food and fitness choices for you
FIT IT ALL TOGETHER

TABLE OF CONTENTS

Food Choices—Up to You ......................... 3
Fitness in Your Life ................................. 8
A Snack Attack .................................. 10
Fast Food ............................................ 12
Soup and Salad Supper ........................... 13
Food to Take Along .............................. 16
Be A Nutrition Winner .......................... 18
Hit or Myth ......................................... 20
A Brunch or Lunch for Your Family ....... 21
My Records .......................................... 24

Published by National 4-H Council,
7100 Connecticut Avenue, Chevy Chase, Maryland 20815
FOOD CHOICES—UP TO YOU

Food is a big part of your life. Eating is one way you relax and have fun with your friends. Family meals are a way to share time with your family. Food is a way to celebrate—what would Thanksgiving be without a special dinner?

The food you eat says a lot about where you live. If you’re a Texan, you probably eat chili. If you’re a New Englander, clam chowder might be a favorite. What foods are popular in your area?

The foods you eat may also show where your ancestors came from. Italians brought delicious pasta recipes to this country. Chinese immigrants brought new methods of cooking, like stir-frying or steaming vegetables so they are crunchy. Does your family eat foods that reflect your ethnic heritage?

Of course, food is a necessity. You can’t live without it. And making the right choices for good nutrition will make a healthier, happier you.

Making Choices

When you were younger, you probably didn’t have much choice about what you ate. Your parents made most of the decisions for you. But now, whether you realize it or not, you make choices about food every day.

For example, in the morning, you can eat a big breakfast, grab something quick as you run off to school or skip breakfast altogether. You can bring lunch from home or buy it at school. After school, you and your friends may stop off for fast food or eat a snack at someone’s house. And when you get home, you may be responsible for planning and preparing some of your family’s evening meal. Soon you’ll be on your own and making all your food choices.

That’s what this book is about. Now turn to the back cover and write down your goals for this project on the record form. Then as you complete activities, continue to use this form to keep a record of them. You’re ready to make some choices that will help you fit it all together.
Do you know that most girls grow an average of about 9 inches and gain about 50 pounds between the ages of 10 and 14? Most boys between 12 and 16 years of age grow about 13½ inches and gain about 67 pounds!

What foods should you be eating to make sure your body has the nutrients it needs to grow and develop?

How do you fit together the foods that will help you get enough of these and other nutrients each day? First, you should eat a variety of foods from the food groups. You need:

- Servings from the vegetable and fruit group (1 should be a good source of vitamin A and 1 should be a good source of vitamin C)
- A variety of vegetables and fruits. These foods are the major sources of vitamins A and C and fiber. Vitamin A helps eyes work properly, keeps the skin healthy and helps bones and teeth grow strong. Vitamin C helps your body heal wounds, fight infections and absorb iron.

Dairy foods like milk, cheese and yogurt provide calcium. Dairy products also add protein, vitamins A and D and some B vitamins. Calcium is especially important during periods of rapid growth. Did you know that about 45 percent of your adult skeleton is formed during your teen years? Calcium helps form strong bones and teeth.

- Servings from the milk and cheese group
- Servings from the meat, poultry, fish and beans group.

- Some meats, poultry, fish, eggs, nuts or some dried beans. They are good sources of protein, minerals and B vitamins. These foods are a major source of iron in the diet. Iron is important for forming red blood cells. Dried beans are a good source of other minerals like zinc and magnesium. These minerals help in using protein to build cells and do many other jobs in the body as well.

Not too many fats and sweets. These foods usually have few nutrients for their calories. Eat them in moderation.

Scientists have learned that many Americans have diets low in the nutrients found in the bread and cereal group and the vegetable and fruit group. So if you want to eat extra servings, these would be good choices.

- Servings from the bread and cereal group (be sure to include some whole grains)
- Some foods made from grains, like breads or cereals. They are important sources of B vitamins and iron. B Vitamins help your body use carbohydrates for energy. Whole grains also provide fiber, which helps with digestion and elimination of wastes.

There are nearly 50 nutrients found in foods. Nutritionists know what many of them do in your body and about how much you need. For example, they know about how much iron, protein and vitamins A and C the average healthy person needs. There are trace minerals, too, that seem to be important. But scientists don’t know exactly how all of these nutrients work in the body or how much you require. Since nutrients work together, you need to eat a variety of foods to get the balance you need.
**How Many Calories Do You Need?**

How many calories should you consume in a day? It depends. If you are a 14-year-old who plays sports and runs 3 miles a day, and if you've grown 4 inches in the last 6 months, you might need 4000 to 6000 calories a day. But if you haven't grown in a year and if your favorite hobbies are reading and playing video games, about 2000 calories a day is probably all you need.

How do you know how much is enough for you?

1. **Think about your body size, shape and your rate of growth.** While you're growing, you'll need more calories.

2. **Think about your activity level.** Exercise uses calories. If you play sports nearly every afternoon, you could be using 350 to 500 calories (or more) an hour. But if you just watch TV or sit around with your friends, you'll use only 80 to 100 calories per hour.

3. **Know your body.** We all know someone who eats lots of food and still stays slim. Others have to watch their calories carefully. People's bodies use food differently.

Here's one way to get you started thinking about how many calories you need each day:

- **Number of hours sleeping:**
  - 
  -  \( \times (80-100 \text{ cal/hr}) \)
  - = cal.

- **Number of hours in school:**
  - \( \times (100-120 \text{ cal/hr}) \)
  - = cal.

- **Number of hours being active:**
  - \( \times (250-350 \text{ cal/hr}) \)
  - (walking home from school, work around the house)
  - = cal.

