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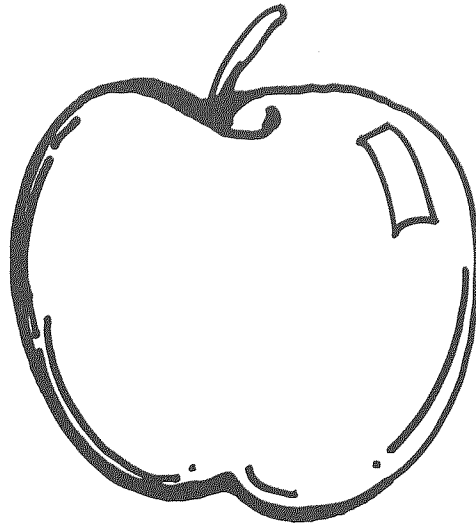
A B C,
S

OF
WHAT CAN YOU
BUY TO EAT AT
THE
GROCERY STORE?

by

Mary Ostrowski

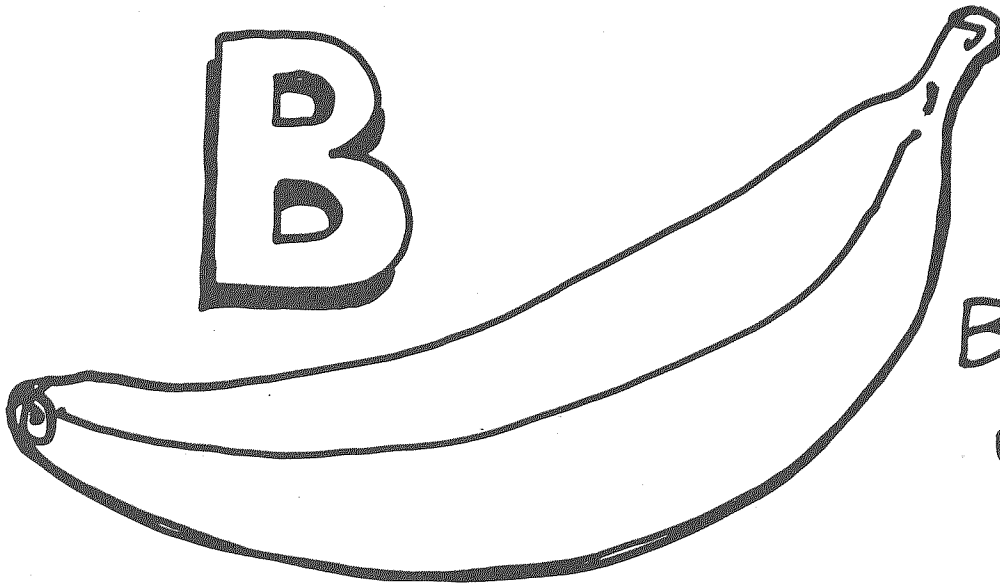
A



APPLE

YES

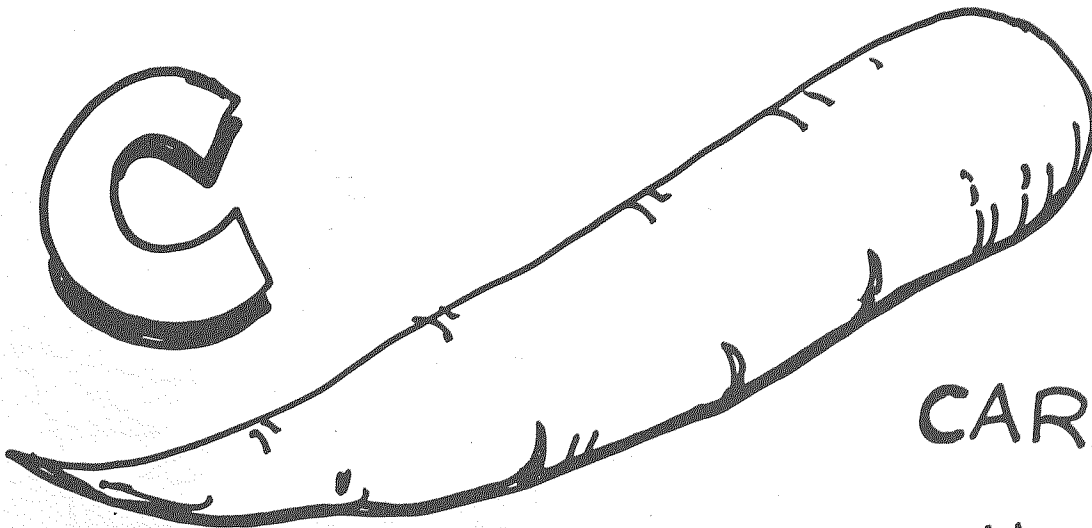
B



BANANA

YES

C

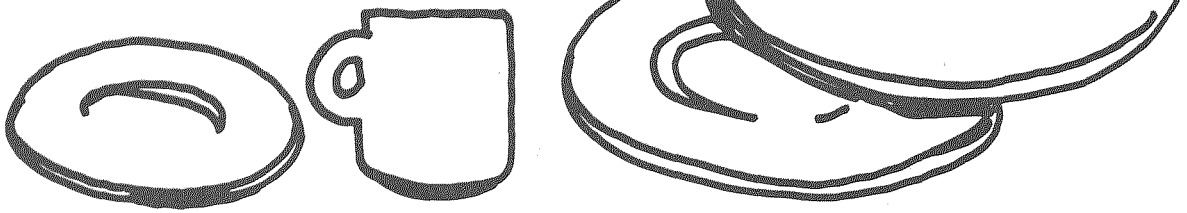


CARROT

YES

D

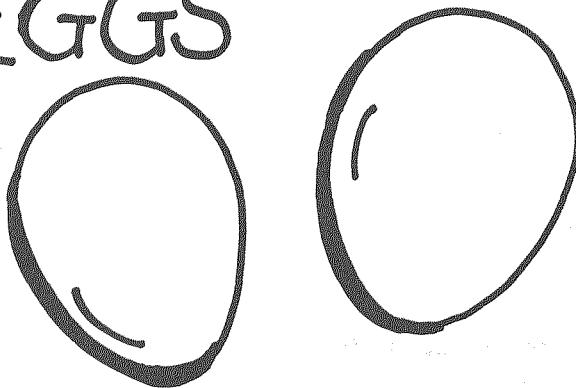
DISHES



YES - YOU CAN BUY DISHES, BUT YOU CAN'T EAT THEM!

E

EGGS



YES

F

FISH

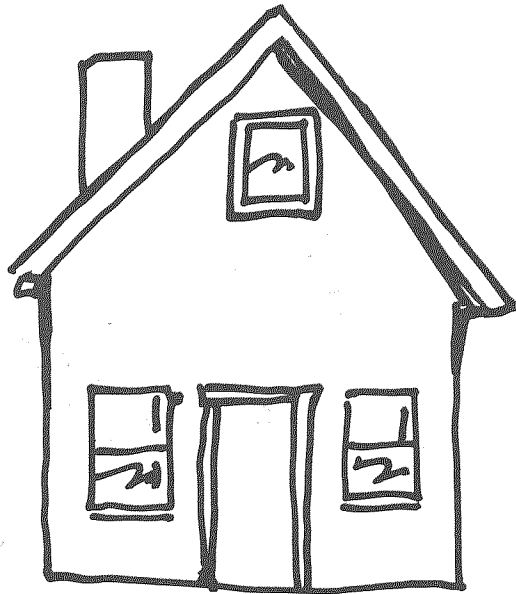
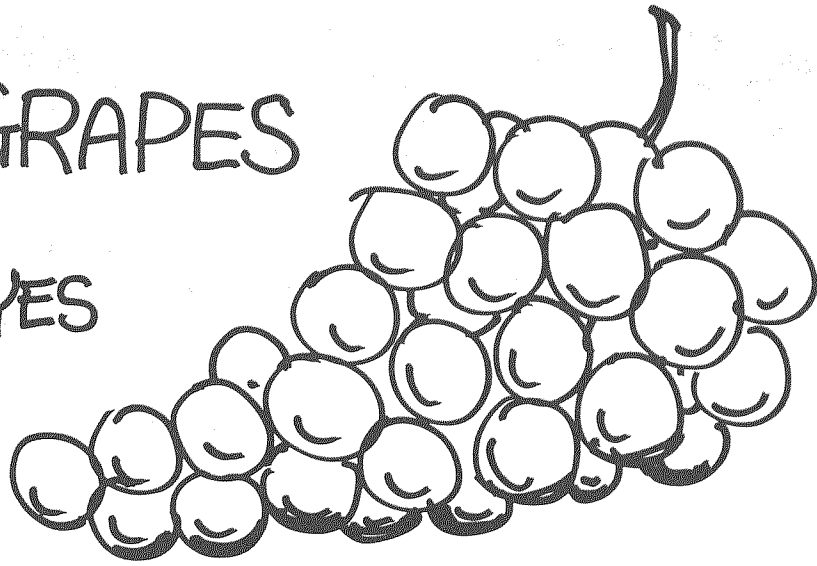
YES



G

GRAPES

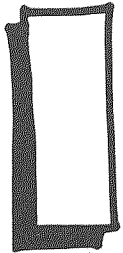
YES



H

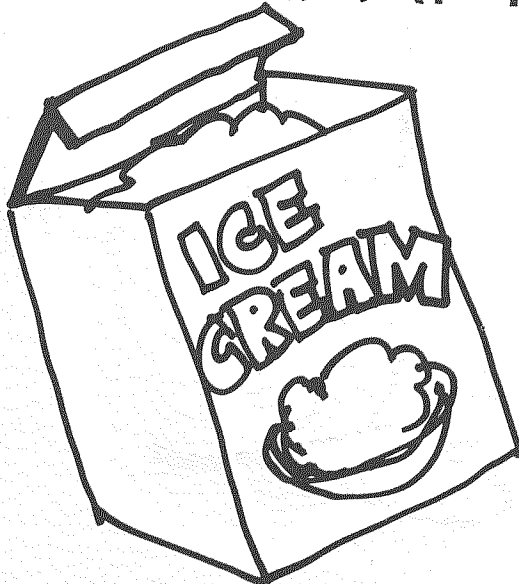
HOUSE

NO!



ICE CREAM

YES





J

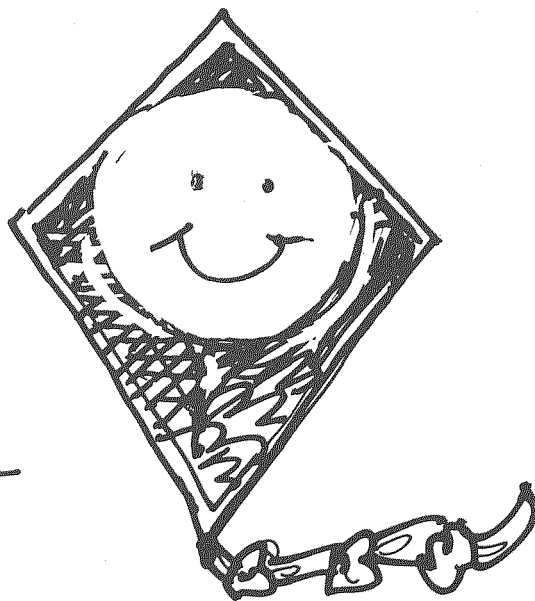
JAR

YES - YOU CAN BUY A JAR
AT THE GROCERY STORE
BUT YOU CAN'T EAT IT.

K

KITE

YES - YOU CAN BUY A KITE
AT THE GROCERY STORE BUT
YOU CAN'T EAT IT.



LEAF

L

NO



M

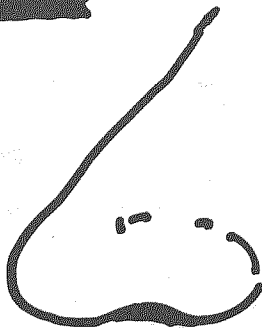
MILK

YES

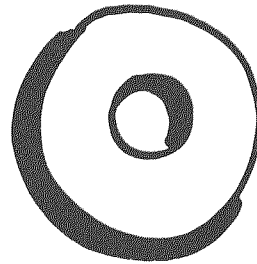


N

NOSE

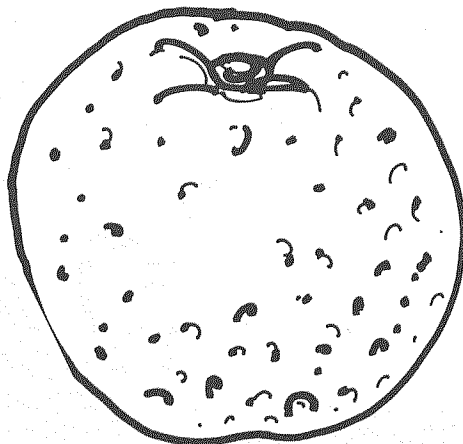


NO!



ORANGE

YES



P



POTATO

YES

Q

QUEEN

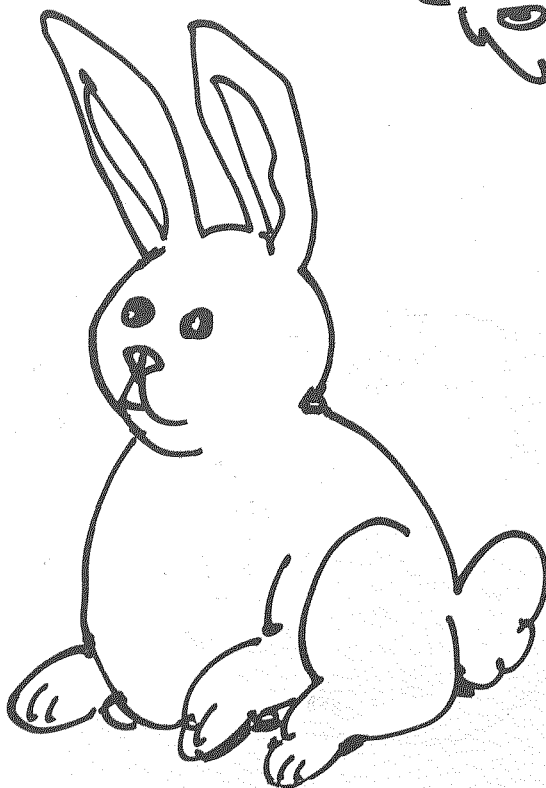
NO

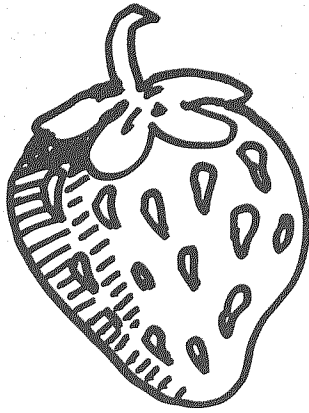


R

RABBIT

NO





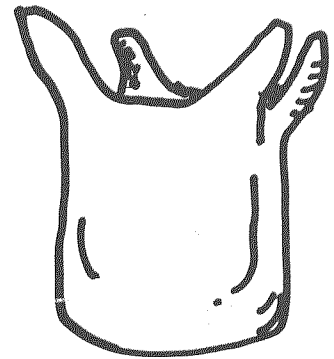
S

STRAWBERRY

YES

T

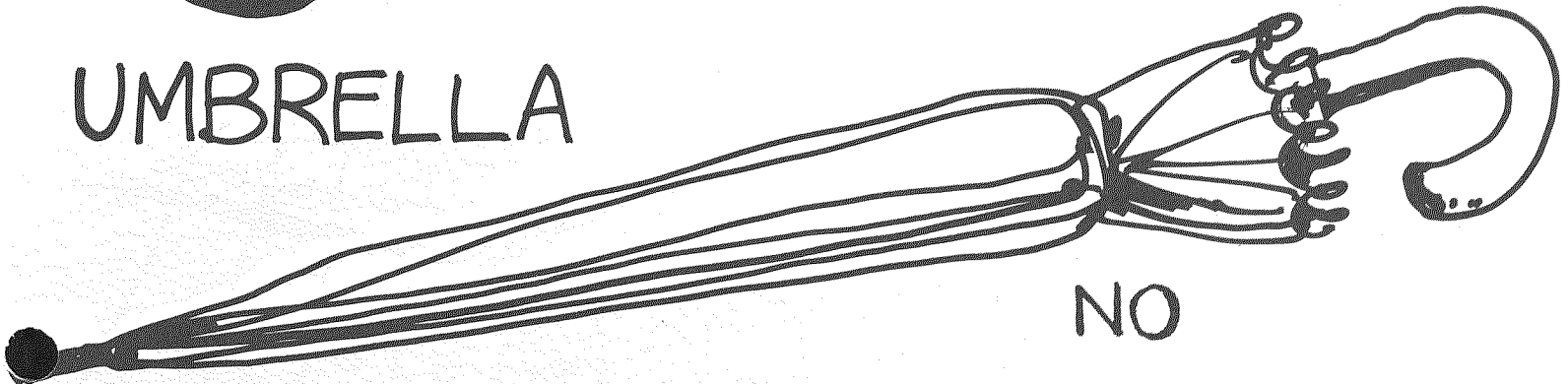
TOOTH



NO!

