham, fish.
PROTEIN in my DIET
Circle the best food sources for Protein.

BREAKFAST
- Melon
- Egg Salad Sandwich*
- Milk
- Bean Soup
- Waldorf Salad*
- Crackers
- Milk
- Ice Cream

LUNCH
- Baked Chicken
- Turnip Greens
- Rice
- Sliced Tomatoes
- Corn Muffin
- Butter
- Fruit Cocktail Shake*

DINNER

*To learn how to make this dish, turn to the Recipes section.

WHAT PROTEIN DOES FOR ME:
Protein makes red_________cells.
Protein helps fight_________and_________.
Protein is necessary for_________，_________，and_________of my body.
I need to eat_____servings of Protein rich foods each day.
You can write or draw on me!
Use more fruits, vegetables, breads and cereals, and less of the others.
WHAT **CARBOHYDRATES** DO FOR YOU:

- Number 1 source of energy and heat.
- Allow protein to repair tissues and build new ones.
- Supply roughage (fiber) to help get rid of wastes.
- Help body use fats properly.

**Carbohydrates** give me energy to play, work, and study. I wonder what foods are carbohydrates.

Oh Al, there are lots of foods containing carbohydrates! All fruits and vegetables, all breads and cereals, and of course, honey, sugar, jam, and jelly.

Wow, carbohydrates can be found in many kinds of food! But aren't fruits, vegetables, breads, and cereals the best sources?

Yes, you should choose your carbohydrate foods that also have lots of vitamins and minerals. And use less honey, sugar, jam, and jelly.

**REMEMBER** TO EAT A **VARIETY** OF FOODS!
WORD SEARCHERS: Hidden among the letters are carbohydrate foods. Use the list given below to find these foods.

List: (across) sugar, bananas, peas, honey, apples, rice, cereal
      (down) fruits, potatoes, oranges, raisins, corn, jam, grits, beans, jelly

ABGCJDHONEYEBFGH
CEREAALIKLMPEN
O0IPOQRSTUVWAYYP
RZTABCDOREFGRNHIO
NJSUGARKLFSMSJOT
PQRSTUAVIWRICEXA
YZBANANASAUBCLUDT
EFGHIJKILIMNLOO
PQRSTUENVNYTYYZE
BAPPLESCDSEFGHS
# Carbohydrates in My Diet

Circle the best food sources for Carbohydrates.

## Breakfast
- Apple
- Oatmeal and Cinnamon
- Biscuits
- Margarine and Jelly
- Milk

## Lunch
- Grilled Cheese Sandwich
- Cole Slaw
- Fruit Flavored Milk Drink*
- Banana-on-a-Stick*

## Dinner
- Beef Vegetable Stew
- Tossed Green Salad
- Rolls
- Margarine
- Ice Cream and Strawberries

* To learn how to make this dish, turn to the Recipes section.

What Carbohydrates Do For Me:

- Carbohydrates are the number_____source of energy and heat for me.
- Carbohydrates allow _______ to _________ damaged tissues and build new ones.
- Carbohydrates supply _______ to help get rid of wastes.

Answers to What Carbohydrates Do For Me: One, Protein, Repair, Ruggage
You can write or draw on me!
DESIGN YOUR DIET WITH JUST ENOUGH

FATS

Shortening

Oil

Butter

Cream

Margarine

Salad Dressing

Mayonnaise

Bacon
WHAT FATS DO FOR YOU:

- Give energy to your body.
- Carry vitamins A, D, E, and K in your blood.
- Help keep your body temperature normal (98.6° F).
- Protect vital organs such as the heart, liver, and kidneys.
- Help you have smooth skin.
- Help you feel fuller longer.*

*Digestion of Fats takes place in your small intestine. You will feel fuller longer because the foods containing Fats have a longer path to follow until they are digested.

What happens when you eat too much Fat?

You'll get fat, so eat just a little.

Can you give me an example?

Sure, butter your toast with one teaspoon instead of two.