- **Number of hours being very active:**
  - \( \times (350-500 \text{ cal/hr}) \)
  - (sports, dance, playing hard)
  - = cal.

- **Number of hours quiet time:**
  - \( \times (80-100 \text{ cal/hr}) \)
  - (watching TV, studying, listening to music)
  - = cal.

**Estimated Total per Day**

This number gives you a rough idea of your calorie needs.

---

The foods you'll prepare in this lesson include some from each of the food groups. The picture of the taco shows some nutrients important for teenagers. Often people your age don't get enough of these nutrients in their diets.
TACO

BEEF TACOS

Makes 6 servings, 2 tacos each. About 340 calories per serving

1 pound ground beef
1/4 cup chopped onion
1 can (8 oz.) tomato sauce
2 teaspoons chili powder
1 or 2 medium tomatoes, chopped (1 cup)
1 cup shredded lettuce
1/2 cup (2 ounces) shredded natural sharp cheddar cheese
12 taco shells, heated

Brown ground beef and onion in skillet. Drain off excess fat. Stir in tomato sauce and chili powder. Bring to a boil; reduce heat and simmer 10 to 15 minutes uncovered, stirring occasionally, until most of liquid is absorbed. Gently mix tomatoes, lettuce and cheese in a bowl. Fill each taco shell with about 2 tablespoons of the meat mixture. Top with about 2 tablespoons of the tomato mixture. Serve with a taco sauce or bean dip, if desired.
CHILI BEAN DIP

Makes 1½ cups. About 15 calories per tablespoon without vegetables

1 can (16 oz.) kidney beans, drained
2 tablespoons vinegar
2 tablespoons water
⅛ teaspoon chili powder
⅛ teaspoon ground cumin
2 teaspoons minced onion
2 teaspoons chopped parsley

Place beans, vinegar, water, chili powder and cumin in blender container; blend until smooth. Pour into a bowl and add onion and parsley. Serve with raw vegetables, if desired.

Note: Mixture may be combined in a bowl and mashed until smooth.

HOW TO:

USE A BLENDER SAFELY

1. Blenders can save you lots of time in the kitchen. But because their motors are so powerful, it’s important to take extra caution so you don’t get hurt.
2. Always keep the lid on the blender when the motor is running.
3. Make sure the motor has come to a complete stop before using any utensil to scrape the sides of the blender container. Otherwise, you could damage the utensil and the blender and maybe even hurt yourself.
4. For the same reason, don’t try to take the blender container off until the motor has completely stopped.
5. Blenders work quickly. Stop often to check to see how your foods are doing. You don’t want to over-blend.
6. As with any kitchen appliance, don’t leave a blender running when no one is watching it.
7. Blender blades are as sharp as knives. When you’re cleaning up, handle them with care.
8. Always read the instruction book for any kitchen appliance before you use it for the first time.

BEANS can be an inexpensive alternative for one serving of meat, fish or poultry. Try this dip cold with raw vegetables or corn chips, or heat it and spread on tacos. (Adding a little cheese to the beans will improve the quality of the protein.)
Flexibility measures how elastic your muscles are. Athletes who are flexible are much less likely to have muscle strains and sprains. That's why some professional football players take a modern dance or ballet class, and why all athletes should start their workout by a series of slow, relaxing stretching exercises. To strengthen and improve flexibility, try gymnastics, dance, karate or other martial arts.

Aerobic fitness means you give your heart and lungs a workout. (They're muscles, too!) Almost any sport or activity, like dance, can be aerobic if it raises your pulse to a certain target level and keeps it there for 20-30 minutes.

"14-year-old Wins Tennis Tournament." "Grandmother Swims 5 Miles." If you read the sports pages, you've probably seen headlines like those. Today, it seems that people of all ages are trying to keep fit. And that's good news.

People who are fit look and feel better. They have more energy and they're healthier. They're fun to be with.

People who exercise regularly find it easier to keep their weight at the right level, too. In fact, doctors say that most teens who are overweight probably don't eat too much—they just move too little. So exercise can help you lose weight.

There are lots of ways to get fit. You can do things by yourself, like running, jumping rope, dancing or swimming. You can be part of a team and play sports like soccer, basketball or hockey. But you don't have to have athletic ability or interest to find a fitness activity. It should be easy to find some activities that get you moving and fit with your likes, abilities and lifestyle.

Take a look at your natural abilities. If there are some things you're not good at, you might want to try
**PLANNING COLUMN**

**PLANNING YOUR FITNESS**

To start your thinking about your fitness goals, take this quiz. For each question, check one.

1. I like to be by myself.
   - Choose activities like running or bicycling.
   - I like to be with other people.
   - Choose team sports like baseball or basketball, or take a class.

2. I have a lot of time to spend learning a sport and perfecting my skills.
   - Try skiing, gymnastics, diving and team sports.
   - I want an activity that doesn’t take much time to learn.
   - Try jogging, aerobic dance or walking.

3. I really like to compete.
   - Try tennis, team sports or gymnastics.
   - I’m not very competitive.
   - Try dancing, bicycling or swimming.

4. I’m a self-starter.
   - Try running or bicycling, where the responsibility is up to you.
   - I need some help to get me to exercise.
   - Take a class, join a team or plan something fun, like a bike hike or a skating party with your friends.

5. I want to spend a lot of time exercising.
   - Team sports, modern dance or ballet and gymnastics all require a lot of practice to be good.
   - I want to get the most fitness from a short exercise period.
   - Try jumping rope 10 minutes a day.

6. I want to excel at a sport.
   - I just want to get fit and have fun.

Based on your answers to the questions above, what are your fitness goals?