U

UMBRELLA



NO

V



VANILLA
PUDDING

YES

W



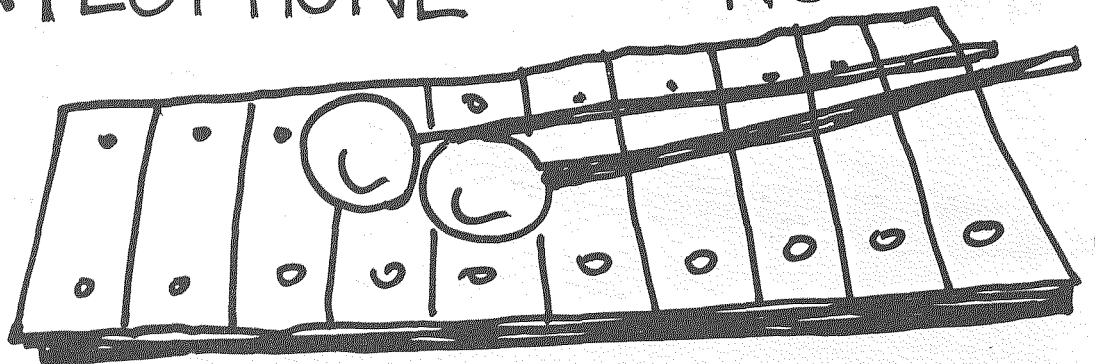
WATERMELON

YES

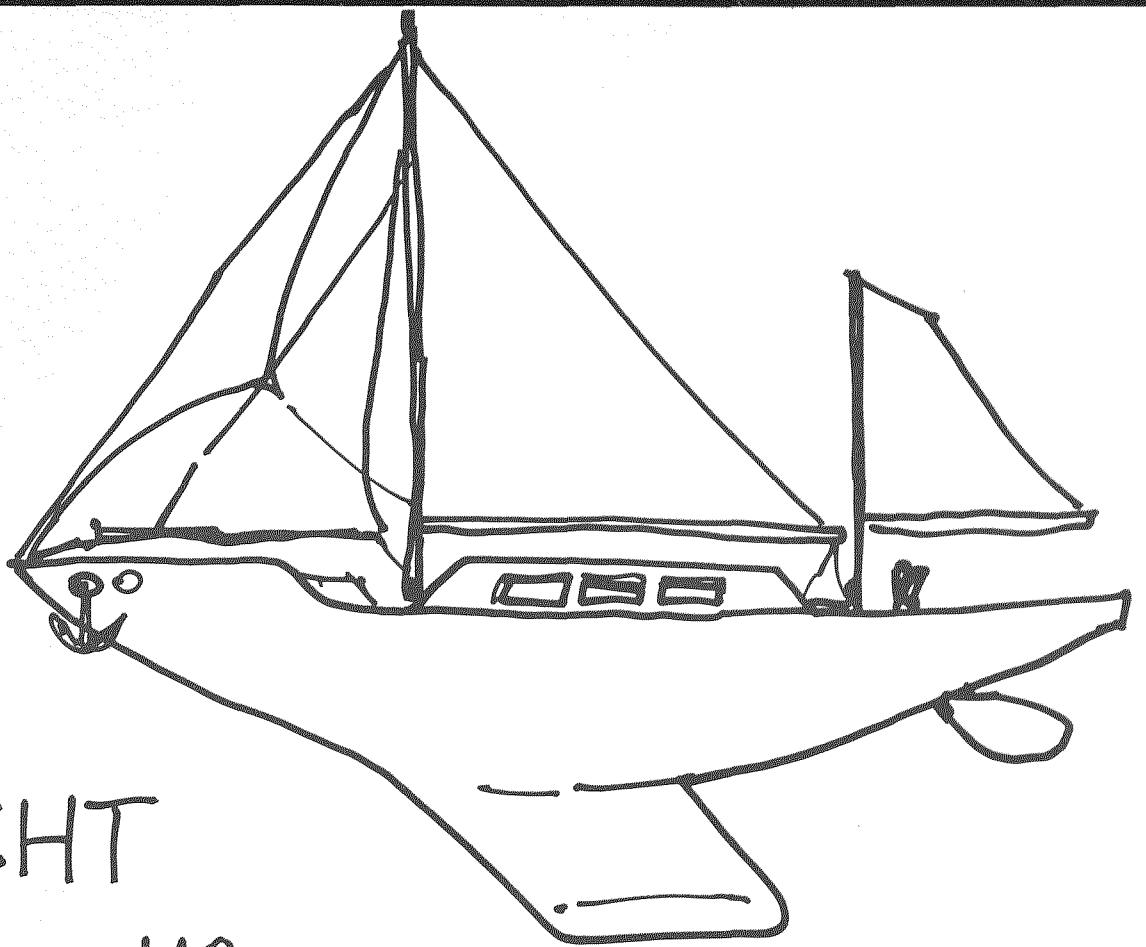
X

XYLOPHONE

NO



Y

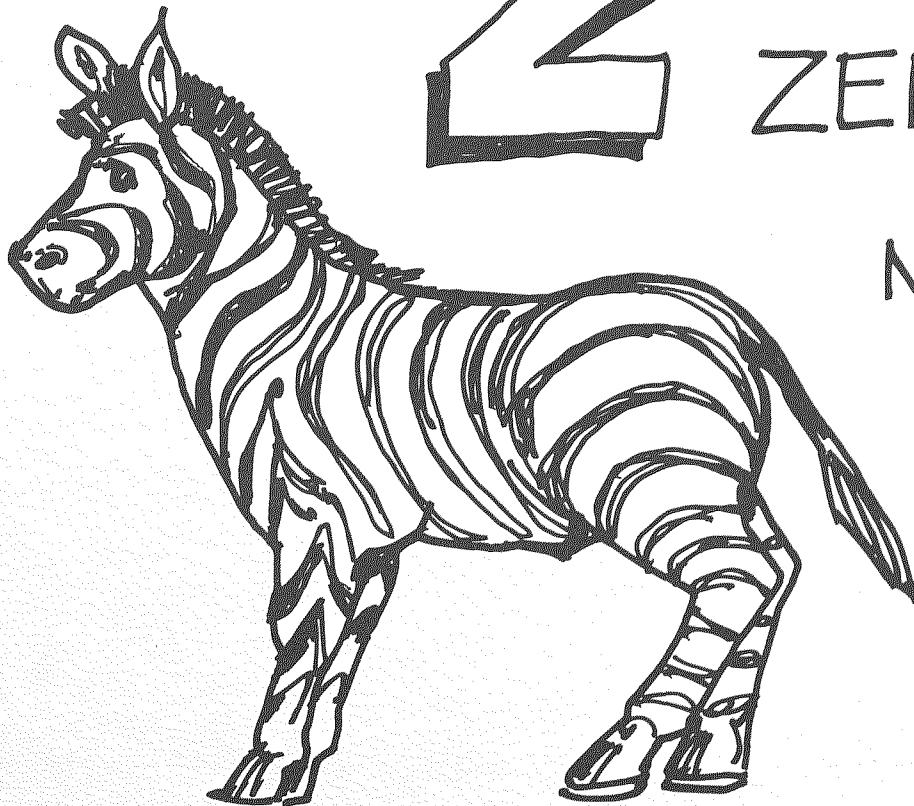


YACHT

NO

Z

ZEBRA



NO

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ANDY

and

Vitamin

A



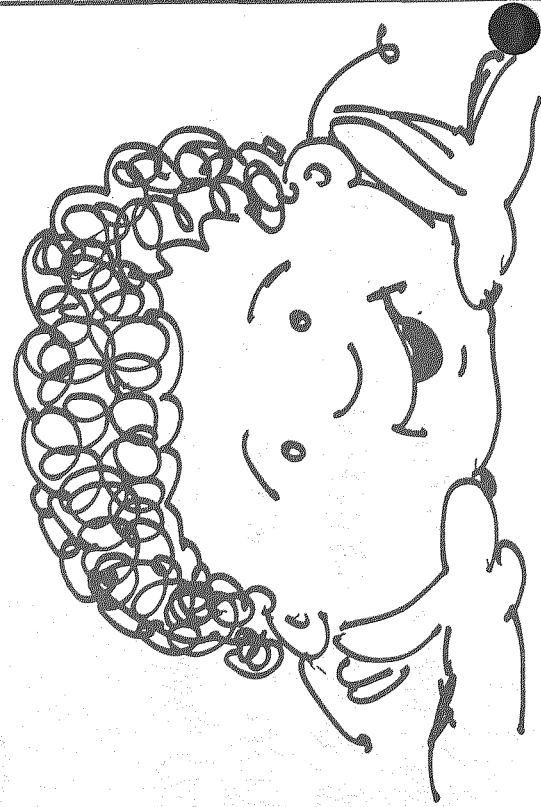
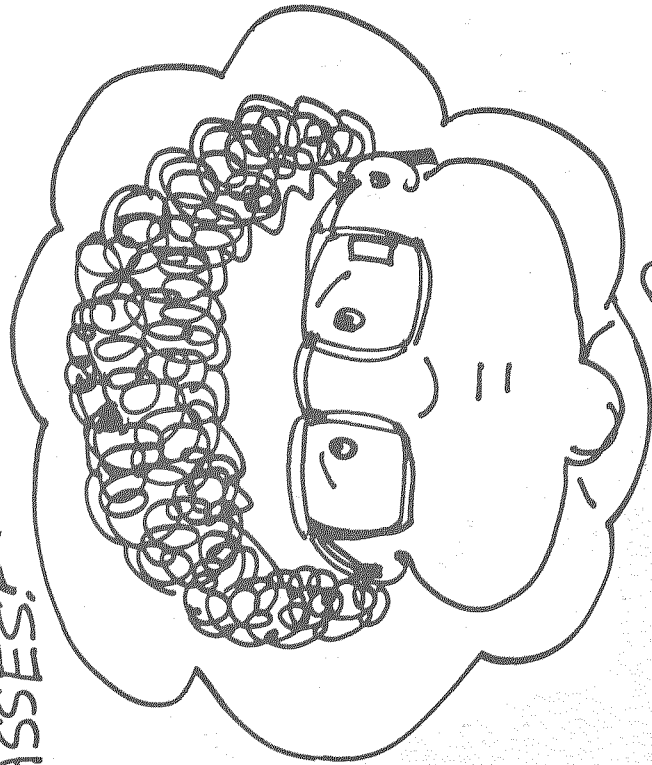
ANDY WAS EATING BREAKFAST WITH HIS GRANDPARENTS. HE SAW A BIG **A** ON THE MILK CONTAINER. HE ASKED "WHAT DOES **A** MEAN?"



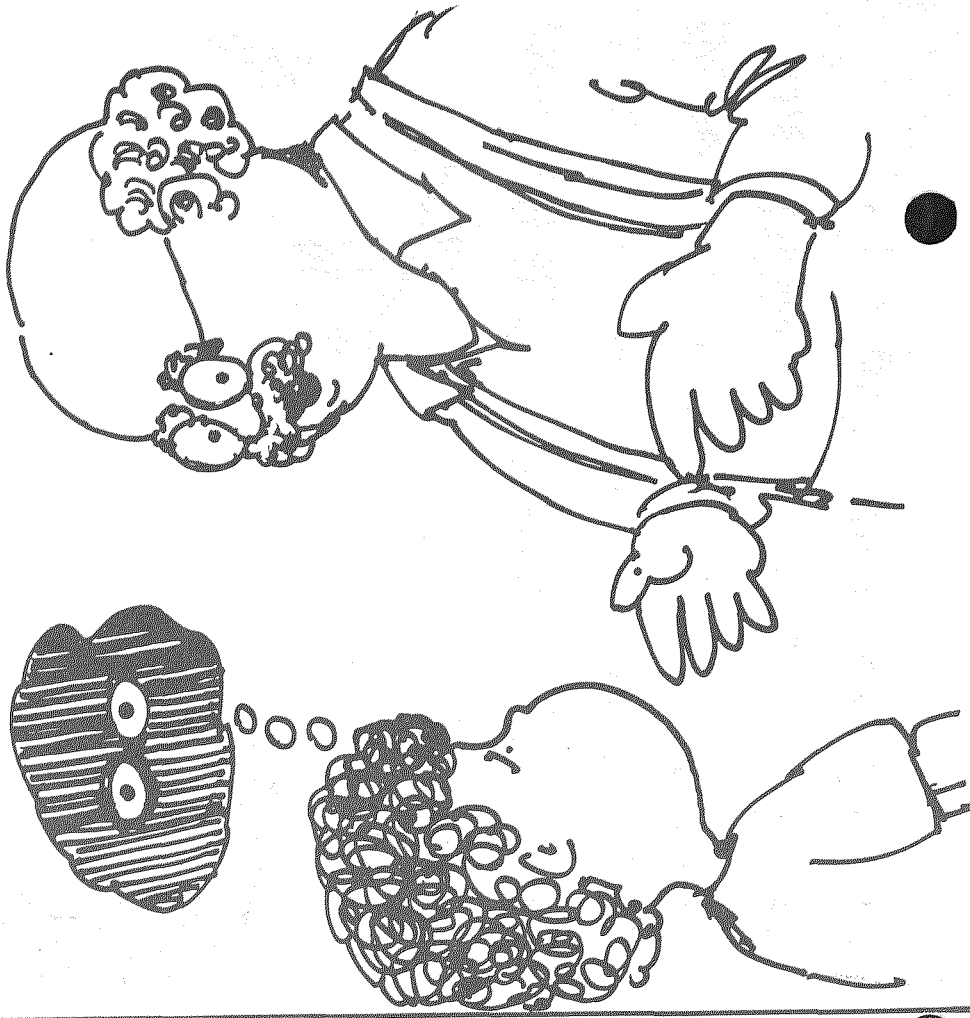
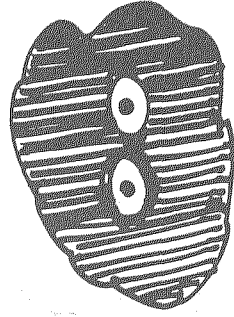
ANDY'S GRANDFATHER SAID "A MAY MEAN MANY THINGS BUT ON THE MILK CARTON IT STANDS FOR VITAMIN **A**. THE BODY NEEDS VITAMIN **A** TO WORK AND BE HEALTHY. EVERYONE NEEDS FOODS WITH VITAMIN **A**."



ANDY ASKED "WILL VITAMIN A
KEEP ME FROM NEEDING
GLASSES?"



ANDY'S GRANDFATHER SAID,
"NO, VITAMIN A DOES NOT HELP
YOU SEE BUT VITAMIN A DOES
HELP EYES TO ADJUST TO THE
DARK AT NIGHT AND IN
DARK ROOMS."