Don't be a bore! Have a variety of sources in your diet.

One Serving

<table>
<thead>
<tr>
<th>CREAM</th>
<th>ONE TABLESPOON</th>
</tr>
</thead>
</table>

One Serving

<table>
<thead>
<tr>
<th>BACON</th>
<th>ONE STRIP</th>
</tr>
</thead>
</table>
**Something FUN for you to do**

**BREAK THE CODE:** Change the numbers for a letter. The letters are in the **KEY**. Write the letters in the blank spaces.

<table>
<thead>
<tr>
<th>KEY</th>
<th>A B C D E F G H I J K</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2 3 4 5 6 7 8 9 10 11</td>
</tr>
<tr>
<td>L M N O P Q R S T U V</td>
<td></td>
</tr>
<tr>
<td>12 13 14 15 16 17 18 19 20 21 22</td>
<td></td>
</tr>
<tr>
<td>W X Y Z</td>
<td></td>
</tr>
<tr>
<td>23 24 25 26</td>
<td></td>
</tr>
</tbody>
</table>

---

**Answers to CODE: Cream, Bacon, Butter, Salad, Dressing, Mayonnaise, Magazine**
FATS in my DIET

Circle the best food sources for Fats.

Breakfast Menu
- Tomato Soup
- Peanut Butter
- Crackers
- Milk

Lunch Menu
- Egg Salad Sandwich *
- Fresh Spinach Salad *
- Milk
- Tangerine

Dinner Menu
- Meat Loaf
- Baked Potato
- Butter
- Carrot Raisin Salad *
- Muffins
- Milk

* To learn how to make this dish, turn to the Recipes section. The fat in this dish comes from the mayonnaise or salad dressing.

WHAT FATS DO FOR ME:
Fats carry vitamins—, —, and— in my blood.
Fats protect my —— by holding them in place and absorbing shock.
Too much Fat will make me ————.
Fats help me feel ———— longer.

Answers to WHAT FATS DO FOR ME: A, D, E, K, vital organs, fat, fuller
MY FATS PAGE

You can write or draw on me!

TURN THE PAGE and learn about MINERALS
Hi Al! I'm Iron. My friend is Calcium. We're Minerals.

Are you two the only Minerals I need?

No, there are many more. But we're the two most important ones for growing children.

I help blood carry oxygen for energy.

And I help make strong bones and teeth.
WHAT MINERALS DO FOR YOU:

- Help form strong bones and teeth.
- Help your bones heal properly when broken.
- Help your muscles work properly.
- Help you stop bleeding.
- Help send nerve impulses to all parts of your body.
- Help get oxygen to all parts of your body.

What are the other minerals I need?

Well, there's zinc, copper, sodium, and potassium. Don't forget about phosphorus and magnesium.

What foods have minerals?

Minerals are in many foods, so eat a variety.

Where can I find you two?

Calcium can be found in milk, cheese, and leafy dark green vegetables. And iron can be found in meats, fish, peanuts, raisins, and leafy dark green vegetables.
EAT A VARIETY!

FOLLOW THE ARROWS: Inside each box is a food containing minerals. Follow the arrows and find out what the foods are. In the spaces below each box, write in the letters.

1. START
2. T
3. R
4. S
5. E
6. L
7. E
8. A
9. B
10. C
11. R
12. E
13. M
14. L
15. M
16. E
17. F
18. I
19. S
20. H
21. G
22. G

Some answers to FOLLOW THE ARROWS: vegetable, cereal, milk, fruits, breads, cheese, meat, fish, eggs

FUN for you to do
MINERALS in my DIET

Circle the best food sources for Minerals:

breakfast  lunch  dinner

- Cottage Cheese with Peaches and Pineapple*
- Crackers
- Milk
- Vegetable Soup
- Hot Dog and Sauerkraut
- Milk
- Liver
- Green Beans*
- Mashed Potatoes
- Fresh Fruit Salad
- Roll
- Margarine
- Peanut Butter Pudding*

*To learn how to make this dish, turn to the Recipes section.