Now you can begin to plan your fitness. Try to figure out an exercise and fitness plan for yourself. Make sure you exercise for at least 20 minutes four or five times during the week. Choose one activity or several. Have fun.

**My Fitness Plan**

Enter the fitness activities you plan for each day of the week. Put an (S) beside those that will help you develop strength. Put an (F) beside those that will help you develop flexibility. Put an (E) beside those that will help you develop endurance. Try to include some of each during the week.

<table>
<thead>
<tr>
<th>Monday:</th>
<th>Tuesday:</th>
<th>Wednesday:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thursday:</th>
<th>Friday:</th>
<th>Saturday:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sunday:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>
A SNACK ATTACK

When you come home from school . . . after athletic practice . . . when you're out with friends . . . watching TV. These are times when you may have a "snack attack." Most kids your age have at least one snack a day—and many seem to be eating something all the time!

Your "snack attack" can be a good way to make a "sneak attack" on your nutrient needs for the day. By choosing snacks that add important nutrients, you can make your snacks really count. But remember, snacks should never replace nourishing meals.

Nutritious snacks give you lots of nutrients for the calories they contain. After school you might choose any of these snacks: a peanut butter sandwich on whole wheat bread (about 290 calories if you use 1½ tablespoons of peanut butter), a slice of cake with frosting (about 325 calories) or a 1-ounce bag of chips and a soft drink (about 280 calories). All three have about the same number of calories. But the peanut butter sandwich is high in protein, iron and B vitamins. The cake and the chips contain fewer nutrients. So even if you don't need to count calories, make your calories count.

As you choose your snacks, you should remember that many favorite snacks are high in sodium (part of table salt), sugar or fat. Some nutrition and health experts now think that a high intake of sodium or fat may be related to such health problems as high blood pressure, obesity, heart disease and cancer. Refined sugar is related to tooth decay. This does not mean that you should eliminate those foods from your diet, but you should eat them in moderation.

The snack foods in this lesson are low in salt, sugar and fat. But they're high in nutrients. They're one great way to deal with a "snack attack."

1. When and where do you usually snack? What do you choose? (Think through a typical day. Be honest!)

<table>
<thead>
<tr>
<th>Time</th>
<th>Place</th>
<th>Snack Food</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2. Take a look at the list you've made. Are many of your snacks high in fat, salt and sugar? If so, how can you change? List some snacks low in fat, sugar and salt you can try instead.

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Remember—you don't have to cut out all the sweet or salty foods. Just make a few changes.

ABOUT SODIUM

Many doctors and scientists have found that too much sodium in the diet is one of several factors that may lead to high blood pressure. Doctors now recommend that people consume only about 1,100-3,300 milligrams of sodium a day (that's equal to the sodium in 1/2 to 1 1/2 measuring spoons of salt). Most Americans consume 2,500-6,000 milligrams of sodium per day. There's sodium in salt, but there's also sodium in food that doesn't taste salty. Look for words like "sodium," "salt" or "brine" on food labels.

Remember, you don't have to cut out all sweet or salty foods. Just make a few changes.

OTHER SNACK CHOICES

- fresh fruit
- fruit juice mixed with club soda
- pudding or custard
- leftover meats like pizza
- beef, chicken or pork
GET TO KNOW AN HERB
Herbs flavor food and can be used as substitutes for salt. Herbs have been used for thousands of years—in cooking, to make tea and even for medicine. You can find them dried or powdered on the spice rack in your grocery store. Some, like parsley and chives, may be available fresh in the produce aisle. Here are a few to try on this sandwich—use a different herb on each sandwich and see which one you like best.

SUMMER SMOOTHIE
Makes 3 medium servings. About 130 calories per serving. Drinks make up a lot of what we have for snacks. Here’s a delicious one that provides calcium and protein.

1 cup plain lowfat yogurt
1 cup pineapple juice
5 strawberries
1 banana
3 ice cubes, crushed

Combine all ingredients in blender container. Blend until smooth. Serve at once.

If you aren’t using a blender, mash fruit in a bowl. Put fruit, crushed ice, yogurt and juice in a jar. Cover tightly and shake for 30 seconds to a minute.

Note: Crush ice cubes in a plastic bag. Use a wooden mallet or hammer to tap (don’t pound).

REMEMBER:
HOW TO USE A BROILER SAFELY
Using a broiler safely is a lot like using the oven safely. Be sure you put the broiler pan where you want it before you turn on the broiler.

Line the broiler pan with foil to keep the melted cheese from burning on the pan.

OPEN-FACED MELT
Makes 6 sandwiches. About 285 calories per sandwich. An open-faced sandwich can be a great snack, as well as a delicious lunch.

3 English muffins, halved and toasted
1 tablespoon (about) butter or margarine
6 slices cooked ham, chicken, beef or turkey
1 cup chopped lettuce
½ small onion, thinly sliced and separated into rings
1 medium tomato, thinly sliced
½ teaspoon basil leaves
6 slices cheese

Spread muffins lightly with butter or margarine. Layer the meat, lettuce, onion and tomato slices on each half muffin and sprinkle with basil. Top each sandwich with a cheese slice. Place on baking sheet or broiler pan. Broil until the cheese is melted and lightly browned, about 3 minutes.

MAKE YOUR OWN SANDWICH
Almost any foods that taste good can be part of a melt. Try a Just Veggies Sandwich. On a piece of toasted whole wheat bread, combine some of the following: avocado slices, a little shredded lettuce, mushrooms, a tomato slice or a little onion. Finish with a slice of cheese. Place under broiler until it’s brown.