VITAMIN A ESPECIALLY HELPS TO MAKE NICE SKIN AND GOOD EYES. ANDY ASKED "WILL VITAMIN A GIVE ME NICE SKIN?"

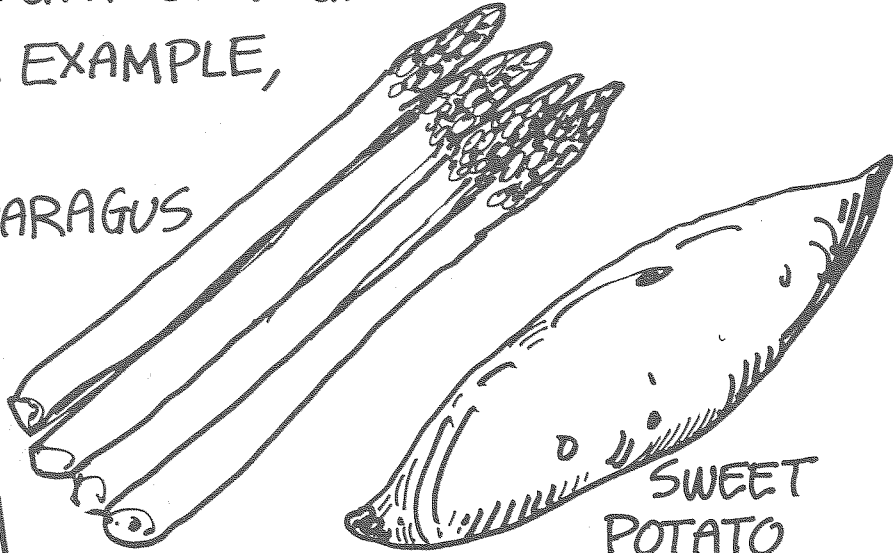


ANDY'S GRANDMOTHER SAID "NO, VITAMIN A WILL HELP KEEP SKIN SMOOTH; BUT IT ALSO DEPENDS ON THE KIND OF SKIN YOUR PARENTS HAD AND HOW YOU TAKE CARE OF YOUR SKIN."



ANDY ASKED "WHAT FOODS HAVE VITAMIN A?" ANDY'S GRANDMOTHER SAID "VEGETABLES THAT ARE BRIGHT ORANGE OR DARK GREEN." FOR EXAMPLE,

ASPARAGUS

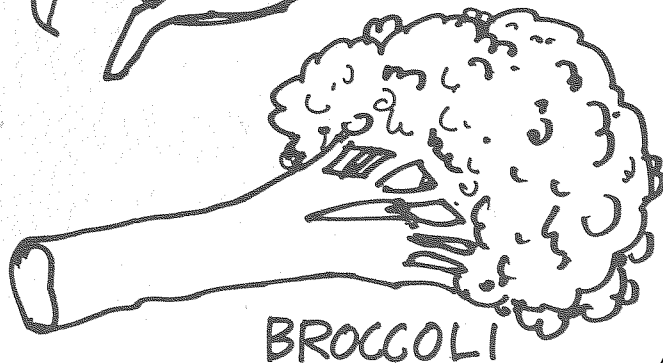


SWEET POTATO

CARROTS

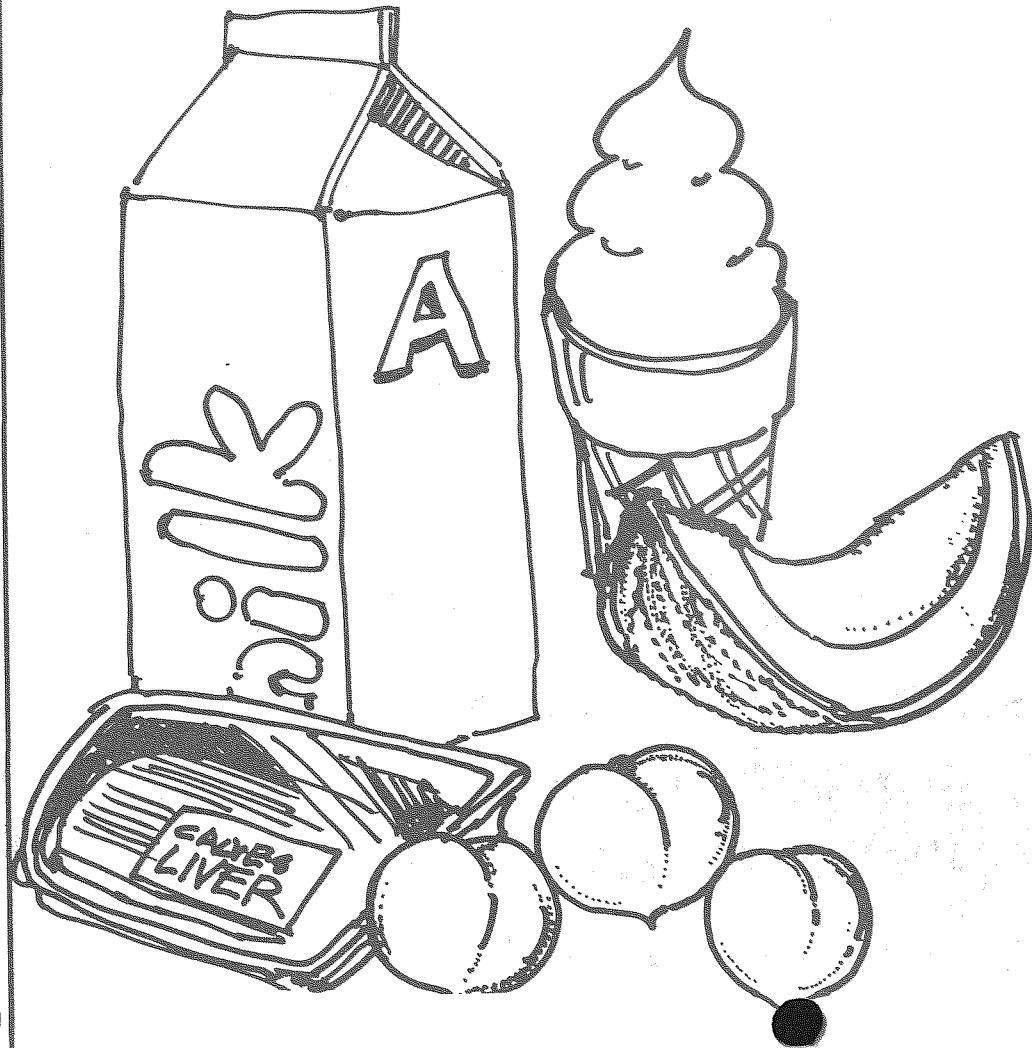


SPINACH

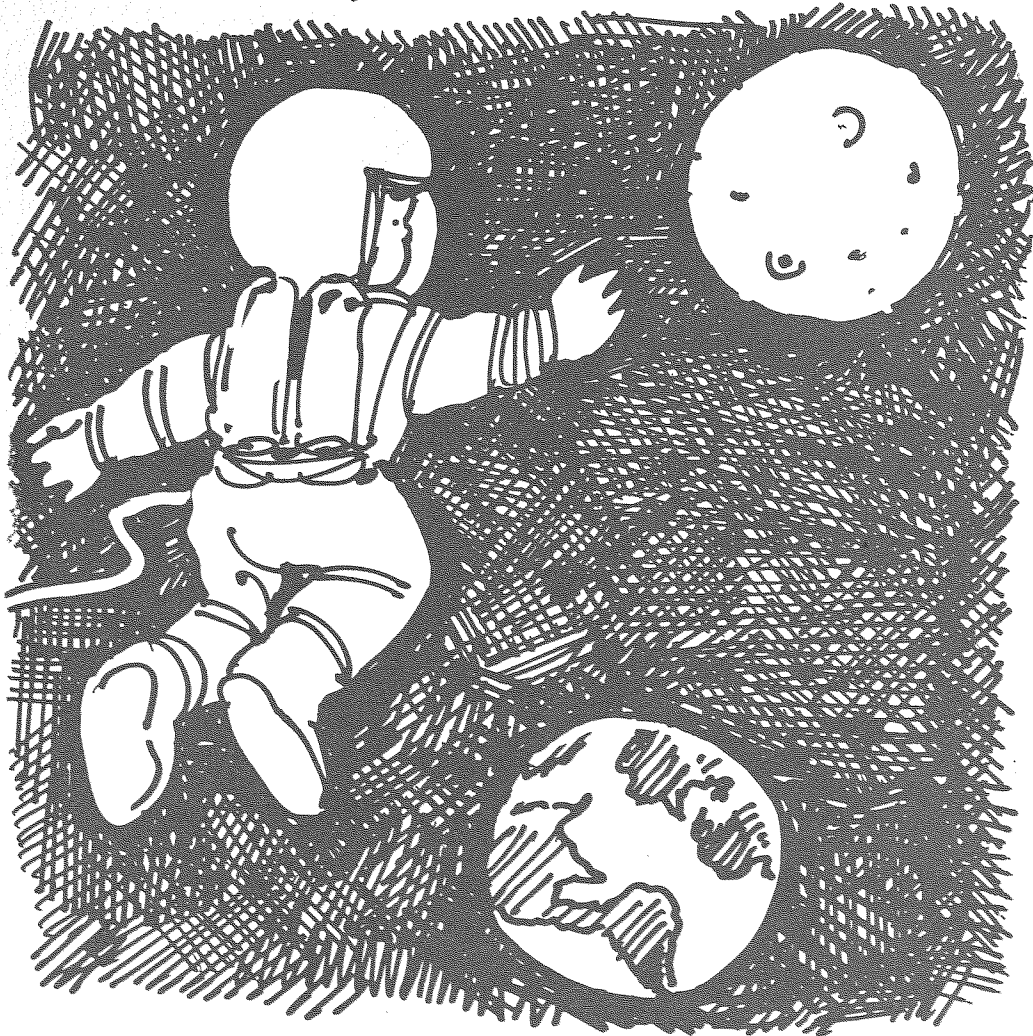


BROCCOLI

ANDY'S GRANDFATHER SAID, "SOME FOOD FROM ANIMALS ALSO HAS VITAMIN A - MILK, CHEESE ICE CREAM AND LIVER, AND THE FRUITS-APRICOT AND CANTALOUPE."



THAT NIGHT ANDY DREAMED OF BEING AN ASTRONAUT AND FLYING THROUGH SPACE. HE WOULD GO FROM DARK NIGHTS TO BRIGHT SUNLIGHT VERY QUICKLY. HE WOULD NEED PLENTY OF VITAMIN A AND BE IN GOOD HEALTH.



WHAT FOODS WITH VITAMIN A WOULD HE HAVE TO EAT ON HIS SPACE JOURNEY? CHEESE? MILK? CARROTS? SPINACH? THE NEXT NIGHT FOR DINNER ANDY ATE A BIG SALAD WITH CARROTS, BROCCOLI AND SPINACH WITH HIS MEAT LOAF HE HAD CANTALOUPE FOR DESSERT.

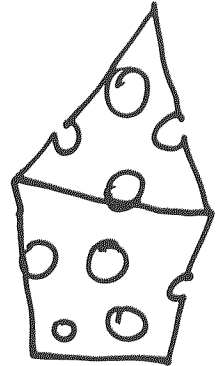
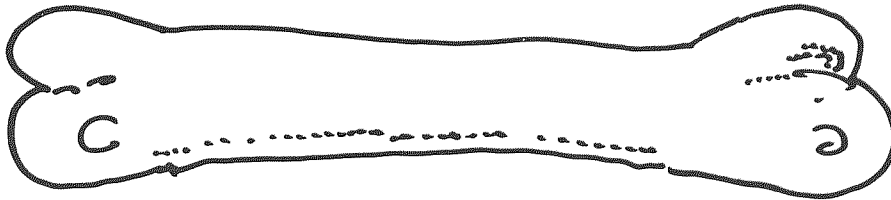


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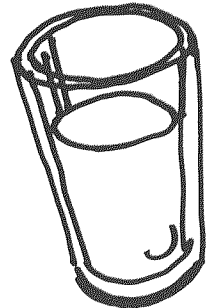
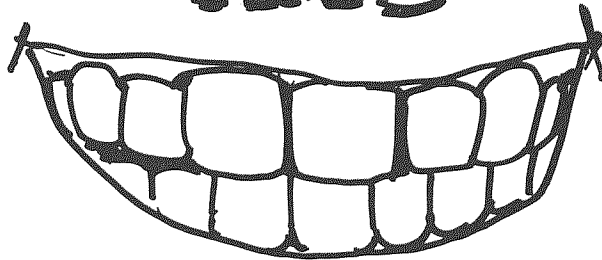
Milk Makes



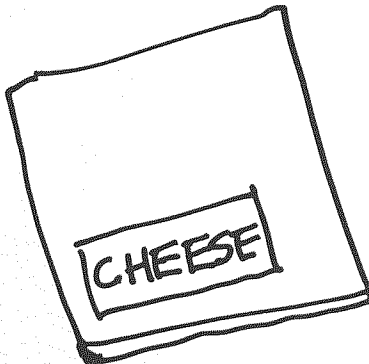
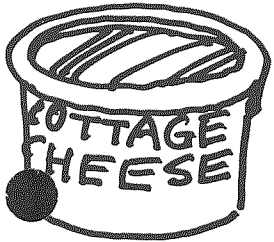
STRONG



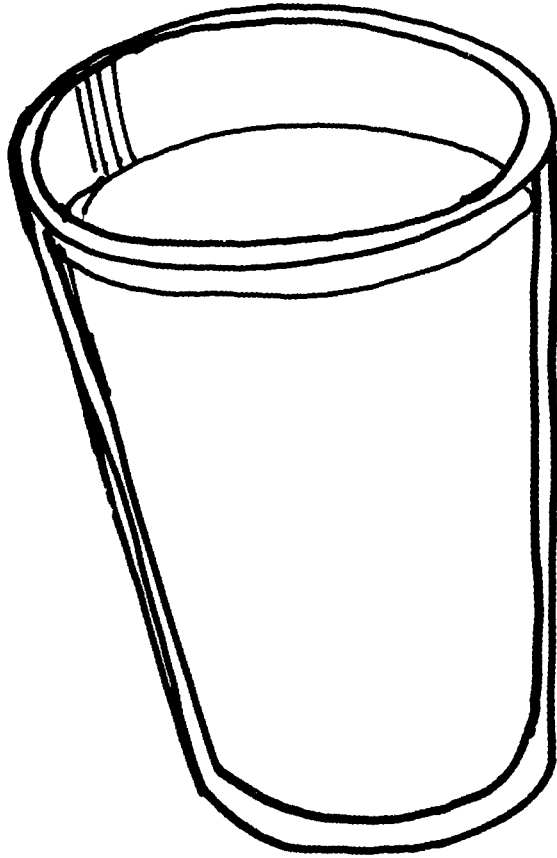
AND



COLORING
BOOK

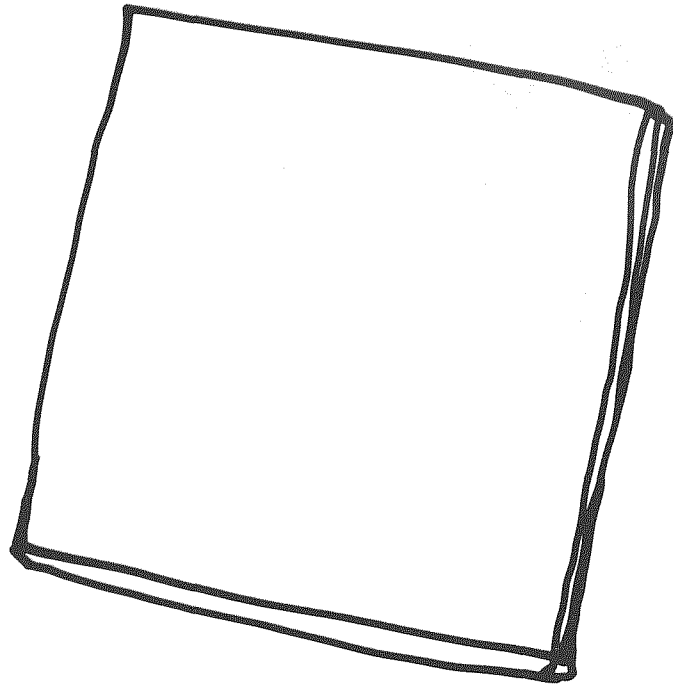


I AM A GLASS OF MILK



I HAVE CALCIUM,
PROTEIN, VITAMINS,
AND MINERALS FOR
GROWING CHILDREN.