WHAT MINERALS DO FOR ME:

Minerals help me form strong ___________ and ___________.

Minerals help my muscles _______________ _______________.

Minerals help me stop _______________.

Some other Minerals I need are __________ , __________ , __________, ________, ________, and ________

Sodium, potassium, phosphorus, magnesium, Calcium, Iron, Copper, Zinc, Iodine, etc.

Answers to WHAT MINERALS DO FOR ME: Bones, teeth, work properly, bleeding, zinc, copper,
MINERALS

CALCIUM

Cottage Cheese

Milk

Cheese

Broccoli

Greens

Yogurt

Ice Cream
WHAT **CALCIUM** DOES FOR YOU:

- Helps your body make strong bones.
- Helps your body repair broken bones.
- Helps your body make new teeth.*
- Helps keep your teeth strong.
- Helps keep your teeth from chipping.
- Helps your blood clot so you will stop bleeding.
- Helps your muscles contract.
- Helps your body regulate the amount of water in your cells.

*When you lose baby teeth, **Calcium** helps replace them with permanent ones.
**Something FUN for you to do:**

**LETS GO SHOPPING:** Put a checkmark (✓) next to the foods from each shopping list that contain **Calcium**. Which list has the most **Calcium** foods in it?

**Shopping List #1**
- orange juice
- broccoli
- bread
- peanuts
- milk
- liver

**Shopping List #2**
- eggs
- oatmeal
- rolls
- yogurt
- candy
- ice cream

**Shopping List #3**
- milk
- broccoli
- ice cream
- cabbage
- cheese
- greens

**Shopping List #4**
- broccoli
- fish
- potatoes
- beans
- carrots
- cookies

→ Shopping List number ___ has the most **Calcium** foods.
CALCIUM in my DIET
Circle the best food sources for Calcium.

BREAKFAST
- Apple
- Oatmeal and Cinnamon
- Milk
- Biscuits
- Margarine and Jelly

LUNCH
- Grilled Cheese Sandwich
- Cole Slaw
- Fruit Flavored Milk Drink *
- Banana-on-a-Stick *

DINNER
- Beef Vegetable Stew
- Tossed Green Salad
- Rolls
- Margarine
- Ice Cream and Strawberries

*To learn how to make this dish, turn to the Recipes section.

What CALCIUM does for me:

Calcium helps build strong__________and__________.
Calcium replaces baby teeth with__________teeth.
Calcium helps you stop__________when you get cut.
Calcium foods should be eaten__________day.

Answer to WHAT CALCIUM DOES FOR ME: bones, teeth, permanent, bleeding, every
My Calcium Page

You can write or draw on me!

Turn the page and learn about Iron
MINERALS
IRON

Liver
Dry peas, dry beans
Lean meats
Turnip greens and other dark green leafy vegetables
Molasses
Eggs
Dried fruits
Broccoli
Whole grain, and enriched breads and cereals
WHAT IRON DOES FOR YOU:

- Works with protein to make hemoglobin*
- Helps give you energy.

*Rhemoglobin is necessary to carry oxygen to all parts of your body to give you energy. Hemoglobin is part of your blood.

IRON helps you have the energy for:

- Playing
- Jogging
- Working
- Studying
- Building

REMEMBER:
EAT A VARIETY OF FOODS TO GET IRON
**COLLAGE:** Pick out as many foods as you can from the ones below that contain **Iron.** List them below the collage.

- Liver
- Milk
- Turnip greens
- Prunes
- Bananas
- Eggs
- Broccoli
- Enriched bread
- Lean meats
- Dry beans and peas
- Molasses
- Oranges
- Raisins
- Strawberries

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Answers to **COLLAGE:** Liver, egg, broccoli, molasses, raisins, turnip greens, prunes, lean meats, enriched bread.
IRON in my DIET

Circle the best food sources for Iron.