SOME CHEESES THAT ARE GOOD FOR MELTING

- American—You probably think of this when you think of cheese
- Muenster—Mild and buttery tasting
- Swiss—a little tangy
- Mozzarella—the pizza cheese. Use lowfat for fewer calories
- Monterey Jack—Often used in Mexican cooking

DON’T BE A BLENDER BENDER
Read your instruction book. Some manufacturers recommend crushing the ice before you add it. And don’t put ice cubes into your blender unless you add at least one cup of liquid.

About Yogurt. Many people think yogurt is a diet food. Plain low-fat yogurt is low in calories—about 130 calories a cup. But fruit flavored yogurt has about 260 calories—that’s like adding 7 teaspoons of sugar to a glass of skim milk! If you’re watching calories, try adding your own unsweetened fruit to plain yogurt.
Do you like to go out for a burger and fries? A pizza and a soft drink? Most people in this country do. In fact, one-third of the money spent on food in the U.S. is spent on food eaten away from home, often at fast food places.

And “fast food” doesn’t just mean “burger” anymore. Today you can get burgers, chicken, fish, pizza, tacos, salads and many other foods in fast food restaurants.

There are some things to keep in mind as you decide what to order:

Some fast foods are high in calories.
Some fast foods are high in fat.
Some fast foods are high in sodium.

A meal of a cheeseburger, fries, a vanilla shake and an individual-sized apple pie would have about 1400 calories, about 12 teaspoons of fat and about 1950 mg. of sodium.

That’s a lot of calories for one meal. If you’re an active growing athlete who needs about 6000 calories a day, this meal would be no calorie problem for you. If your calorie needs are lower, drink a glass of milk instead of a shake and save 175 calories. Substitute a piece of fresh fruit for an apple pie and save another 150 calories. Finally, order a roast beef sandwich instead of the cheeseburger and save another 200 calories or more. That would make the meal about 875 calories. It’s still not a diet meal, but it’s a better choice for someone with lower calorie needs.

Many fast food restaurants now have a salad bar. Fresh vegetables are good sources of some of the nutrients missing in a typical fast food meal, especially vitamins A and C. If you’re watching calories have only a salad as a meal sometimes. But watch the dressing.

And whatever your calorie needs, plan the rest of your day’s meals. By eating a supper that is lower in calories and higher in nutrients (like the Soup and Salad Supper on the next page), fast food can fit into your food plan.

Here are some foods you might order in a fast food restaurant with approximate calorie and nutrient content:

Roast beef sandwich
- 350 calories
- 3 teaspoons of fat
- 600–800 mg. of sodium
- a source of protein, thiamin, riboflavin, vitamin B-12, niacin, phosphorus and iron

Fried chicken (2 pieces)
- 400 calories
- 5 teaspoons of fat
- 600–700 mg. of sodium
- a source of protein, thiamin, riboflavin, vitamin B-12, niacin and phosphorus

Quarter pound cheeseburger
- 500 calories
- 6 teaspoons of fat
- 1200 mg. of sodium
- a source of protein, thiamin, riboflavin, vitamin B-12, niacin, phosphorus and iron

French fries, regular serving
- 275–350 calories
- 2 teaspoons of fat
- 100 mg. of sodium if you don’t add salt
- a source of vitamin C, niacin and riboflavin

Apple pie, individual-sized
- 300 calories
- 3 teaspoons of fat
- 400 mg. of sodium
- a source of carbohydrate and fiber

Vanilla shake
- 325 calories
- 1 teaspoon of fat
- 250 mg. of sodium
- a source of calcium, phosphorus, protein and riboflavin
You and your friends went out for fast food at lunch. Then you went skating. Now everyone is stopping by your house for supper. What'll you serve?

Well, you want to fit together a meal that's
• nutritious (especially to help fill in some of the nutrients you didn’t get at lunch)
• quick to prepare (you don’t want to spend the whole time in the kitchen)
• flexible (so people can take the food they want or need)

And most of all, you want a meal that will look and taste great.

This soup and salad supper is a good choice. You can make the soup in the morning and just reheat it. You can have most of the food for the salad bar in the refrigerator ready to arrange on the table. And then you can just enjoy being with your friends.

As you're planning your salad bar, you can add just about any food in your refrigerator. Here are some suggestions to get you started:

**Plan some protein**
This can be any kind of leftover meat cut into strips (ham, roast beef, chicken, turkey), fish (a can of tuna) or cheese cut into strips or grated. Cooked dried beans also add protein—try red kidney beans or garbanzo beans.

**Add some vegetables**
Nearly any raw vegetable is good in a salad. Of course, vegetables you add for color can also add nutrients. Grated or sliced carrot adds vitamin A. So does broccoli cut into small pieces. Cabbage is high in vitamin C and low in cost. Red cabbage adds a new color. Cauliflower is another different choice. And old favorites like cucumbers, celery, radishes and onions are good, too.

**Top it off**
Some interesting toppings might include chopped egg, Chinese noodles, sunflower seeds, nuts or small pieces of bacon.

---

**ABOUT SALADS**

The basic ingredient in a salad bar is usually the lettuce. There are lots of different greens you can choose. Here are some you might try. Experiment with new tastes.

- Iceberg—the most common kind of lettuce. A good crunchy lettuce that won’t wilt.
- Romaine—a long head of lettuce with darker green leaves. This is a tangy, tasty lettuce.
- Boston lettuce—this is smaller and softer than iceberg lettuce. Sometimes called Butterhead lettuce.
- Watercress—dark green leaves, about the size of a nickel. Use leaves and stems for a pretty, peppery green.
- Spinach—Popeye’s favorite is delicious served raw.
- Endive (chicory)—these curly leaves are pretty in a salad. It has a strong taste—a little goes a long way!
HOW TO: PREPARE SALAD GREENS
1. Discard discolored or wilted leaves.
2. Separate the leaves and wash them thoroughly. Soak greens that are harder to clean, like spinach or Boston lettuce, in cold water. Change the water two or three times in 10 minutes.
3. Dry the greens in a colander or on a soft towel. Use a salad spinner if you have one.
4. If you're not using the salad greens right away, be sure to put them in the "crisper" section of your refrigerator.
5. Break greens into bite-size pieces before serving. Breaking rather than cutting saves nutrients and prevents browning. It also makes it easier for the dressing to coat the greens.