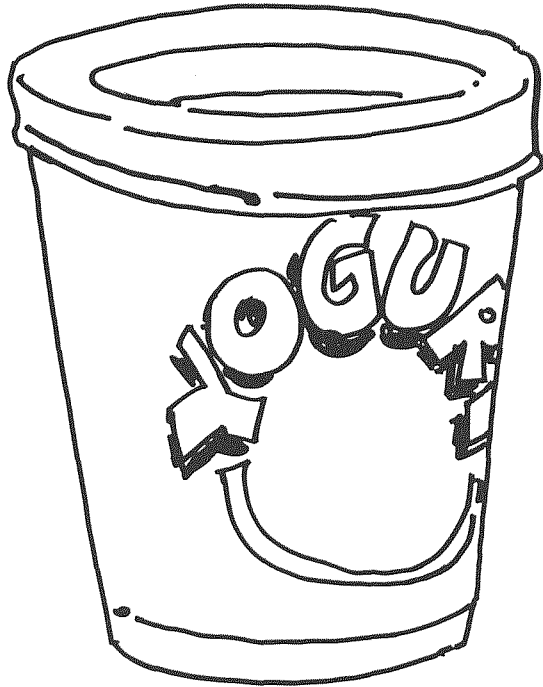




I AM A SLICE OF CHEESE
I AM MADE FROM MILK AND
TASTE GOOD IN A SANDWICH, ON
EGGS OR BY MYSELF.

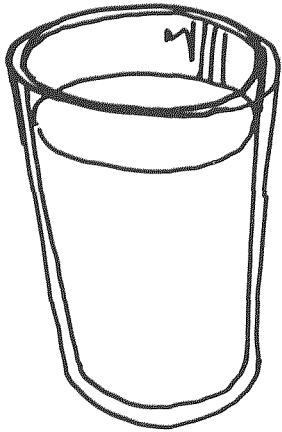
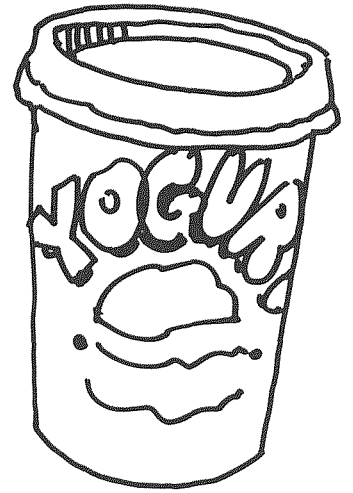
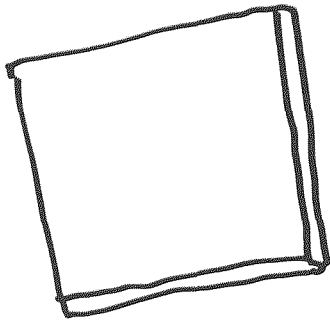


I AM YOGURT



I AM MADE
FROM MILK TOO.



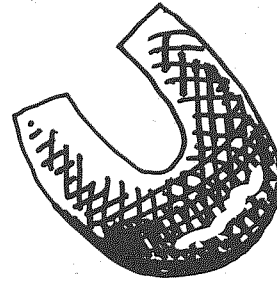
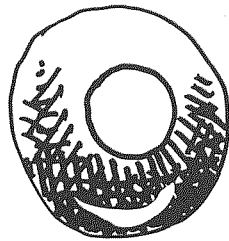
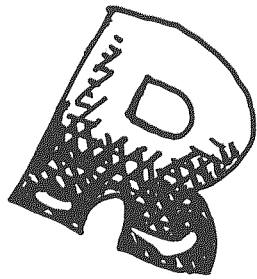
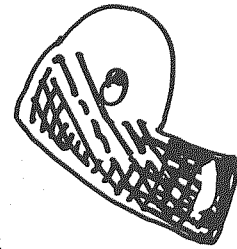
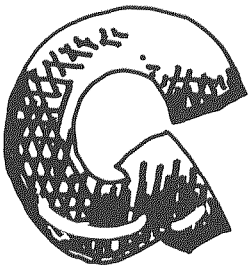


WE BELONG TO
THE

MILK

AND

CHEESE



DRINK MILK EVERY DAY

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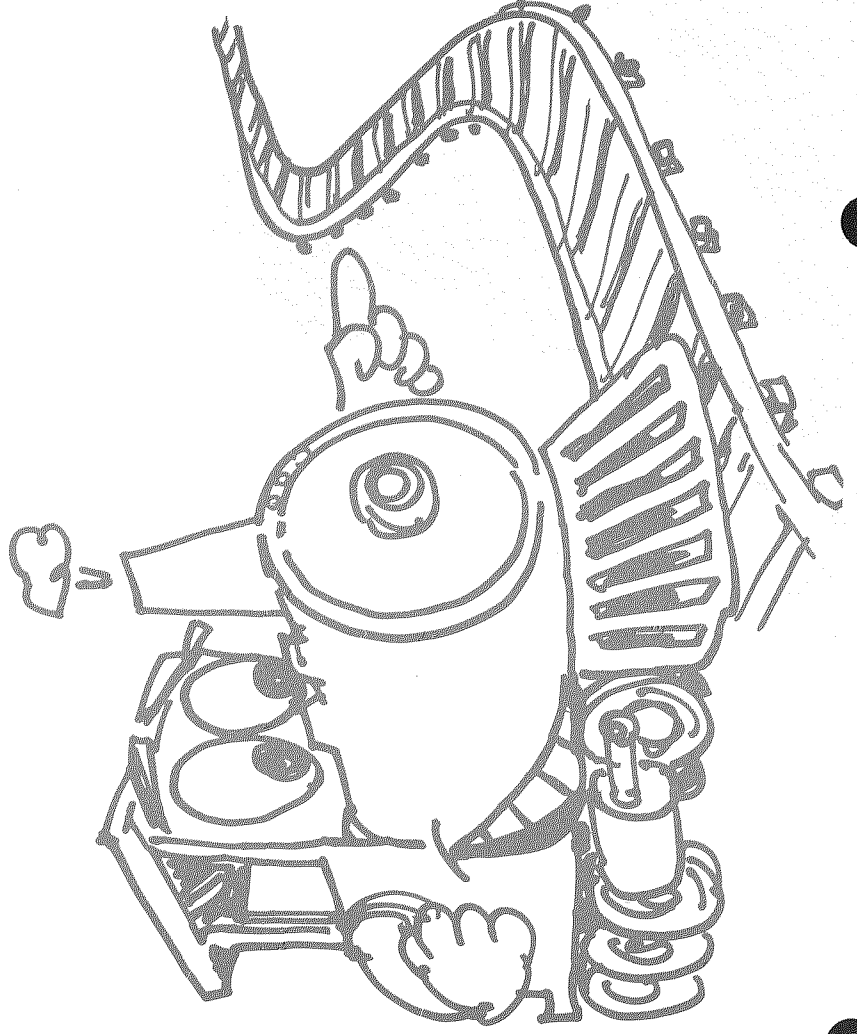


BY KAY ROMOSLAWSKI

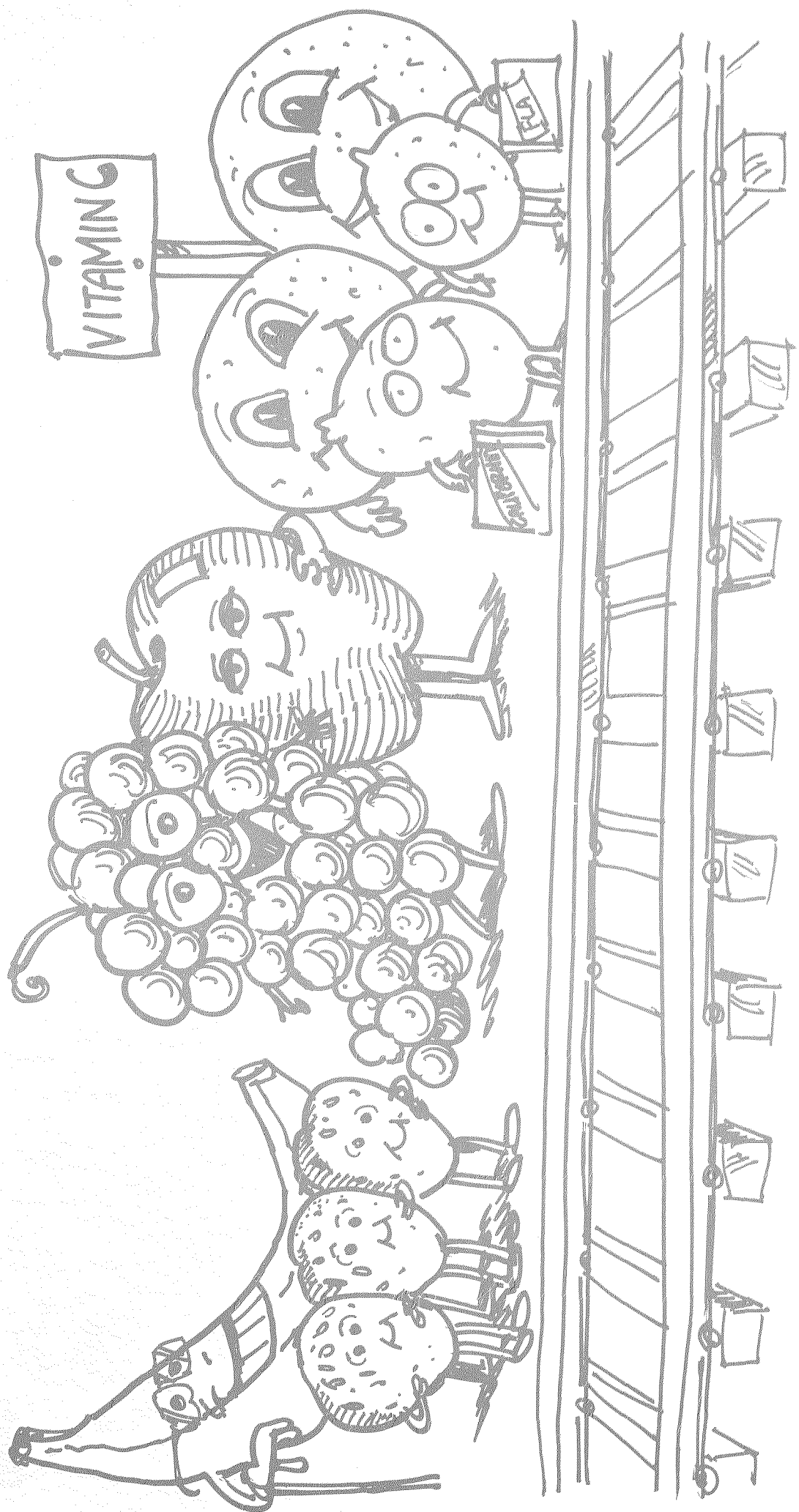
THE LITTLE ENGINE
WANTED VERY MUCH TO
GROW UP AND BE
BIG AND STRONG
LIKE
ERNIE ENGINE



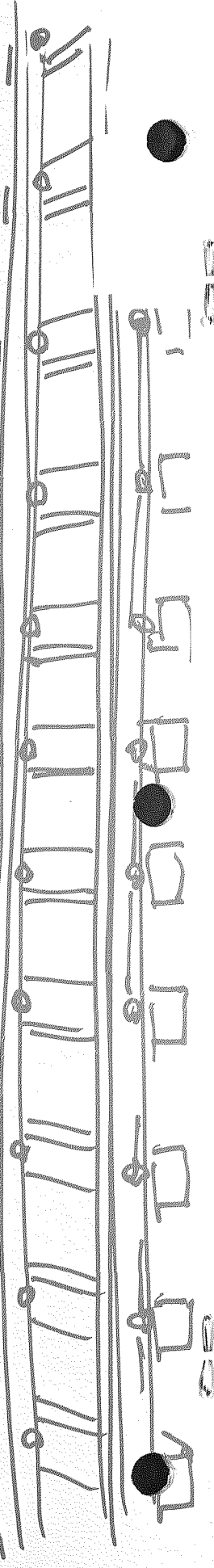
"ERNIE, WHAT DO I
HAVE TO DO TO BE LIKE
YOU?" ASKED THE LITTLE
ENGINE. "THAT'S EASY,"
ERNIE REPLIED. "FIRST YOU
HAVE TO GET ON THE
RIGHT TRACK."



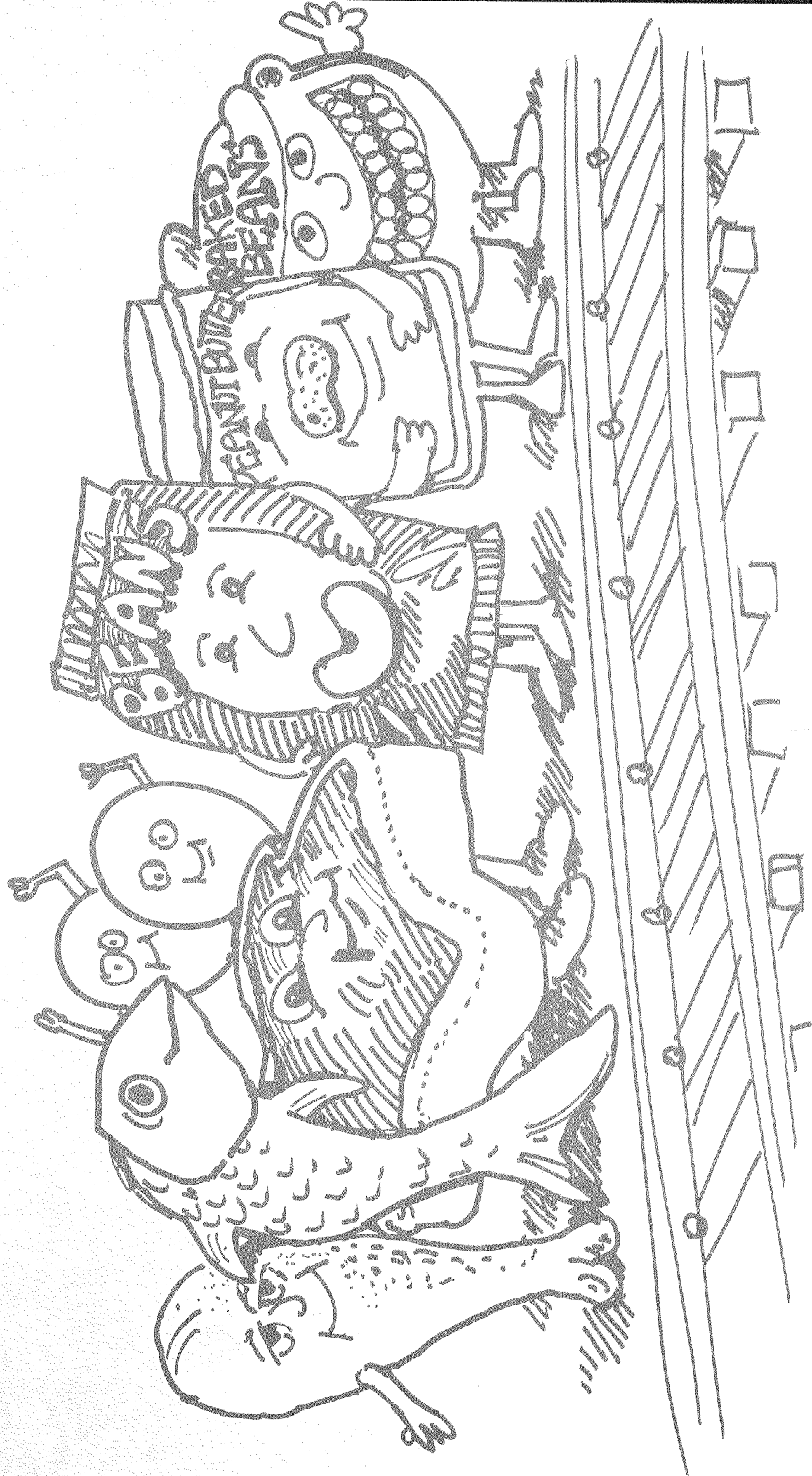
ALONG THIS TRACK, YOU CAN STOP EACH DAY AND FILL UP ON SOME FRUITS. BE SURE TO PICK ONE WITH VITAMIN C.