**BREAKFAST**
- Tomato Soup
- Peanut Butter
- Crackers
- Milk

**LUNCH**
- Egg Salad Sandwich*
- Fresh Spinach Salad*
- Milk
- Tangerine

**DINNER**
- Meat loaf
- Baked Potato
- Gravy
- Carrot-Raisin Salad*
- Muffins
- Milk

* To learn how to make this dish, turn to the Recipes section.

**WHAT IRON DOES FOR ME:**

Iron works with ____________ to make ________________.

Hemoglobin carries ____________ to all parts of my body.

Iron helps give me ____________.
MY IRON PAGE

You can write or draw on me!

TURN THE PAGE and learn about VITAMINS
VITAMINS

We're B Vitamins!

Hello! I'm Vitamin A!

And I'm Vitamin C!

B B B

We work together to make you healthy and happy!!

A

NIACIN THIAMIN RIBOFLAVIN
WHAT VITAMINS DO FOR YOU:

- Work with all the other nutrients
- Develop good teeth and bones
- Keep your skin healthy and resistant to infection
- Help you have good eyesight, especially at night
- Protect red blood cells
- Promote normal blood clotting
- Maintain a healthy nervous system
- Digest food properly
- Help you have a good appetite
- Help cells use oxygen
- Hold cells together
- Help heal wounds
- Help promote growth

I am found in foods like: butter, eggs, milk, liver, tomatoes, and green and yellow vegetables.

We are found in foods like: cereals, breads, liver, pork, fish, milk, eggs, meats, and leafy green vegetables.

I am found in foods like: oranges, grapefruits, strawberries, cantaloupes, broccoli, cabbage, tomatoes, and fruit juices.
Build Your Diet: Rearrange the building blocks to find some of the foods that contain vitamins.

Vitamin A
- RELI
- YELLOW GERN
- GGSE
- MKLI
- BTTURE

Vitamin B
- DUREA
- EERL
- KLIM
- ERVLI
- EAMT

Vitamin C
- IOCRBCOL
- STEEOMAT
- ROAGNES
- EGBABAC
- RSTREARIES

Answers to Build Your Diet:
- Broccoli, tomatoes, oranges, cabbage, strawberries
- Bread, cereal, milk, liver, meat
- Green and yellow, eggs, milk, butter

Vegetables and Vitamins:
VITAMINS in my DIET

Circle the best food sources for Vitamins.

BREAKFAST LUNCH DINNER

- Melon
- Egg Salad Sandwich *
- Milk
- Bean Soup
- Waldorf Salad *
- Crackers
- Milk
- Ice Cream
- Baked Chicken
- Turnip Greens
- Rice
- Sliced Tomatoes
- Corn Muffin
- Butter
- Fruit Cocktail Shake *

*To learn how to make this dish, turn to the Recipes section.

WHAT VITAMINS DO FOR ME:

Vitamins work with all the other ____________.
Vitamins can help me see in the ____________ especially at ____________.
Vitamins help my cells use ____________.
Vitamins hold ____________ together.

Answers to What Vitamins Do for Me: nutrients, dark, night, oxygen, cells.
MY VITAMINS PAGE

A B B B G

You can write or draw on me!

TURN THE PAGE and learn about VITAMIN A
VITAMIN A

Eggs
Liver
Milk
Tomatoes
Butter and Margarine
Watermelon, Cantaloupe, and Mangoes
Dark green and deep yellow vegetables
Vitamin A, what can you do for me?

Lots of things, Al! I help your eyes and skin. I also help you have healthy linings in your lungs and intestines.

I know I need some Vitamin A every day, but where can I find Vitamin A foods?

Foods that have lots of Vitamin A are: broccoli, carrots, tomatoes, watermelon, and cantaloupe. Many other fruits and vegetables, especially dark green and deep yellow ones, have lots of Vitamin A. Also liver, milk, eggs, and butter have Vitamin A.