TRY IT
1. Try a taste test of salad greens with your family. Make a trip to the grocery store to compare prices. Or try growing a new salad green.
2. Remember to stay fit. Give a demonstration of exercises to improve strength, flexibility, and endurance. Include warmup and cooldown exercises.
3. This lesson includes two low-calorie salad dressings. Prepare some and serve new salad dressings.

HOW TO:
USE AN ELECTRIC MIXER
There are different kinds of electric mixers, including hand mixers and table models. Read the instructions for your mixer. Here are some hints on using your mixer safely:
1. BE SURE your mixer is unplugged and turned to "Off" before you put the beaters in or take them out.
2. ALWAYS turn the mixer off before you scrape the bowl.
3. Use ONLY a rubber spatula to blend the ingredients. Otherwise you might break or bend the beaters.

CREAMY LOW-CALORIE SALAD DRESSING
Makes 1 1/4 cups. About 7 calories per tablespoon

1 cup lowfat cottage cheese
2 tablespoons lemon juice or vinegar
1/2 cup tomato juice

Blend all ingredients in blender container (or use electric mixer or rotary beater) until very smooth. Store in covered jar in refrigerator.

FRENCH-STYLE LOW-CALORIE SALAD DRESSING
Makes 1 cup. About 4 calories per tablespoon

1 cup tomato juice
2 tablespoons lemon juice
1/4 teaspoon oregano
pinch of garlic powder
pinch of pepper

*Or use a small garlic clove, minced.

Combine all ingredients in a bowl and mix well. (Or combine in a jar, cover tightly and shake well.) Store in a covered jar in refrigerator.
MINESTRONE SOUP

Makes four servings, about 1 cup each. About 130 calories per serving. This soup recipe is a great way to use whatever vegetables you have on hand.

1/2 small onion, chopped
1 small potato, cubed
1 small carrot, sliced
1 tablespoon oil or fat
2 cups water
1/2 teaspoon oregano
1/2 teaspoon basil (optional)
1/2 teaspoon garlic powder
1/2 teaspoon salt

Pinch of pepper
1 cup sliced zucchini
1 cup drained cooked kidney beans
1 cup canned tomatoes
2 ounces spaghetti, broken into 2-inch pieces* or use elbow macaroni

Sauté onion, potato and carrot in oil or fat in a large saucepan until onion is golden brown and tender. Add water, oregano, basil, garlic powder, salt and pepper. Boil gently for 15 minutes. Add remaining ingredients and boil 12 minutes longer, until spaghetti is tender. Serve sprinkled with grated Parmesan cheese, if desired.

Variations Other vegetables such as green beans, spinach and peas may be used instead of the zucchini or with it. Add other herbs, too—try 2 teaspoons fresh or 1/2 teaspoon dried parsley, 1/4 teaspoon sage and 1/8 teaspoon marjoram. Add leftover diced meat, if desired.

ABOUT MICROWAVES

Microwave ovens are great timesavers. You can use them to thaw foods, like the soup in this lesson, or to reheat foods quickly. But you can’t use all kinds of utensils in a microwave. Follow the manufacturer’s directions. General guidelines are:

1. Never use metal or metal-trimmed pans or plates. They will reflect the microwaves and keep the food from cooking. They might even start a fire that could ruin your oven.
2. Glass is a good choice, but be sure it’s labeled “microwave-proof”; otherwise it could shatter.
3. Paper plates or paper towels are good for reheating small amounts of food.

KITCHEN SAFETY

WHEN COOKING WITH OIL

If you are careful when cooking with oil, there will be little danger of fire. Here are some safety hints in case the oil should catch fire:

1. DO NOT put water on it. That could spread the fire.
2. Try to smother it. Keep the lid of your pan handy to cover the pan in case of fire.
3. Flour, salt or baking soda are also good for smothering fires.
4. Your kitchen should have a fire extinguisher that works.
5. NEVER move a burning pan.
It's lunch time. You watch as your friend Jean opens her lunch—crisp lettuce, tomato and tuna salad, some hot soup and a muffin. Your friend Bob pulls out a 3-decker sandwich with roast beef, tomatoes, cheese and sprouts and a chilled can of orange juice. And you—peanut butter and jelly again.

What's the secret for planning interesting lunches? Well, it's just that—you have to plan them. Spend a few minutes at the beginning of the week figuring out what you might take for lunch. Then leave a little time the night before to assemble everything.

Here are a few tips:
1. A lunch doesn't have to include a sandwich. Buy a small wide-mouthed thermos and you can pack hot foods, like chili, bean soup or tuna casserole. Or use it to keep foods cold.
2. Be sure to include fruits and vegetables. Try different fruits and vegetables—you don't always have to pack an apple and some carrot sticks.
3. Choose a beverage. Remember, soda pop adds only calories. If you freeze a can of fruit juice, it will still be cool at lunch time. And it can help keep your lunch cold.
4. If you have dessert, make it a nutritious one. Fresh fruit or yogurt are good choices. So are whole grain cookies, raisin-and-nut mixtures or the carrot-raisin brownies in this lesson.

