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Hi, my name is Petie and this is my friend Lorie. Together we will show you the fun ways we learn about healthy and safe nutrition.
FOOD PYRAMID TRAIN
Identify each train car by drawing and coloring a picture of one favorite food from each group in the food guide pyramid.
You will need:

Paper    Scissors
Magazines Glue

- On a piece of paper draw a △ (triangle).
- Cut pictures out of a magazine that show each food guide pyramid.
- Glue your pictures on your triangle so it will look like this page.
- Hang your pyramid on the refrigerator for everyone t
EATING MY NUTRIENTS

Listed below are six nutrients and some of the foods that contain them. List one food you ate today that contained one of the nutrients.

<table>
<thead>
<tr>
<th>NUTRIENTS</th>
<th>SOURCES</th>
<th>WHAT I ATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamins</td>
<td>A &amp; C: Fruits and Vegetables</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>B: Breads, Cereals, Pasta</td>
<td></td>
</tr>
<tr>
<td>Minerals</td>
<td>Milk, Yogurt, Cheese, Bread, Liver, Beans, Meat, Cereal</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>Meats, Nuts, Milk, Eggs, Cheese, Dry Beans</td>
<td></td>
</tr>
<tr>
<td>Fats</td>
<td>Mayonnaise, Ketchup, Margarine, Butter, Sweets</td>
<td></td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>Breads, Cereals, Pastas, Beans</td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td>Beverages, Water, Ice Tea</td>
<td></td>
</tr>
</tbody>
</table>
Petie Says

EAT FRUITS
EAT 2-4 EACH DAY
Why? They Have Vitamin C for Healthy Cells
Fruits are high in Vitamin C

EAT BREADS & CEREALS
EAT 6-12 EACH DAY
Why? They Have Carbohydrate and B-Vitamin for ENERGY!

EAT VEGETABLES
EAT 3-5 OR MORE EACH DAY
Why? They Have Vitamin A to prevent night blindness and fiber to help food move through the body

EAT MILK & CHEESE
EAT 3 EACH DAY
Why? They Have Calcium for Bones and Teeth
More Calcium is needed during times of growth

EAT BEANS & MEATS
EAT 2 EACH DAY
Why? They Have Protein for Growth and Healing and Iron to carry Oxygen to cells
PLAN A BREAKFAST

Draw or cut-out food pictures from magazines, to plan a breakfast that includes a variety of foods.
BREAKFAST FOODS!

Inside each box is a breakfast food. Follow the arrows and discover the breakfast foods. In the spaces below each box, write in the letters.

NAME THE FOOD GROUPS INCLUDED:
FLORIDA FOODS

Color each food and match the picture with the word label.

BEEF  CITRUS
DAIRY  GRAIN
POULTRY  STRAWBERRIES
TOMATOES
WATCHING FOOD GROW

1) Give each youth 2 milk cartons and seeds.

2) Put soil in milk cartons.

3) Make a hole in the soil with your finger.

4) Place seeds in the hole.

5) Cover the hole with soil.

6) Put one milk carton in a special place that has sunlight.

7) Put the other milk carton in a dark place.

8) Water your plants every other day.
9) Watch your plants grow.

10) After two weeks radishes will appear.

11) Wait two more weeks for radishes to ripen.

12) Write below how your plants are growing.

DIRECTIONS: Write down what is happening to your seeds after each week in the space provided.

<table>
<thead>
<tr>
<th>Plants that received sunlight and water.</th>
<th>After One Week</th>
<th>After Two Weeks</th>
<th>After Three Weeks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plants that did not receive sunlight and water.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

"FOOD HABITS"
Ask the following question of a friend, relative, or neighbor to learn about another person's eating habits, favorite foods, etc.

- What are some of your favorite foods? Why are they favorites?

- Is there a food you don't like to eat? What is it? Why do you not like it?

- Pick a special time of year (holiday or celebration). What foods do you eat?

- How do the food habits of your friends, relative or neighbor differ from yours?

- What food habits would you like to try?
CHILI

You will need:

1 lb. ground beef  
1/2 cup onion, chopped  
1/2 cup green pepper, chopped  
1 lb. can kidney beans  
Grated cheese for topping

1 lb. can tomatoes  
1-8 oz. can tomato sauce  
1 Tbsp. chili powder  
1 tsp. salt

1. Brown 1 lb. of ground beef in a skillet.

2. Drain off fat.

3. Put drained ground beef in a pot and add 1/2 cup onion, 1/2 cup green pepper, and cook until tender.

4. Stir in 1 lb. can of kidney beans, 1 lb. can tomatoes, 1-8 oz. can tomato sauce, 1 Tbsp. chili powder, 1 tsp. salt.

5. Cover and simmer 30 minutes, stirring occasionally.

6. Top each serving with cheese.
HOME SAFETY CHECK-UP

Directions: Observe meal preparation time at your house and record whether each of the following steps was followed.