WHAT VITAMIN A DOES FOR YOU:

- Helps you see in the dark
- Helps keep your eyes from getting too dry
- Helps keep your tissues strong and resistant to infections
- Helps you have healthy linings in your lungs and intestines
- Helps promote growth
- Helps keep your skin from drying out

REMEMBER TO EAT A VARIETY OF FOODS
SOMETHING **FUN** FOR YOU TO DO:

**LUNCHTIME:** Put as many **Vitamin A** foods on your tray as you can.

- carrots
- broccoli
- dark leafy greens
- corn
- potatoes
- chicken
- rice
- sweet potatoes
- eggs
- watermelon
- liver
- butter
- fish
- gravy
- milk
- tomato juice
- ice tea
- water

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**Tomato juice, sweet potatoes, watermelon**

**Answer to LUNCHTIME:** carrots, liver, broccoli, dark leafy greens, butter, eggs, milk.
VITAMIN A in my DIET

Circle the best food sources for Vitamin A.

Breakfast
- Cottage Cheese with Peaches and Pineapple *
- Crackers
- Milk

Lunch
- Vegetable Soup
- Hot Dog and Sauerkraut
- Milk

Dinner
- Liver
- Green Beans *
- Mashed Potatoes
- Fresh Fruit Salad
- Roll
- Margarine
- Peanut Butter Pudding *

*To learn how to make this dish, turn to the Recipes section.

WHAT VITAMIN A DOES FOR ME:

Vitamin A helps me _______________ in the dark.

Vitamin A helps me have healthy linings in my _______________.

Vitamin A keeps my _______________ moist.

Vitamin A should be eaten _______________ day.
You can write or draw on me!
B-VITAMINS

Peanuts
Milk
Dry peas and beans
Enriched and whole grain breads and cereals
Liver
Meats
Fish
Potatoes
Deep green leafy vegetables
Chicken
Eggs
WHAT B-VITAMINS DO FOR YOU:

- Help the body use carbohydrates and fats for energy
- Help digest foods
- Help protein build and repair tissues
- Help keep nerves in healthy condition
- Help minerals work better
- Help make red blood cells

Why are all of you called B Vitamins?

Because we all work together as a team!

And we're found in many of the same foods.

Be sure to eat a variety to get enough!
**SOMETHING FUN**

**FOR YOU TO DO:**

**WHO AM I?**

Follow the dots to solve the riddles about foods that contain **B-Vitamins**.

1. **I am white. I come from a cow.** Who am I?

2. **I come in boxes. I am usually eaten in a bowl during the morning.** Who am I?

3. **I am made from wheat and I come in a loaf. I help make sandwiches.** Who am I?

4. **I live in the ocean. I am caught by fishermen.** Who am I?

5. **I have feathers all over my body. I lay eggs.** Who am I?

Answers to **WHO AM I**: milk, cereal, bread, fish, chicken.
# B-VITAMINS in my DIET

Circle the *best* food sources for B-Vitamins.

## BREAKFAST
- Orange Juice
- Cereal and Milk
- Buttered Toast
- Milk

## LUNCH
- Peanut Butter Sandwich (on Whole Wheat Bread)
- Cold Vegetable Soup *
- Milk
- Apple

## DINNER
- Baked Fish *
- Broccoli
- Cheese Grits *
- Celery Sticks
- Lemonade
- Yogurt with Sliced Fruit

*To learn how to make this dish, turn to the Recipes section.

## WHAT THE B-VITAMINS DO FOR ME:

The **B-Vitamins** help the body break down **_________**
and **_________** for energy.

The **B-Vitamins** help **_________** build and repair tissues.

The **B-Vitamins** help **_________** work better.

The **B-Vitamins** help **_________** foods.

Answers to WHAT B-VITAMINS DO FOR ME: Carbohydrates, fats, protein, minerals, digestion.
MY B-VITAMINS PAGE

You can write or draw on me!