**CARROT-RAISIN BROWNIES**

Makes 24 brownies (2" x 2 1/4"). About 150 calories each. These brownies contain carrots, an important source of vitamin A. But don't count one brownie as a serving from the vegetable and fruit group—you'd have to eat 8 brownies to equal a serving of carrots. That would be 1200 calories!

- 1 1/2 cups unsifted all-purpose flour
- 1 cup firmly packed light brown sugar
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 cup butter or margarine, softened
- 2 eggs
- 1 teaspoon vanilla
- 1/2 cup chopped raisins
- 1 1/2 cups finely grated carrots
- 1/2 cup finely chopped walnuts

Mix flour with salt, soda and baking powder. Cream butter. Gradually beat in sugar. Add eggs and vanilla; beat until well blended. Stir in dry ingredients. Add raisins and carrots. Spread in greased 13" x 9" pan and sprinkle with walnuts. Bake at 350° for about 40 minutes, or until a toothpick inserted into the center comes out clean. Cool, cut into squares.
HOW TO: PACK A SAFE LUNCH

Usually you leave your lunch in your locker or backpack all morning. That means it will be standing for several hours at room temperature.

Most foods contain microorganisms (tiny living things much too small to see). Many of them are not harmful, but a few can cause illness. And you can’t always tell that food has spoiled by seeing or smelling it. To keep the microorganisms from spoiling your food: keep it clean, keep it at the right temperature and always use fresh or properly cooked foods.

Keep it clean.
Be sure everything is clean before you start—hands, counter, cutting board, knives. And if you use knives, cutting boards or other utensils with raw meats, eggs, fish or poultry, clean them thoroughly before using them with other food. That way, you won’t spread bacteria.

Keep it at the right temperature.
You’ve probably heard the rule, "Keep hot foods hot and cold foods cold." That’s because microorganisms grow very rapidly at room temperature, but not so well if it’s cold (below 45°) or hot (above 140°). You can use a thermos to keep hot foods at the right temperature. Freeze sandwiches ahead. By lunch time, they will still be cool. Or make your own "mini-freezer." Fill a clean plastic food container with water, not quite to the top. Cover tightly and freeze.

Use fresh or properly cooked foods.
They won’t spoil as fast. So save the very rare roast beef or the two-day-old chili for a lunch at home.

Beverages
Milk
Buttermilk
Fruit juice (unsweetened)
Vegetable juice

In a wide-mouth thermos
Minestrone soup
Rice and beans
Beef stew
Leftover casserole
Bean soup
Tomato soup
Chili

LUNCH TIME
MIX AND MATCH
Try something different to take along. Here are some mix and match ideas to get you started.

Inside Your Sandwich

<table>
<thead>
<tr>
<th>Endings</th>
<th>Whole grain cookies</th>
<th>Fruit salad</th>
<th>Muffins</th>
<th>Fig bars</th>
<th>Carrot-raisin brownies</th>
</tr>
</thead>
<tbody>
<tr>
<td>American cheese</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chickpea spread</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken salad</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leftover meat loaf</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fish salad</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cottage cheese with chopped vegetables or fruit</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Egg salad</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Now you’re ready to fit it all together for you. To be a nutrition winner, you’ll need to know how to plan for food and fitness for a whole day. Practice on the sample day given below. Then you’ll be ready to make your own “game plan.”

First, find out what’s on the menu for that day. For instance, your family might be planning roast chicken, potato salad, green beans and milk for dinner.

What food groups are in this meal? Two chicken legs are a serving from the meat group. About ½ cup of the green beans is a serving from the fruit and vegetable group. The same amount of potato salad is another serving from that food group. But the mayonnaise adds fat. One glass of milk is a serving from the milk and cheese group.

**The score now is:**

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Serving Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits &amp; vegetables</td>
<td>2</td>
</tr>
<tr>
<td>Breads &amp; cereals</td>
<td>0</td>
</tr>
<tr>
<td>Milk &amp; cheese</td>
<td>1 (2 glasses is 2)</td>
</tr>
<tr>
<td>Meat, poultry, fish, or beans</td>
<td>1 (if you ate more, it’s 2)</td>
</tr>
<tr>
<td>Fats &amp; sweets</td>
<td>1</td>
</tr>
</tbody>
</table>

Be sure to even the score in each of the food groups as you plan your lunch and snacks for the day. What’s needed to fill out this day? Well, you still need 2 more servings from the bread and cereal group, so a sandwich will do it. You need 1 serving from the meat group, too—as well as at least one more serving from fruits & vegetables and ½ from the milk and cheese group. Take a look at the previous page and plan a lunch and snacks to take along that will help you fit it all together.

**My Plan**

**Lunch**

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Serving Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits &amp; vegetables</td>
<td>5 (1 high in vitamin C, 1 high in vitamin A)</td>
</tr>
<tr>
<td>Bread &amp; cereal</td>
<td>5 (1 whole grain)</td>
</tr>
<tr>
<td>Milk &amp; Cheese</td>
<td>2½</td>
</tr>
<tr>
<td>Meat, poultry, fish, or beans</td>
<td>2</td>
</tr>
<tr>
<td>Fats &amp; sweets</td>
<td>4</td>
</tr>
</tbody>
</table>

**Snacks**

- How did you do? You might have planned a ham sandwich. Two or 3 ounces of ham is a serving. The bread is 2 servings. Some cut-up vegetables, like raw carrots, zucchini and green pepper strips, are a serving from the fruit & vegetable group—and the carrots are high in vitamin A. What to drink? If you choose soda pop, it adds nothing but calories. But what about fruit juice? Eight ounces of apple or tomato juice is another serving from the fruit and vegetable group, and one that provides more nutrients for the calories. For dessert, a carrot-raisin brownie is a serving from the fats and sweets group, and also a serving from the bread and cereal group. It contains small amounts of vitamin A in the carrots, iron in the raisins and protein in the chopped nuts. **Now what’s the score?**

- Are you surprised by the number of fats and sweets in this day’s meals? Many of the fats and sweets we eat are part of other foods. What’s left? A small serving of yogurt will help you even the score in the milk and cheese group. If you can include some extra calories, you might add a whole grain cookie. If not, you might cut up some fruit in your yogurt.