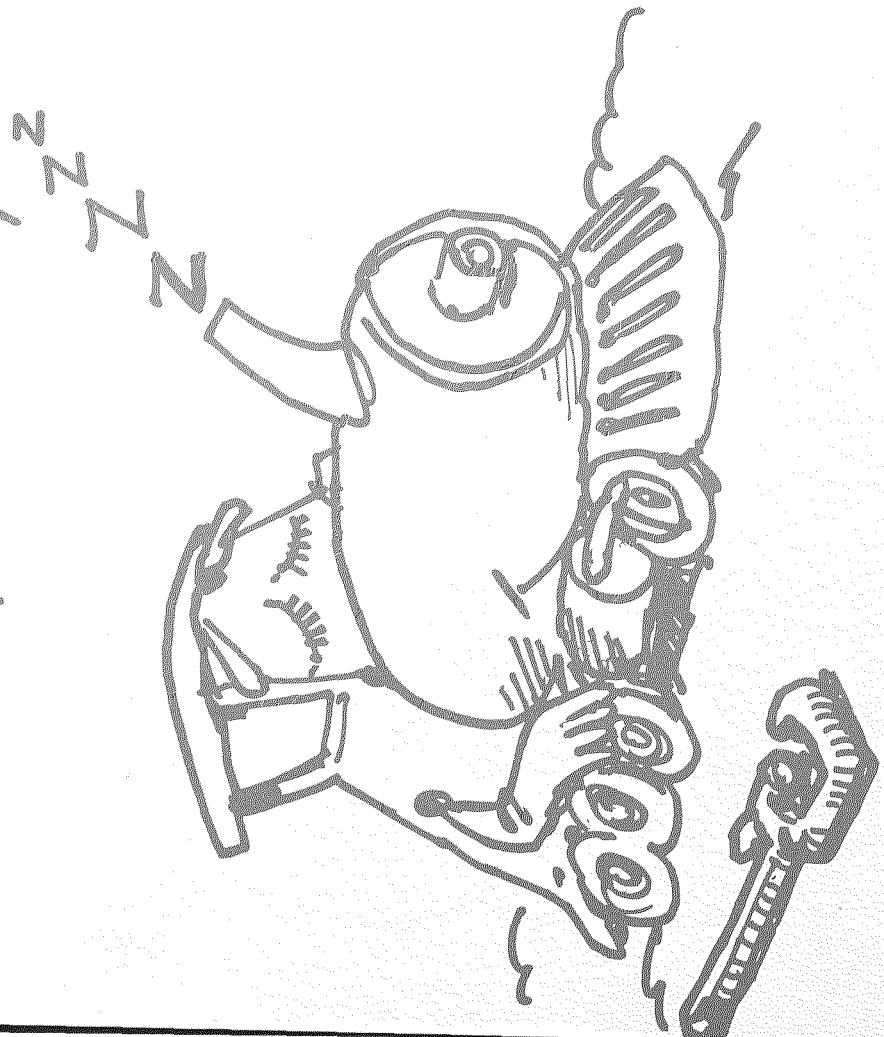
DON'T FORGET TO STOP IN **DAIRYLAND**
FOR 3 SERVINGS EACH DAY. ONCE YOU GET
AS BIG AS ME YOU'LL NEED ONLY 2 SERVINGS
DAILY.



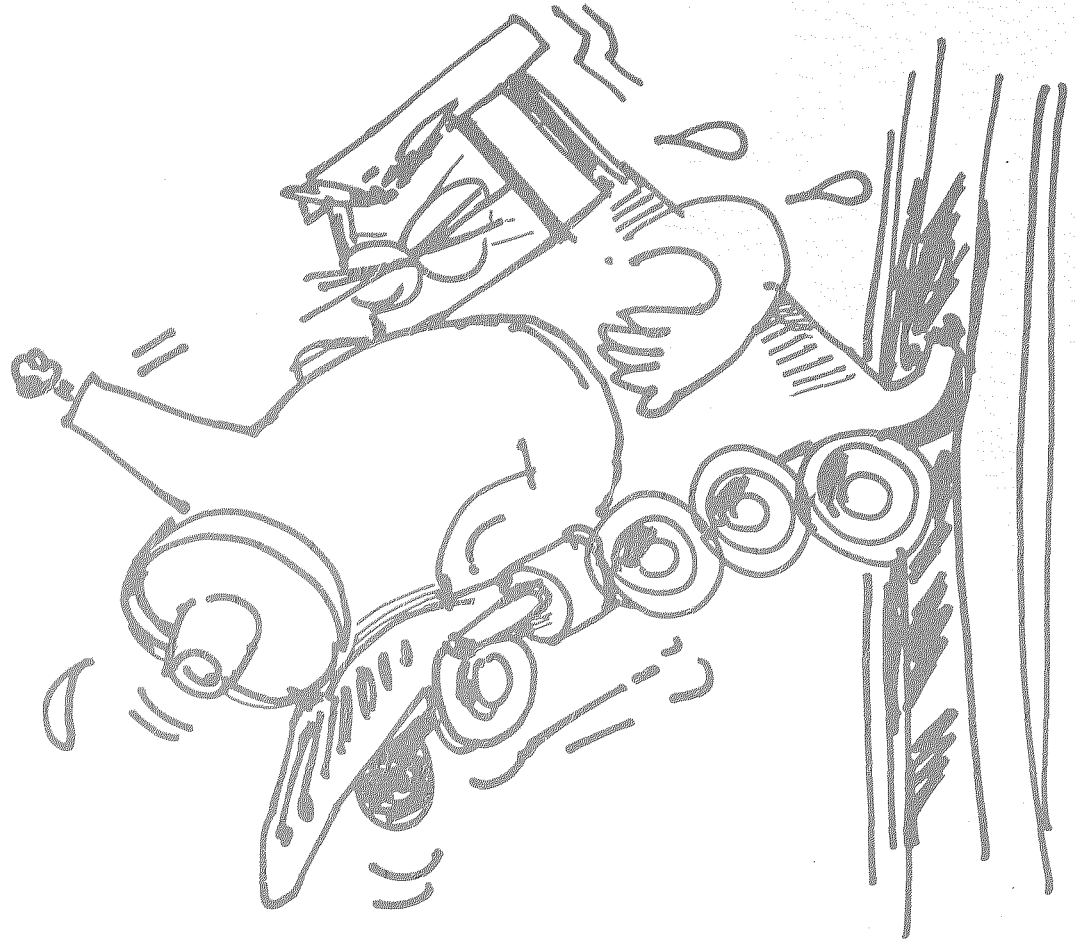
**TO KEEP YOU STRONG. STOP FOR 2 SERVINGS
OF MEAT, POULTRY, FISH AND EGGS
OR DRIED PEAS AND BEANS.**