TURN THE PAGE and learn about VITAMIN C
VITAMIN C

Oranges, Tangerines, Grapefruit, Limes and Lemons

Dark green leafy vegetables

Cantaloupe

Cabbage

Broccoli

Tomatoes

Strawberries

Citrus juices
WHAT VITAMIN C DOES FOR YOU:

- Helps prevent a disease called scurvy.
- Helps make collagen.
- Helps absorb iron
- Helps keep the walls of your blood vessels strong.
- Helps your body fight infection.

Scurvy is a disease that affects your gums. They become red and swollen and eventually bleed. The teeth become loose and eating is difficult.

Collagen is what holds your cells together. This way they are stronger and able to fight disease and infection.
How often do I need **Vitamin C**?

You need some every day!

**Vitamin C** must be important for me if I need some every day!

Yes Al, **Vitamin C** is very important. It helps you have strong cells that can fight disease and infections. It also prevents a disease called scurvy.

What kind of disease is scurvy?

Scurvy affects your gums. They become swollen and bleed easily. Your teeth may become loose.

Wow, **Vitamin C** is important! I'll be sure to have some every day.
Something **FUN** for you to do 😊

**FOLLOW the YELLOW BRICK ROAD**
- Begin your journey at **START**.
- As you travel down the YELLOW BRICK ROAD, pick the foods that are high in **Vitamin C**.
- Put an "X" next to the foods you choose.
- When you reach **FINISH**, write down the number of foods you chose.

**START**

![Diagram of the Yellow Brick Road with various foods]

**FINISH**

Number of **Vitamin C** foods I chose ____

**Remember to EAT A VARIETY!**

Answers to YELLOW BRICK ROAD: cabbage, orange, broccoli, strawberry patch, tomato soup, orange juice, pork chop, grapes, lettuce, broccoli, cantaloupe, potatoes, limes, lemons, grapefruit, spinach.
**VITAMIN C in my DIET**

Circle the "best" food sources for Vitamin C.

**BREAKFAST**
- Tomato Soup
- Peanut Butter
- Crackers
- Milk

**LUNCH**
- Egg Salad Sandwich*
- Fresh Spinach Salad*
- Milk
- Tangerine

**DINNER**
- Meat Loaf
- Baked Potato
- Gravy
- Carrot-Raisin Salad*
- Muffins
- Milk

*To learn how to make this dish turn to the Recipes section.

**WHAT VITAMIN C DOES FOR ME:**

**Vitamin C** prevents a disease called ________________.

Scurvy is a disease that affects my ________________.

**Vitamin C** should be eaten ________________ day.

**Vitamin C** helps me have ________________ cells to fight ________________ and ________________.

Answers to What Vitamin C Does For Me: Scurvy, gum, gritty, strong, disease, infection.
RECIPES

COLD VEGETABLE SOUP (Gazpacho)

3 cups tomato juice
3/4 cup chopped celery
3/4 cup chopped carrots
1/4 cup chopped onion
1/4 cup green pepper
1 Tbsp. minced parsley
2 Tbsp. oil
1 tsp. salt
1/4 tsp. pepper
1/2 tsp. Worcestershire sauce

1. Put all ingredients together in a large bowl.
2. Mix well and cover tightly.
3. Put in refrigerator for several hours.

BAKED FISH

serves 4

1 lb. fish fillets cut into serving pieces
2 Tbsp. Worcestershire sauce
1 Tbsp. lemon juice
1/2 cup dry bread crumbs
Small amount of fat to grease the baking pan

1. Combine Worcestershire sauce and lemon juice.
2. Dip fish into this mixture, then
3. Dip into bread crumbs.
4. Place fish in a greased shallow pan
5. Bake at 500° for 15 minutes.

CHEESE GRITS

serves 2-3

1 cup water
1/4 tsp. salt
1/4 cup quick grits
1/2 can cheddar cheese soup

1. Bring water to boil.
2. Add salt.
3. Stir grits slowly into boiling water.
4. Cook 4-5 minutes, stirring several times.
5. Stir in soup.
6. Cover and let set 4-5 minutes before serving.