Now the ball’s in your court. It’s time for you to make a food plan of your own. Here’s how to do it:

1. First write down the foods you know you’re going to be eating (probably the supper your family has planned).

2. Then list those foods again under the food groups. Look at the example given for supper (next page).

3. Now look at what you’ve written. Do you have the recommended number of servings from each food group? Probably not. So plan the rest of your day’s food to give you the recommended number of servings from each food group.
TODAY'S NUTRITION PLAN

TODAY'S MENU

BREAKFAST

LUNCH

SUPPER
ex: 4 oz. hamburger
ex: hamburger bun
ex: glass milk
ex: banana

MY SUPPER

SNACKS

FOODS IN THIS MENU

FRUITS & VEGETABLES
(4 or more servings)
Put an A beside those high in vitamin A, and a C beside those high in vitamin C
ex: banana

BREADS & CEREALS
(4 or more servings)
Check the whole grains
ex: hamburger bun

MEAT, POULTRY, FISH AND BEANS
(2 or more servings)
ex: 4 oz. hamburger

MILK & CHEESE
(3 or more servings)
Check those that are lowfat
ex: glass milk

FATS & SWEETS
(not too many)

I NEED ABOUT

calories per day

Put an* by foods high in calories or estimate total calories for the day.

If you can identify foods high in iron or B vitamins, go to the head of the class.
Be sure you fit in at least 20 minutes of fitness. Check your weekly fitness plan on page 9 to get some ideas for making your fitness plan for today.

ACTIVITIES
TODAY'S FITNESS PLAN

• For Endurance, I
  ex: ran 2 miles
• How long:
  ex: 20 minutes
• For Strength, I
  ex: did 10 pushups
• How long:
• For Flexibility, I
  ex: stretched before I ran
• How long:
  ex: 5 minutes

MY LONG-RANGE GOALS
**Myth:** Active people need lots of extra protein.

**Hit:** At first glance, this may seem logical. After all, athletes need strong muscles, and protein helps build muscle tissue. But when you’re active, you are really using more energy, not building many more cells. Carbohydrates are the body’s main energy foods. Some examples are enriched or whole grain breads, macaroni, potatoes, waffles, muffins or spaghetti.

**Myth:** Active people need extra vitamins and minerals.

**Hit:** Being active, training or even competing in athletics doesn’t increase your need for any specific nutrients. A balanced diet that meets your energy needs will provide you with the vitamins and minerals your body needs.

Sometimes athletes take extra-large doses of some vitamins or minerals—several times larger than the recommended daily allowance. That’s expensive and it can even be dangerous. When it comes to vitamins, more *isn’t* always better.

**Myth:** Active people should take salt tablets to replace the body sodium lost in perspiration.

**Hit:** This is another myth that could make you sick. Salt tablets keep fluids in your body. But when you’re exercising, you need to perspire to cool yourself. *Don’t* take salt tablets.

**Myth:** It’s bad to drink liquids while you’re exercising.

**Hit:** This is one myth that could kill you. Your body works best when you replace the fluids you lose in perspiration. If you lose too much liquid and don’t replace it, you could suffer from dehydration, heat exhaustion or heat stroke. Drink fluids BEFORE you feel thirsty—you may not feel thirsty until you’ve lost a lot of body fluid.

What’s the best drink for an active person? Plain water. Coffee, tea and colas can actually be dehydrating. Sweet drinks can upset your stomach.
A BRUNCH OR LUNCH FOR YOUR FAMILY

You’ve learned a lot in this project. Now it’s time for you to fit it all together by planning, shopping for and preparing a meal for your family.

How about a brunch? Brunch, as you can tell from the word, is a combination of breakfast and lunch. You can serve both breakfast and lunch foods at this meal. You can plan a brunch any time from late morning through early afternoon. You can serve a sit-down brunch or you can serve buffet-style. At this brunch, we suggest a quiche lorraine, which uses typical breakfast foods like eggs and bacon, but puts them together in a very special way. With the quiche, try a fruit salad of your own creation and your favorite home-baked bread or rolls. You can add a tossed green salad to make it more like a lunch.

PLANNING COLUMN

GETTING READY FOR A WHOLE MEAL

1. How many people will be coming? This quiche recipe makes 6 large or 8 medium wedges. You want at least a cup of fruit salad per person. Most people will probably eat 1–2 slices of bread or 1–2 rolls.

2. Check your recipes to see what you need. Think of the extras—beverages, butter and jam. Check your shelves to see what you already have. Then make a list.

3. At the store:
   - Compare prices. Use the unit prices to decide which size is the best buy.
   - Check egg sizes. The three most common are extra large, large and medium. If the difference in price between any two sizes is more than 7 cents, the smaller eggs will usually be a better buy. (There is no difference in the nutritional value of brown or white eggs.)
   - Choose the fruit for your salad. Check prices on fresh, frozen or canned fruits to see which are the best buys. But even if one kind of fruit is a real bargain, don’t buy it unless your family likes it.
   - Because you can buy frozen or canned fruits, you can usually find any kind of fruit all year. If you’re buying frozen fruit, be sure to put it in your cart last so it won’t defrost before you can put it in your home freezer. And don’t buy a package that’s all-frozen up with ice. It could have thawed a little and then been refrozen.
   - Choose canned fruits packed in light syrup or their own juices. You get fewer calories and less sugar.
   - Keep track of your costs and then divide by the number of people you’re serving. This number will give you the cost per person and help you plan in the future.