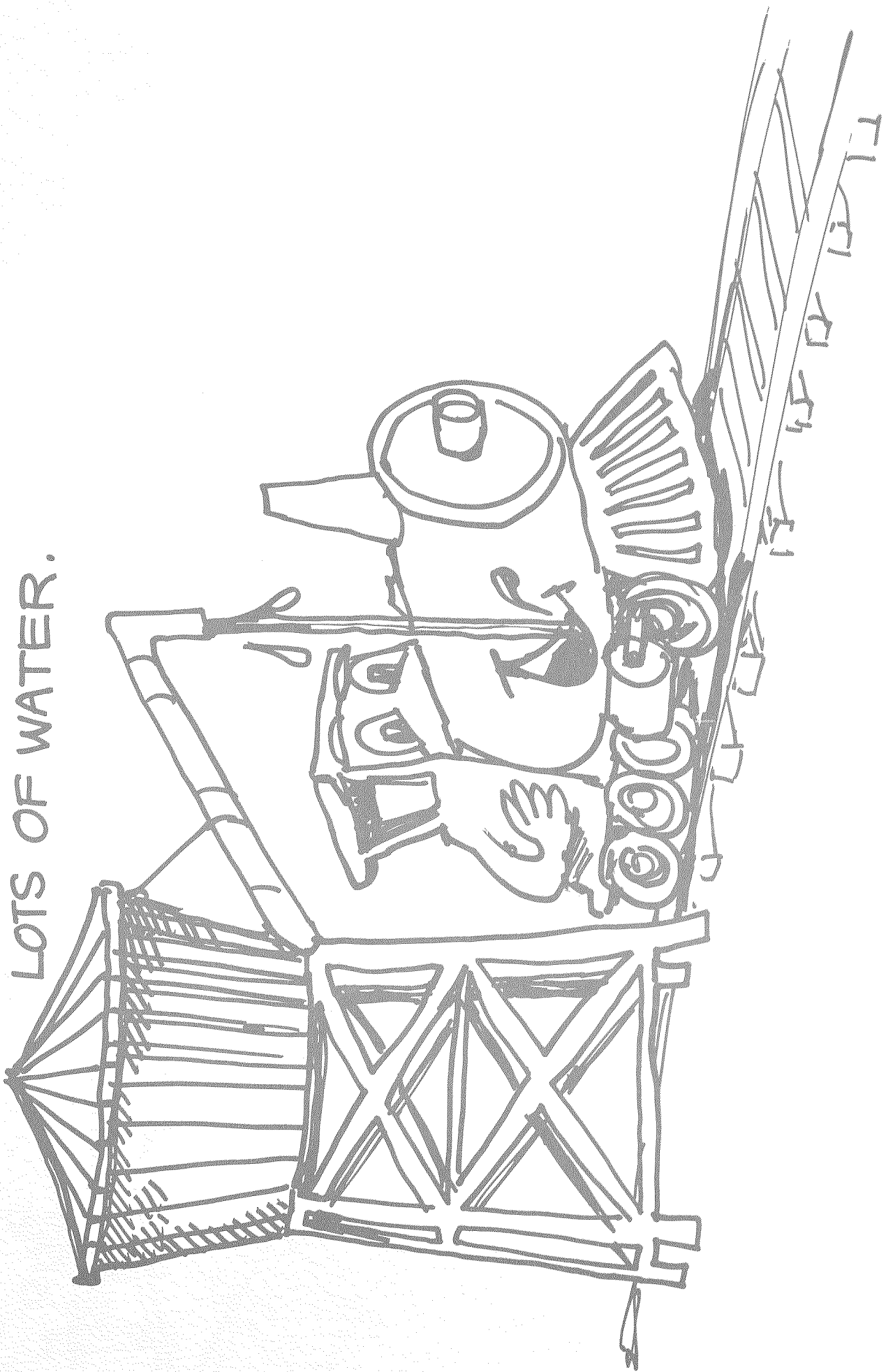
BESIDES EATING RIGHT,
BE SURE TO GET
PLENTY OF SLEEP,



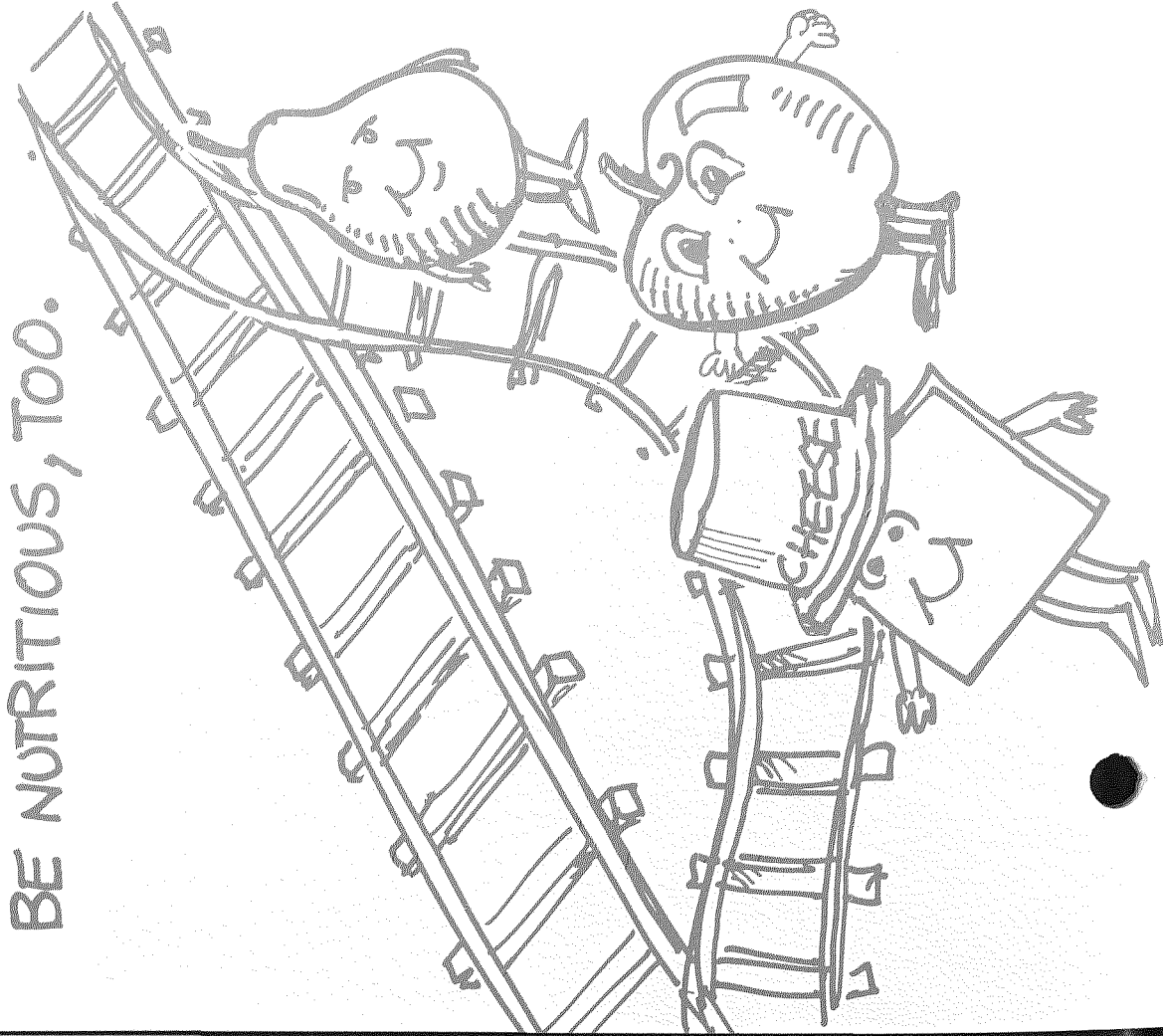
GET PLENTY
OF EXERCISE,



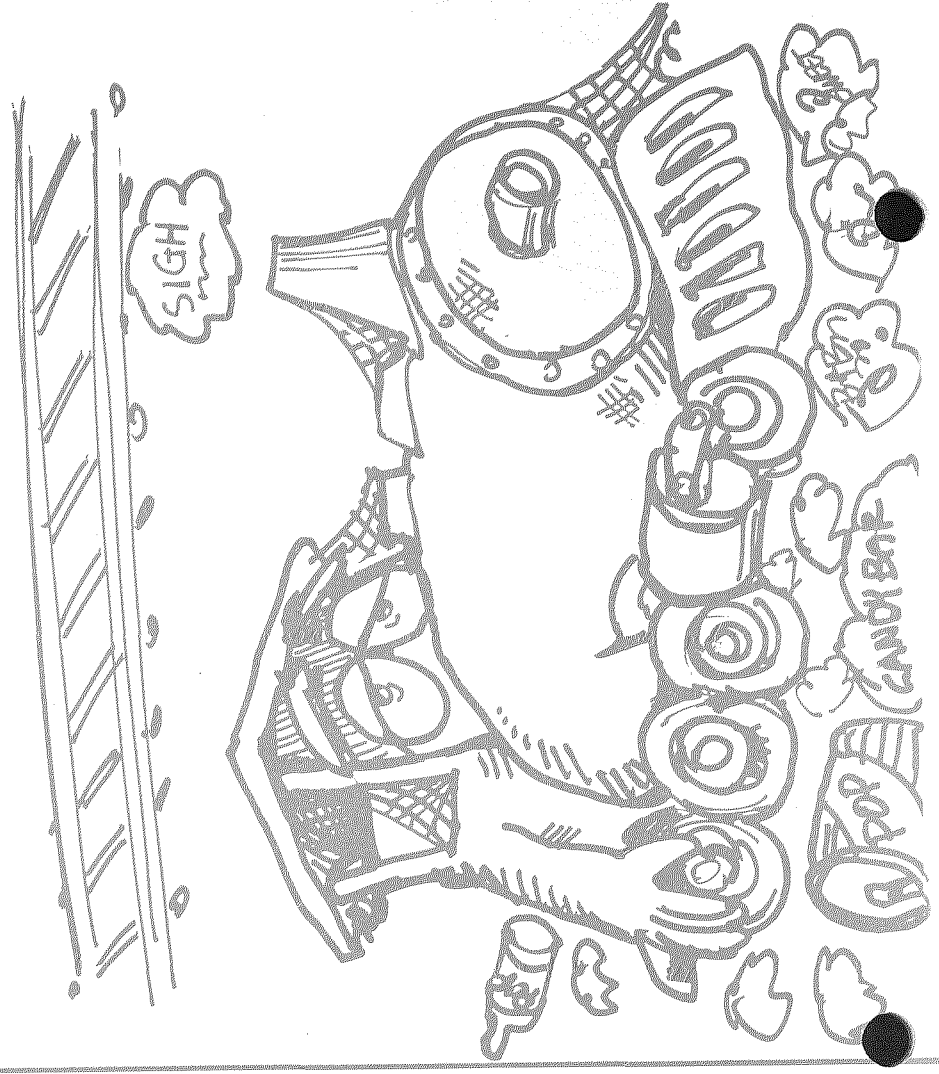
...AND DRINK
LOTS OF WATER.



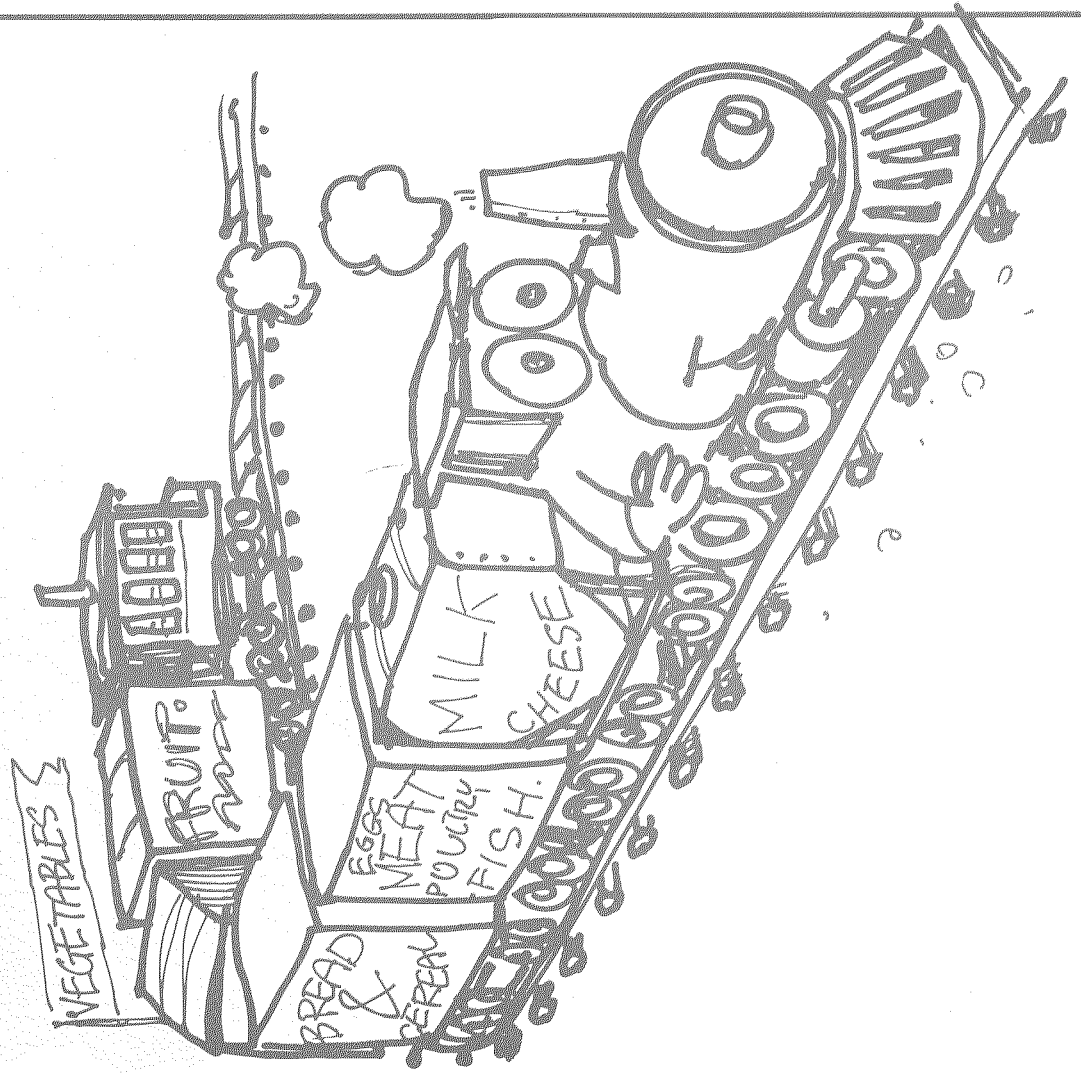
AND REMEMBER IF
YOU'RE GOING TO MAKE
SIDE TRIPS THESE SHOULD
BE NUTRITIOUS, TOO.



LOOK WHAT HAPPENED
TO RUSTY WHEN HE
GOT OFF THE TRACK.



I WANT TO
RUN ON THE
RIGHT TRACK, ERNIE."



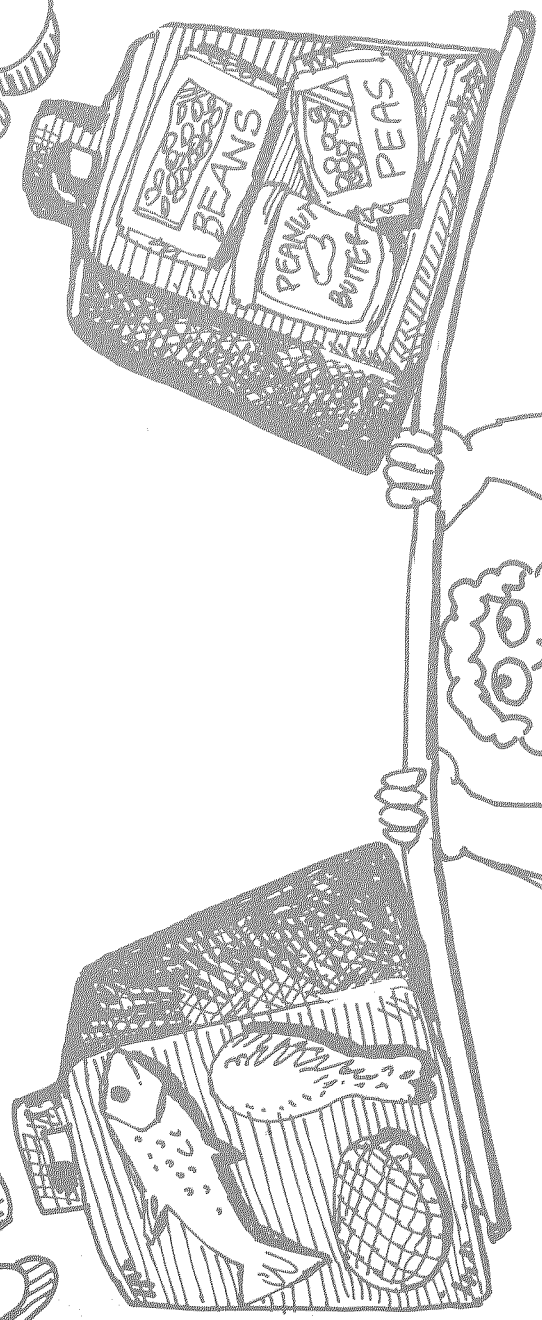
"I WANT TO
GROW UP TO BE
LIKE YOU!"



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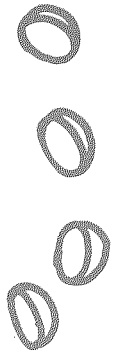
PEAS AND BEANS



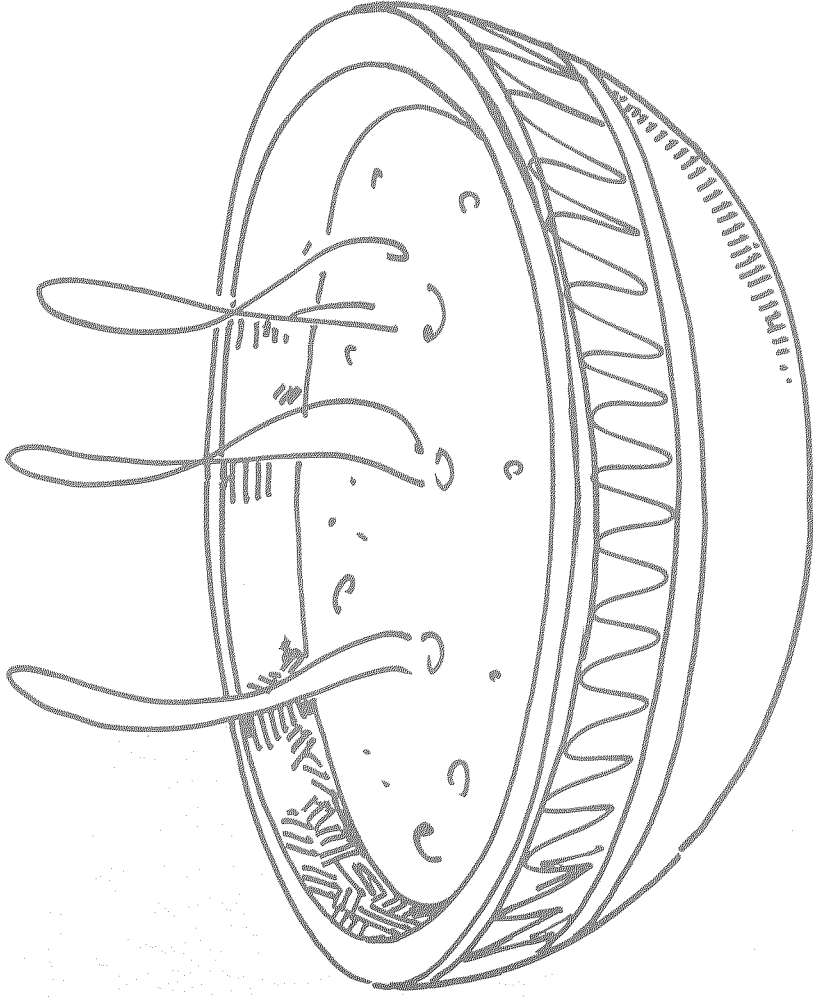
WE HELP

MUSCLES
TOO!

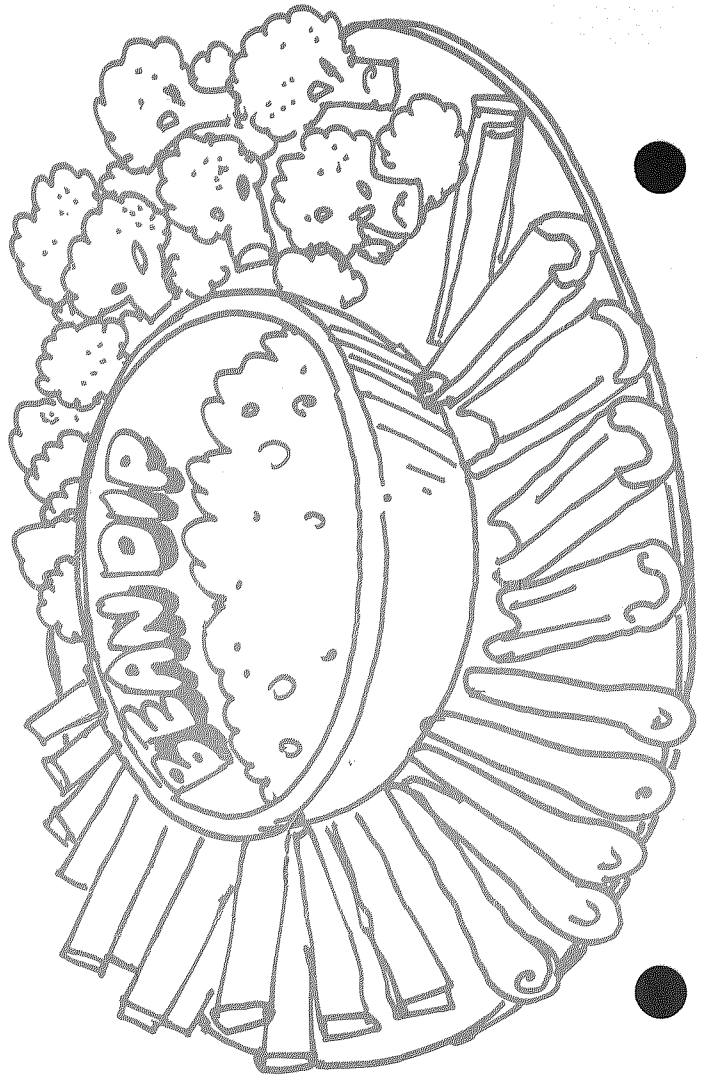
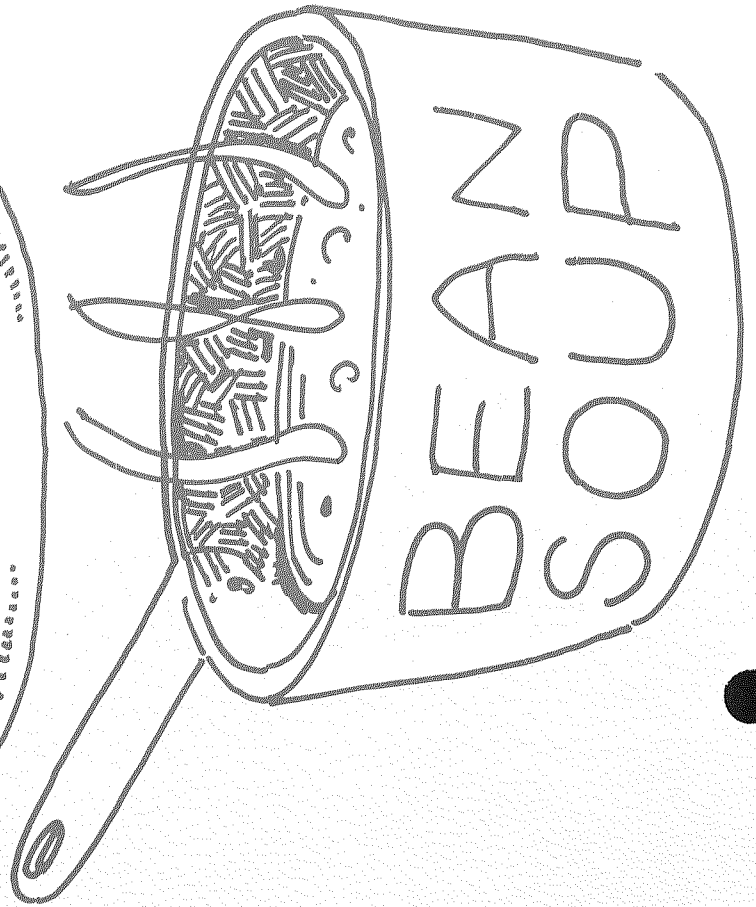
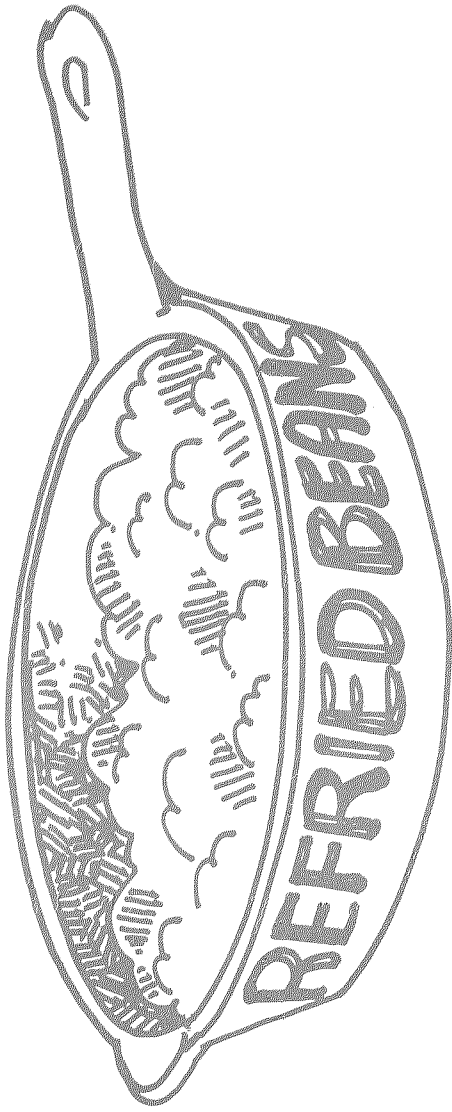
WE ARE PEAS