1) Long hair is tied back.  
   YES  NO

2) Hands are washed.  
   YES  NO

3) The food preparation area was cleaned with a clean, damp sponge or cloth.  
   YES  NO

4) The recipe was read to make sure you have all the food and equipment you need.  
   YES  NO

5) The ingredients and equipment you will need were put on the counter.  
   YES  NO

6) The ingredients were measured carefully and all steps followed in order.  
   YES  NO

7) Clean up was done as you cooked.  
   YES  NO

8) The ingredients were put away when you finished with them.  
   YES  NO

9) The stove and burners were turned off when you were done.  
   YES  NO

10) All dishes and containers were washed with hot soapy water. Sharp knives were washed separately.  
    YES  NO
MEASUREMENT INVESTIGATION

Liquid Measure Investigation

1) Measure a cup of liquid into each of the following Liquid Cup, Dry Cup, Coffee Cup.

2) Place a second liquid cup at eye-level on a table and pour each cup into the liquid cup and record the results Just Right, More, Less.

<table>
<thead>
<tr>
<th></th>
<th>Just Right</th>
<th>More</th>
<th>Less</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liquid Cup</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dry Cup</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coffee Cup</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

3) Conclusions:

Dry Measure Investigation

1) Measure a cup of sugar into each of the following Liquid Cup, Dry Cup, Coffee Cup.

2) Place a second dry cup on a table or counter. Pour the dry cup and record the results:

<table>
<thead>
<tr>
<th></th>
<th>Just Right</th>
<th>More</th>
<th>Less</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liquid Cup</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dry Cup</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coffee Cup</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

3) Conclusions:
DO YOU KNOW?

Do you know what's in your body? Match the number of the body part reflection.

1. BRAIN (for thinking)
2. ESOPHAGUS (for getting the stomach)
3. LUNGS (for breathing air)
4. HEART (for pumping blood)
5. LIVER (for helping channel food into energy)
6. STOMACH (for digesting food)
7. INTESTINES (for digesting food)
BODY BUILDER

Match

Directions: Draw a line from the nutrient in column one to its match in column two

STRONG BONES AND TEETH

CELL CEMENT

RELEASE ENERGY FROM FOODS

ENERGY

CONTROL TEMPERATURE

CARRIES OXYGEN THROUGH THE BODY

GROWTH AND REPAIR OF BODY CELLS

NIGHT VISION
FOOD STORAGE HUNT

List five foods you find in the freezer, refrigerator and cabinets at your house.

Direction:
SAFE FOOD DISCOVERY

You Will Need:

- Four slices of bread without preservatives
- Four plastic sandwich bags
- One clean fork
- Masking tape (roll)
- One Marker
- Paper plate
- Water
- 1 teaspoon measuring spoon

- Use a clean fork to put one slice of bread into a clean plastic bag. Put 1 teaspoon of water on the bread. Close the bag with a twist tie. Use some masking tape to label the bag "NOT TOUCHED."

- Use a clean fork to put one slice of bread on the table and drag it back and forth a couple of times. Put it into a clean plastic bag, add 1 teaspoon of water, close the bag.

- Use a clean fork to put a slice of bread on a paper plate. Let it sit out for five minutes, use the fork to put the bread in a clean plastic bag, add 1 teaspoon water and close the bag. Label the bag "AIR."

- Use your hands to put one slice of bread in a clean plastic bag, add 1 teaspoon water and close the bag. Label the bag "HANDS."

- Place the bags with bread in a dark place, check them every day.

- Use the chart to record observations.

<table>
<thead>
<tr>
<th></th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>NOT TOUCHED</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TABLE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>AIR</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>HANDS</td>
<td></td>
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</table>

Which bread grew mold first? Which bread grew the most mold?

What colors are the molds? What does this teach us about storing food?
MAKE A COOLER

You will need:
- two different sizes of sturdy cardboard boxes with lids
- newspaper
- ice in plastic bags

1. Place one inch of tightly crumpled newspaper on the bottom of the largest box.

2. Place the smaller box inside the larger box. Fill the space between the sides of the boxes with tightly crumpled newspaper.

3. Place foods in closed containers or in closed plastic bags inside the smaller box. Pack ice in closed plastic bags around the food in the smaller box. Close lid.

4. Place 1/2 inch of tightly crumpled newspaper on top, and close the lid of the larger box.
TELL PETIE WHAT YOU DID?

WHAT DID YOU LEARN?
Check the new words you learned doing this project.

___ nutrient  ___ protein
___ vitamins  ___ carbohydrates
___ safety    ___ minerals
___ fat       ___ pyramid

Food and You
Check the things you know and do...

<table>
<thead>
<tr>
<th>YES</th>
<th>SOMETIMES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<td></td>
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</tbody>
</table>

Do you eat a variety of foods from all food groups?

Do you eat breakfast on a regular basis?

Do you recognize the cultural background in the foods you eat?

Do you exercise and take care of yourself regularly?
4-H Club Motto
"To make the best better"

4-H Pledge
I 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,
my country, and my world.

4-H Colors:
Green and White

4-H Food, Fun and Fitness was developed through a team effort of the Florida 4-H Youth Programs and the Department of Family, Youth and Community Sciences including the Expanded Food and Nutrition Education Program.

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