TRY IT

1. Learn from your shopping trip. Were there some fruits you decided not to buy? Why?
2. Which egg size did you choose? How much did the brunch cost per person? Answer these questions and report to the group.
3. Talk to your parents, Extension Agents and 4–H volunteer leaders and develop a list of tips for smart shopping.
4. Develop your own menu for a special meal, plan a table setting, including centerpiece, tablecloth or placemat and napkins to go along with it.
5. Give a demonstration on how to set a table and table manners.
HOW TO:
CHOOSE FRESH FRUITS
Fresh fruit can be a real treat. To be sure you're buying fruit that's ripe, look for:

Apples should be firm and colorful. Blueberries should be dark, plump and even in color. Large blueberries usually taste better than small ones. Cantaloupes should be heavy for their size. The "netting" on the outside should be thick and raised. Grapes should be plump and well-colored. Green grapes are sweetest when they are yellow-green in color. Red grapes are best when they are a rich, red color. Oranges should be firm and heavy. Heavier oranges are juicier. A green color doesn't affect taste. Choose strawberries that are bright red, plump, firm and smell fresh. Their green caps should look fresh.

FruiT Salad
You will need a cup of fresh, canned or frozen fruit for each person. Mix colors and textures—try soft fruit, like grapefruit, mixed with a firmer fruit like melon. To make the melon look pretty use a baller to cut it into small balls. For fruit that may turn brown, like apples or bananas, dip into lemon juice, orange juice or water mixed with either.

For the dressing, combine a little of the syrup or fruit juices from the canned fruit, add a little nutmeg or cinnamon and pour it over the salad. Or try adding some orange juice mixed with a little brown sugar.

Over the top sprinkle some coconut or slivered nuts.

Scoop out a watermelon or cantaloupe and turn it into a fruit basket for something really special. Serve your fruit salad in it.

“Quiche” (pronounced “keesh”) is a French word for pie. This quiche comes from a part of France called Alsace-Lorraine. That's why it's called Quiche Lorraine.

QUICHE LORRAINE
Makes 6 large servings. About 460 calories each.
Makes 8 medium servings. About 345 calories each.

¾ pound bacon, fried, drained and crumbled
1 cup shredded natural Swiss cheese
1 unbaked 9-inch pie shell
4 eggs
1 tablespoon flour

¾ teaspoon pepper
½ teaspoon dry mustard
1½ cups milk, half and half or light cream
1 tablespoon melted butter or margarine

Arrange bacon and cheese in pie shell. Beat eggs slightly in a bowl; blend in flour. Add pepper, mustard, milk and butter and mix well. Pour over cheese and bacon in pie shell. Bake at 375 for 40 minutes or until a knife inserted 1 inch from edge comes out clean. Let stand about 10 minutes before cutting.

Alternate Ingredients
For the bacon, substitute sliced cooked mushrooms, chopped spinach, diced ham, crab meat, cooked diced sausage or sautéed onion.
For the spices, try a little nutmeg or dill.
You may already know most of these things. But just for review, here are some basic table manners that will take you anywhere—from a picnic with your friends to a dinner with your mom’s or dad’s friends!

1. Take small bites of food. And don’t talk with your mouth full.

2. Use a napkin. If it’s a dinner-sized napkin, leave it half folded on your lap. If it’s smaller, unfold it all the way. And use it to wipe the corners of your mouth if you’ve eaten something messy. After you’ve finished, fold it neatly and place it on the table.

3. Remember that others are eating, too. So even if one of the dishes is your favorite, be sure to leave plenty for everyone else. After others have eaten some, you can take seconds.

4. If it’s a small party, wait until everyone is served before starting to eat. If it’s a very large group (like a wedding reception), it’s okay to start eating when you and the people on either side of you have been served.

5. If you’re at someone else’s house and are served something you don’t like, try to eat a little bit anyway. It’s not necessary to make a big deal out of it.

6. There are lots of ways to eat soup, as long as you don’t slurp. Tip your bowl gently and dip your spoon away from yourself. If the soup is served in a cup, it’s okay to pick it up by the handle and drink. When you’re finished, put the soup spoon on the saucer, not on the table or in the bowl.

7. In Europe, some people hold their knife and fork in the same hand all through the meal. But in this country, it’s considered polite to hold your knife only when cutting food. Then lay it across your plate and transfer your fork to your right hand to eat a bite of food. When you have finished eating, lay your fork (with the tines up) and your knife (with the blade pointing in) across your plate.

---

**SETTING A Table**

Place the silverware with the outer end about an inch from the edge of the table. Forks go on the left of the plate. Knives and spoons go on the right. Turn knife blades toward the plate.

The dinner plate goes in the middle. Coffee cups go to the far right of the silverware. Milk or water glasses go above the knife. A salad plate goes to the left of the forks. The napkin may go on the plate.

You may have gone to a special restaurant, a banquet or a wedding reception and been seated at a place with lots of different forks, spoons and knives. What do you do? Remember to start from the outside. For instance, if you are served soup first, choose the spoon that is farthest to the right. If you have a salad next, your salad fork will be farthest to the left. If the party has a hostess, you can always watch her and use the knife or fork she’s using.
MY RECORDS

My goals for this project:

Nutrition  Food preparation

Fitness  Consumer Skills

Foods I prepared

Fitness activities I tried

Things I learned about nutrition

Changes I made in my own eating habits

Things I learned about being a wise consumer

Because of taking this project, I'd like to try