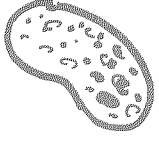


WE MAKE YUMMY SOUP.



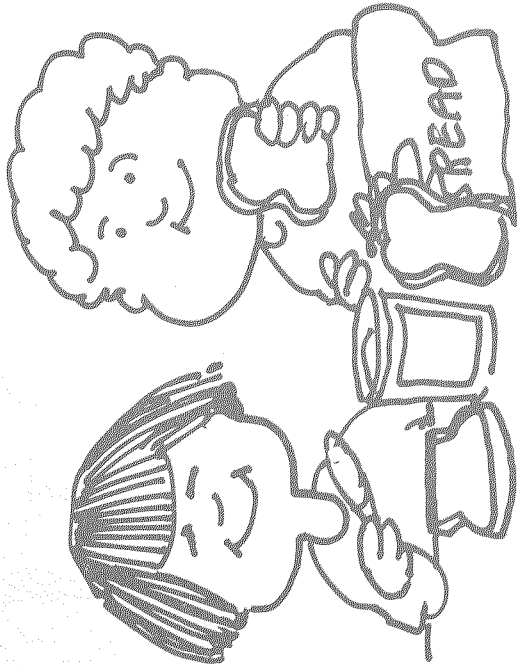
WE ARE BEANS GOOOO
USE US MANY WAYS





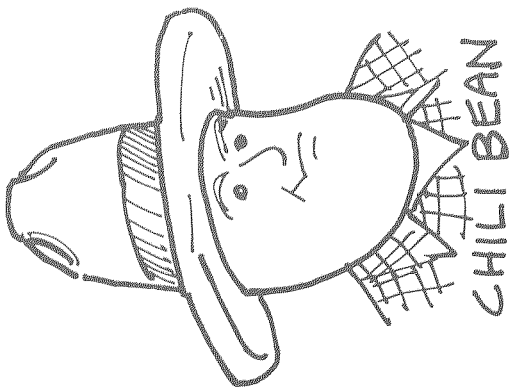
I AM PEANUT BUTTER

I AM A PROTEIN FOOD, TOO

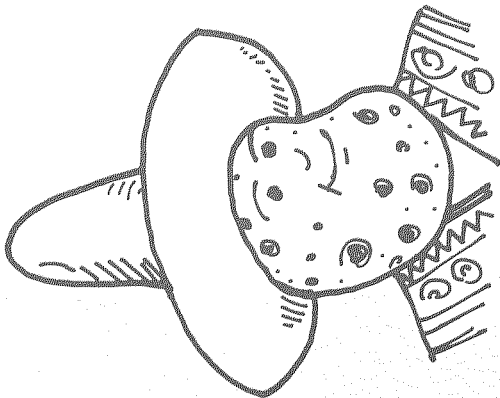


THERE ARE MANY
WAYS TO BUILD
MUSCLES WITH

PEAS AND BEANS



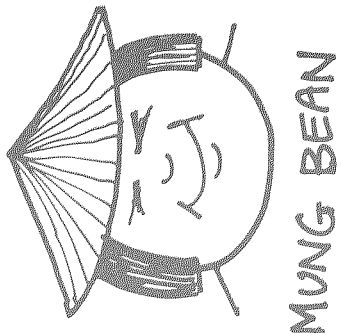
CHILI BEAN



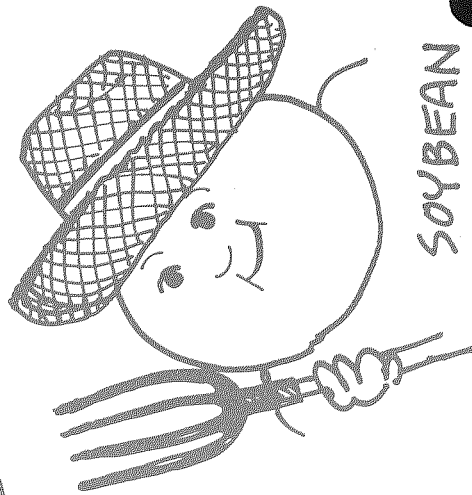
PINTO BEAN



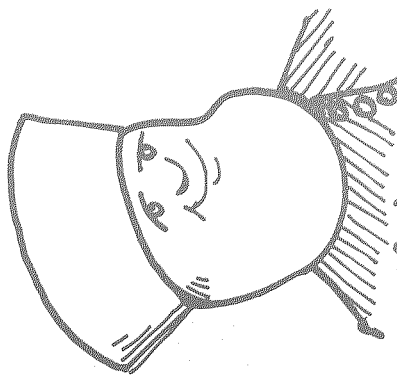
BLACK-EYED
PEA



MUNG BEAN



SOYBEAN



NAVY BEAN

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SAM THE BREAD MAN



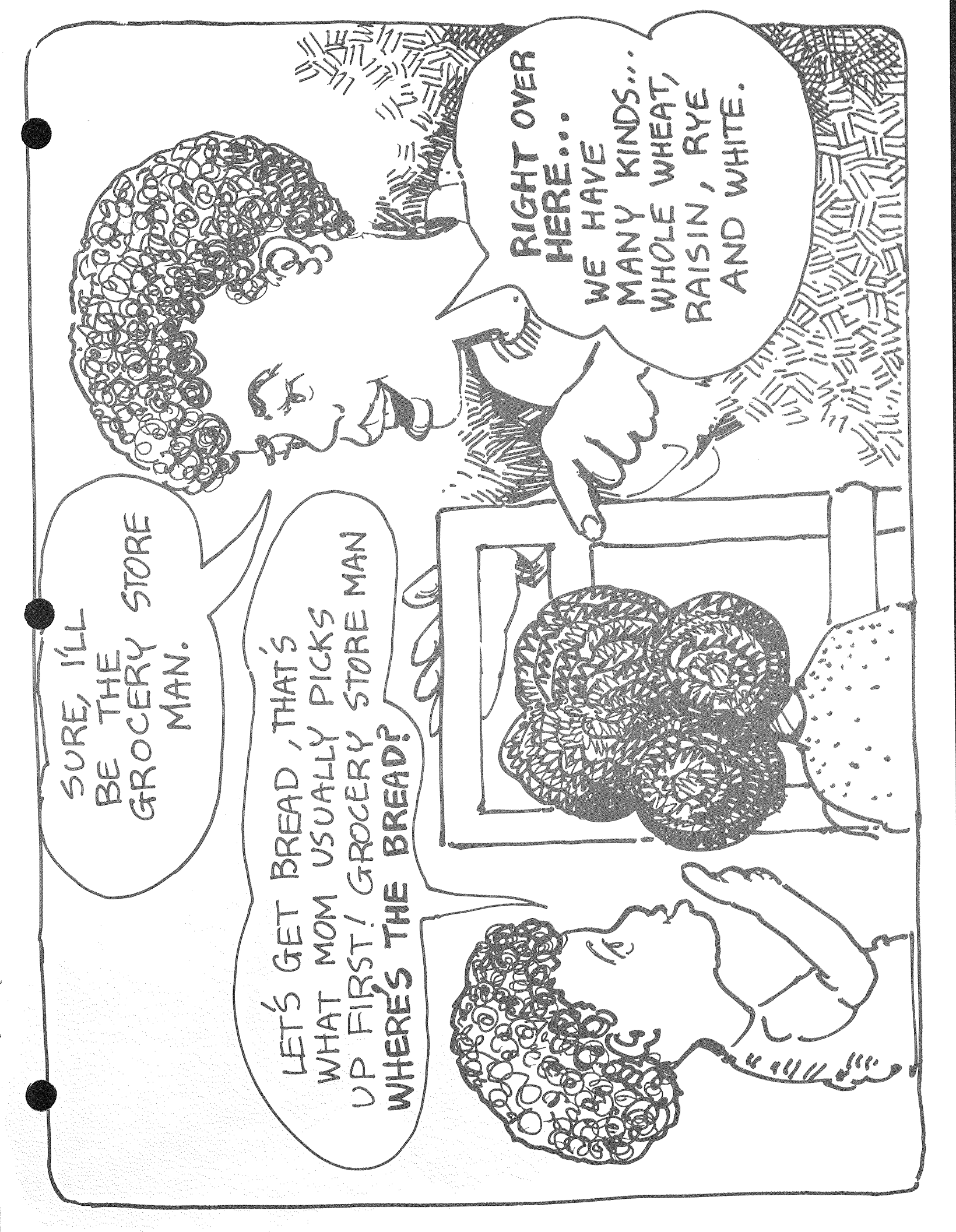
SINCE IT WAS A RAINY AFTERNOON MICHAEL AND ALLISON COULDN'T GO OUTSIDE AND PLAY. "I KNOW," SAID ALLISON, "LET'S PLAY GROCERY STORE AND PRETEND WE'RE SHOPPING."

"O.K.," SAID MICHAEL, "LET'S ASK SAM IF HE WANTS TO PLAY"

SAM WAS WATCHING ALLISON & MICHAEL WHILE THEIR MOTHER WAS WORKING.

SAM,
WILL YOU PLAY
GROCERY STORE
WITH MICHAEL
AND ME?





SURE, I'LL
BE THE
GROCERY STORE
MAN.

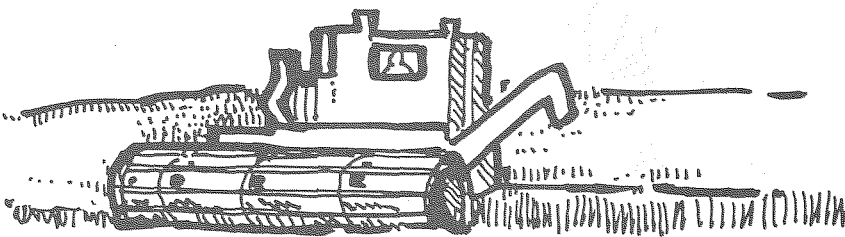
LET'S GET BREAD, THAT'S
WHAT MOM USUALLY PICKS
UP FIRST! GROCERY STORE MAN
WHERE'S THE BREAD?

RIGHT OVER
HERE...
WE HAVE
MANY KINDS...
WHOLE WHEAT,
RAISIN, RYE
AND WHITE.

WHERE DOES
BREAD
COME FROM?



BREAD COMES FROM WHEAT,
OR OTHER GRAINS LIKE RYE.
WHEAT GROWS IN THE
GROUND LIKE OTHER
PLANTS.

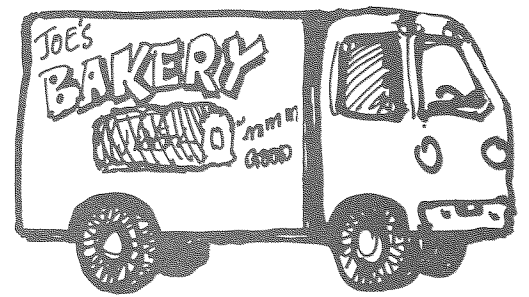
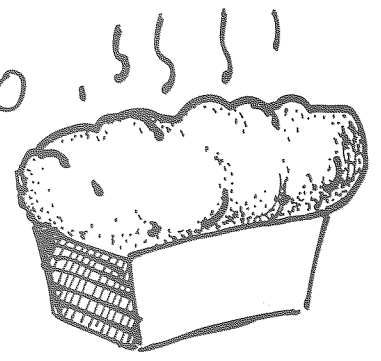


"A FARMER GROWS THE
WHEAT, THEN HE HARVESTS IT.
THE GRAIN IS TAKEN TO
A MILLER TO GRIND."