* Remainder can be used in your salads.
MORE RECIPES

EGG SALAD  serves 4

6  mashed hard-boiled eggs
1/4 cup chopped onion
1/4 cup chopped celery
1/4 cup relish
1/2 cup mayonnaise

1. Mix all ingredients together.
2. Put in refrigerator to chill.

WALDORF SALAD  serves 4

1/2 cup seedless raisins
1/2 cup chopped walnuts
1/2 cup salad dressing
1 cup sliced celery
2 cups diced apples *
1/2 lemon or small orange for juice to put on the apple

1. Mix all ingredients together.
2. Put in refrigerator to chill.

* As soon as you chop the apple, sprinkle it with the juice to keep it from getting dark.

FRUIT COCKTAIL SHAKE  serves 2

1 cup fruit cocktail
1 cup milk
2 scoops vanilla ice cream or ice milk

1. Put all ingredients together in a jar.
2. Mix well.
3. Pour into a glass.
MORE RECIPES

FRUIT-FLAVORED DRINK

| 1/2 cup dry milk                  | 2 cups water                  |
| 1 Tbsp. orange drink powder      | 2 cups crushed ice            |
| 2 tsp. sugar                     |                               |

1. Put milk and water in a jar with a good fitting lid.
2. Shake well.
3. Add orange drink powder and sugar.
4. Shake well.
5. Add ice and shake, then serve.

BANANA-ON-A-STICK

- banana cut in half
- popsicle sticks
- chocolate syrup
- shredded coconut
- chopped nuts
- dry cereal or granola

1. Peel the banana.
2. Cut it in half, crosswise.
3. Stick popsicle stick in the cut half.
4. Dip banana in the chocolate syrup. Let it drip awhile.
5. Roll the banana in one of these:
   - coconut
   - chopped nuts
   - dry cereal or granola
   - mixture of all three

FRESH SPINACH SALAD

1. 10 oz. bag spinach, washed and drained
2. small cucumber, sliced
3. 1/4 cup Russian salad dressing

1. Tear spinach into bite-size pieces.
2. Add sliced cucumber and Russian dressing.
3. Toss gently to coat spinach well.

Serves 5-6
AND MORE RECIPES

CARROT-RAISIN SALAD

6 medium sized carrots
1 cup raisins
1/4 cup mayonnaise

1. Grate carrots and put in mixing bowl.
2. Combine remaining ingredients in bowl.
3. Mix together and chill.

COTTAGE CHEESE Serves 2

1 cup cottage cheese
1/2 cup peaches
1/4 cup diced pineapple

1. Drain pineapple and peaches to remove juices.*
2. Combine drained fruit with cottage cheese.
3. Put in refrigerator to chill.

GREEN BEANS Serves 4

1 can beans
1 tsp margarine
1/8 tsp nutmeg
Dash pepper

1. Cook beans as directed on can.
2. Mix in margarine until melted.
3. Add nutmeg and pepper.
4. Mix again.

PEANUT BUTTER PUDDING Serves 4

2 cups milk
1 3 1/2 oz. package of vanilla instant pudding and pie filling
1/4 cup peanut butter

1. Mix pudding and milk as directed on package.
2. Add peanut butter and beat until well mixed.
   (Beat it with a fork or a hand beater.)
3. Chill until firm.

* You may want to drink the juices.
MY DIET FOR ONE DAY

This page is for you to **Design Your Diet** using what you've learned from the lessons. Be sure to use a variety of foods.

The following list will help you with your planning:

- water; 5-6 servings per day
- protein; 2 main food servings per day
- carbohydrates; at every meal
- fats; small servings
- vitamin A; every day
- B-vitamin foods at every meal
- vitamin C; every day
- calcium; 3 servings per day
- iron; every day

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**Breakfast**

**Lunch**

**Dinner**

**Snacks**