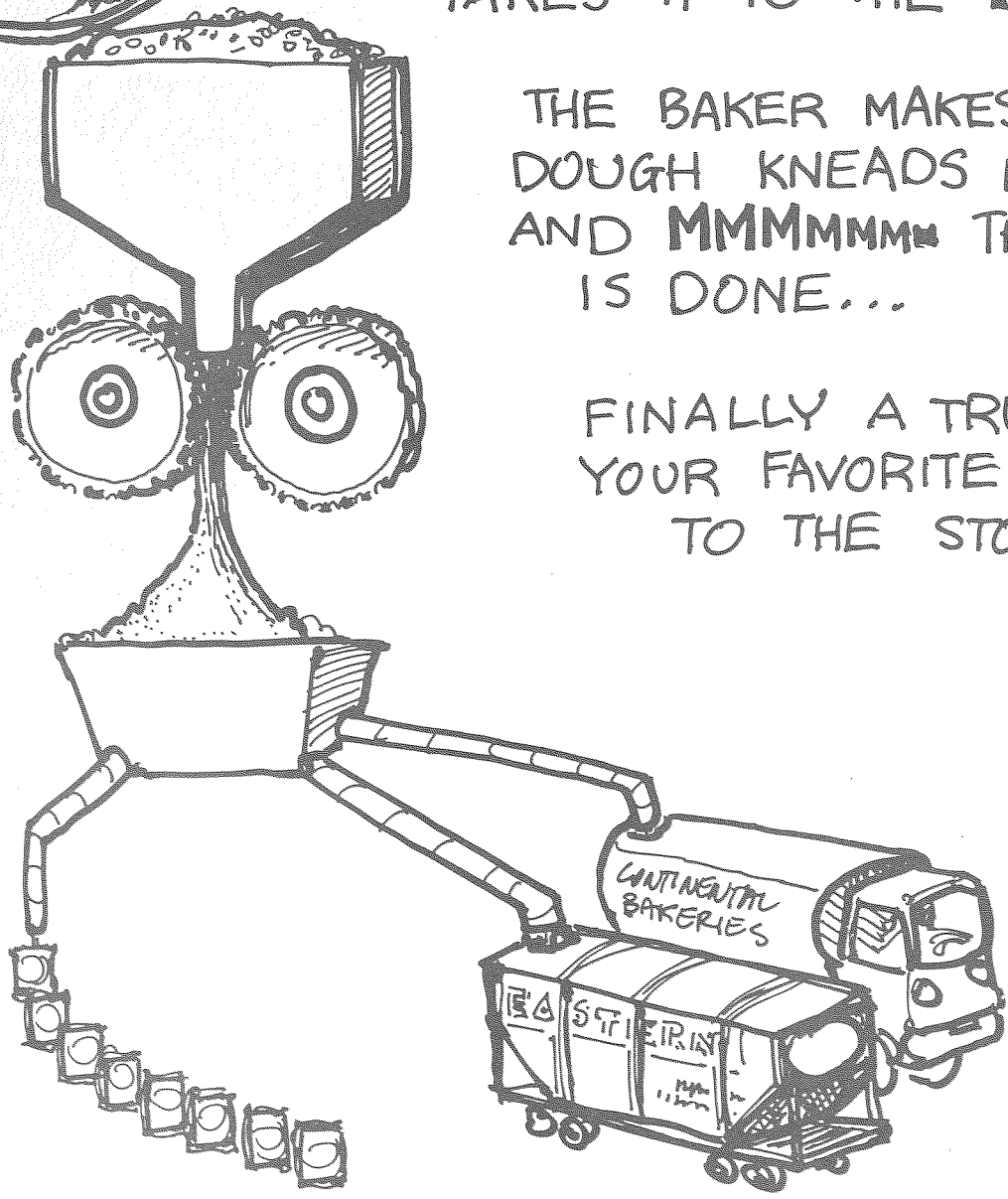
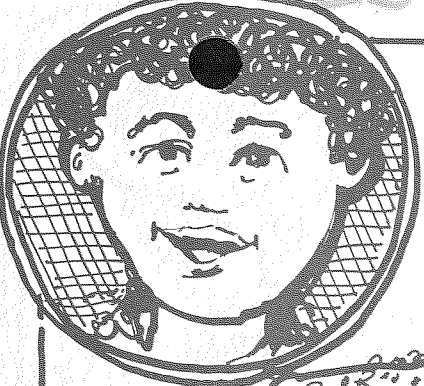
"THE **MILLER** GRINDS THE WHEAT AND
MAKES IT INTO FLOUR... THEN THE FLOUR IS
PACKAGED IN SACKS AND A TRUCK OR TRAIN
TAKES IT TO THE **BAKER**.

THE **BAKER** MAKES THE FLOUR INTO
DOUGH KNEADS IT, BAKES IT
AND **MMMMMM** THE BREAD
IS DONE...

FINALLY A TRUCK BRINGS
YOUR FAVORITE KINDS
TO THE STORE...



AND THAT'S
HOW BREAD
GETS HERE.



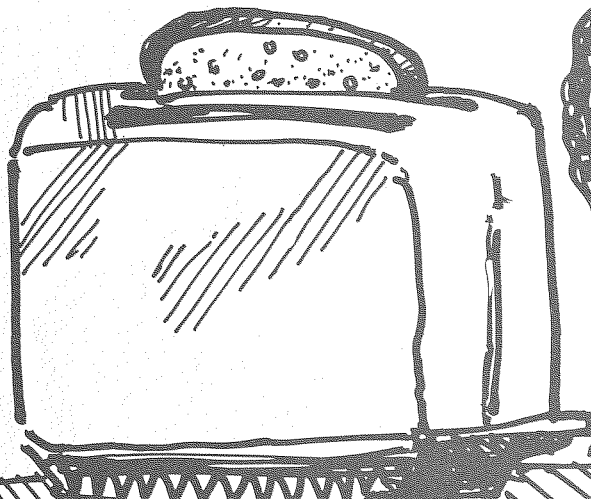
" THEN WE CAN GO TO THE STORE
AND CHOOSE THE KIND WE LIKE.
BREAD IS GOOD FOOD AND FUN
TO EAT."

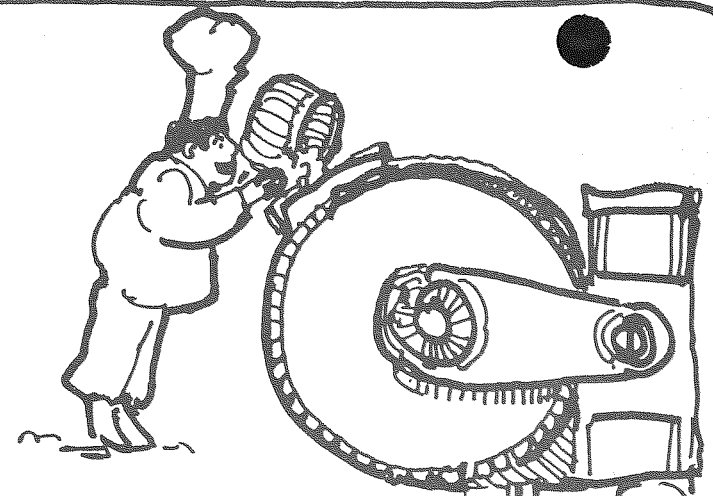
IF YOU
EAT **WHOLE
WHEAT BREAD**
YOU WILL BE GETTING
LOTS OF **FIBER,**
VITAMINS AND
MINERALS.



I LIKE TO
TOAST IT
SOMETIMES.

I LIKE TO
MAKE MY OWN
SANDWICHES.





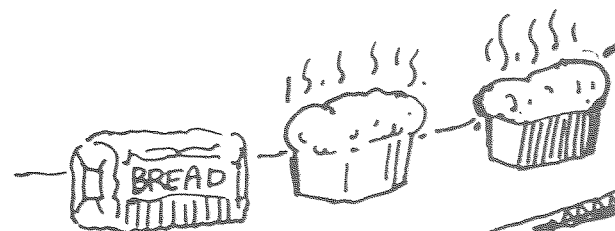
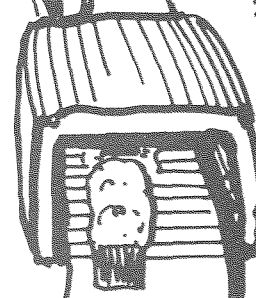
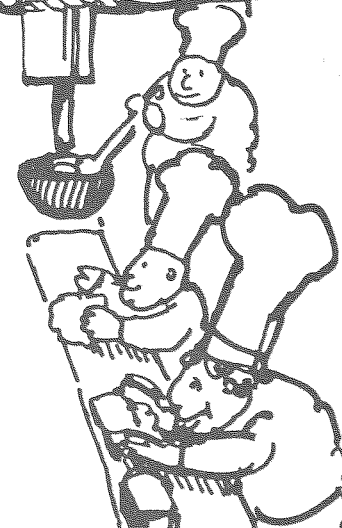
THEN THEY SANG:

(SING TO THE TUNE OF "FARMER IN THE DELL")

- I. Wheat is a plant.
Wheat is a plant.
High, ho, the bakery oh,
Wheat is a plant.
- II. The farmer grows the wheat.
The farmer grows the wheat.
High, ho the bakery oh,
The farmer grows the wheat.

CONTINUE WITH

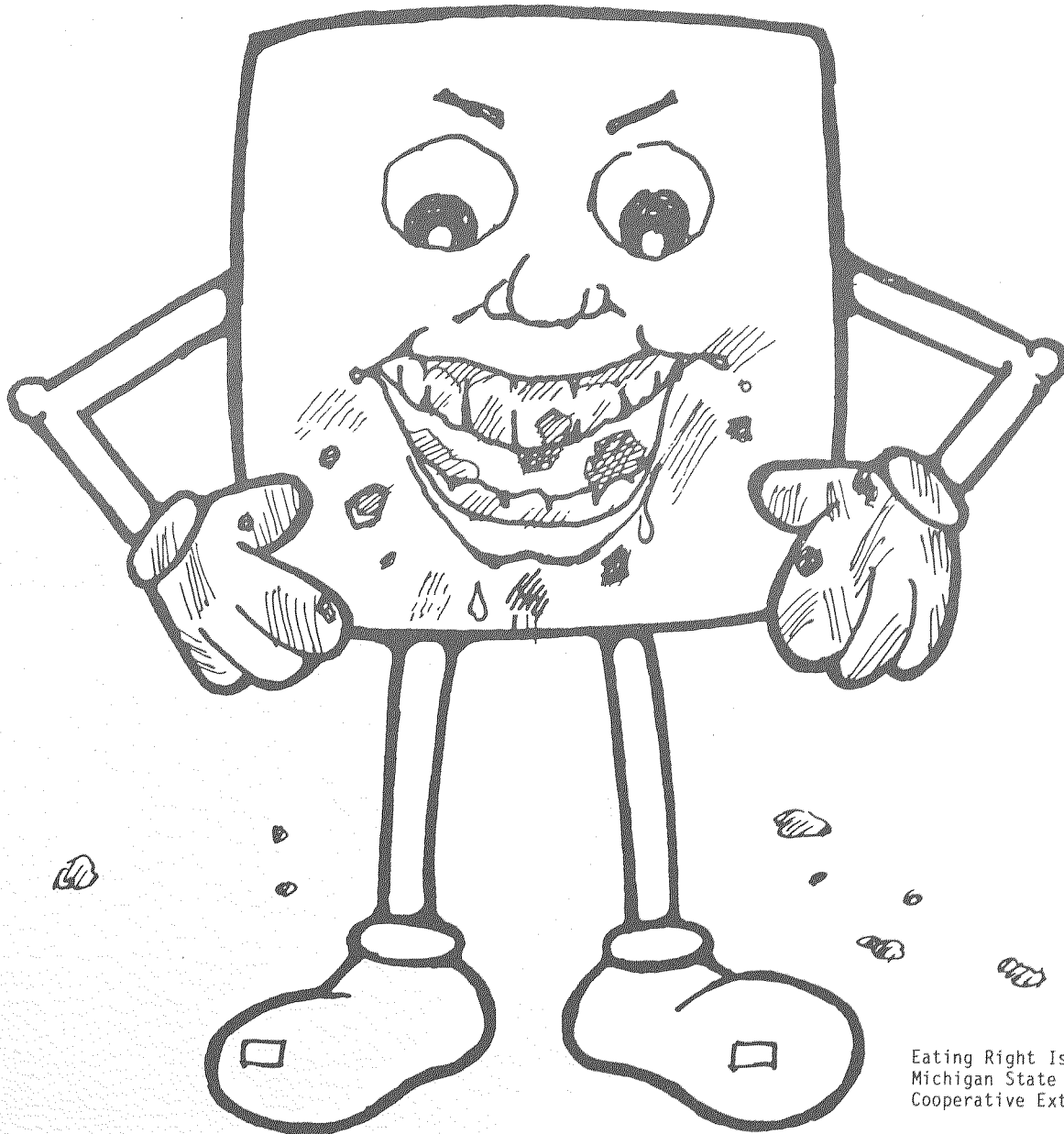
- III. Wheat grinds into flour . . .
- IV. Bread is made from flour . . .
- V. The oven bakes the bread . . .
- VI. We eat the bread . . .



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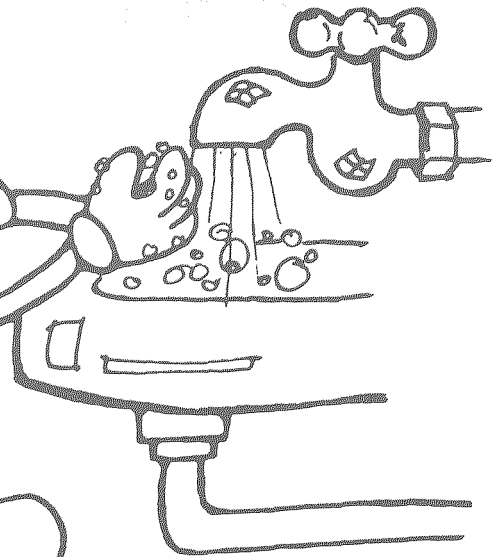
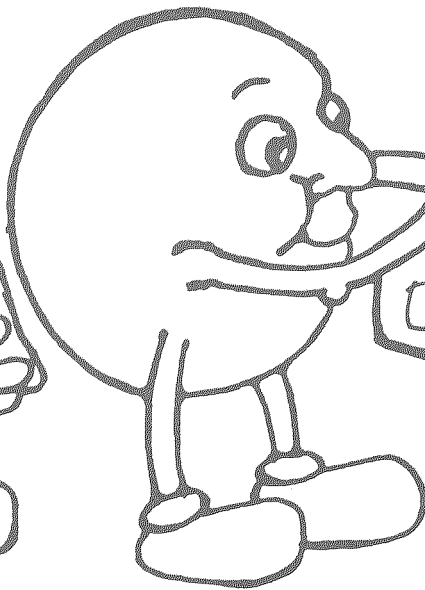
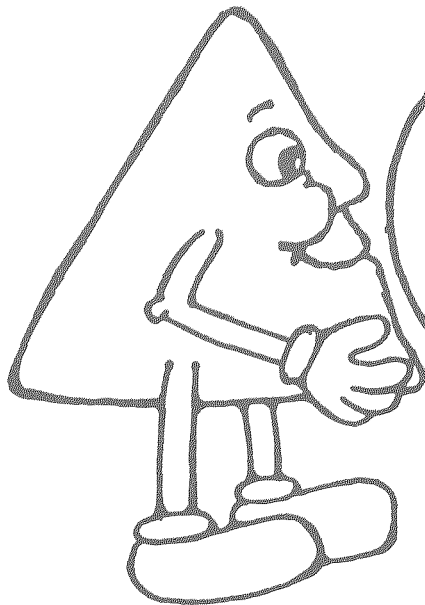
The Square That Liked to Be Messy.



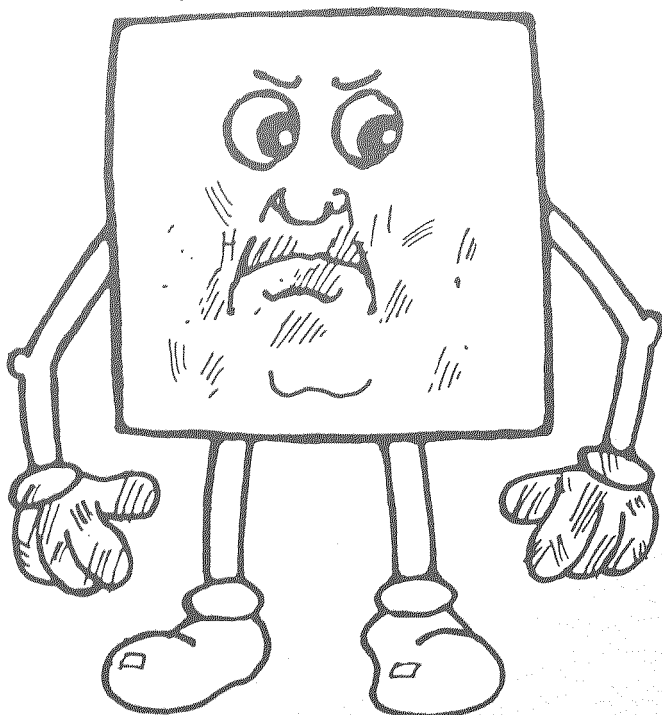
Eating Right Is Basic 2
Michigan State University
Cooperative Extension Service

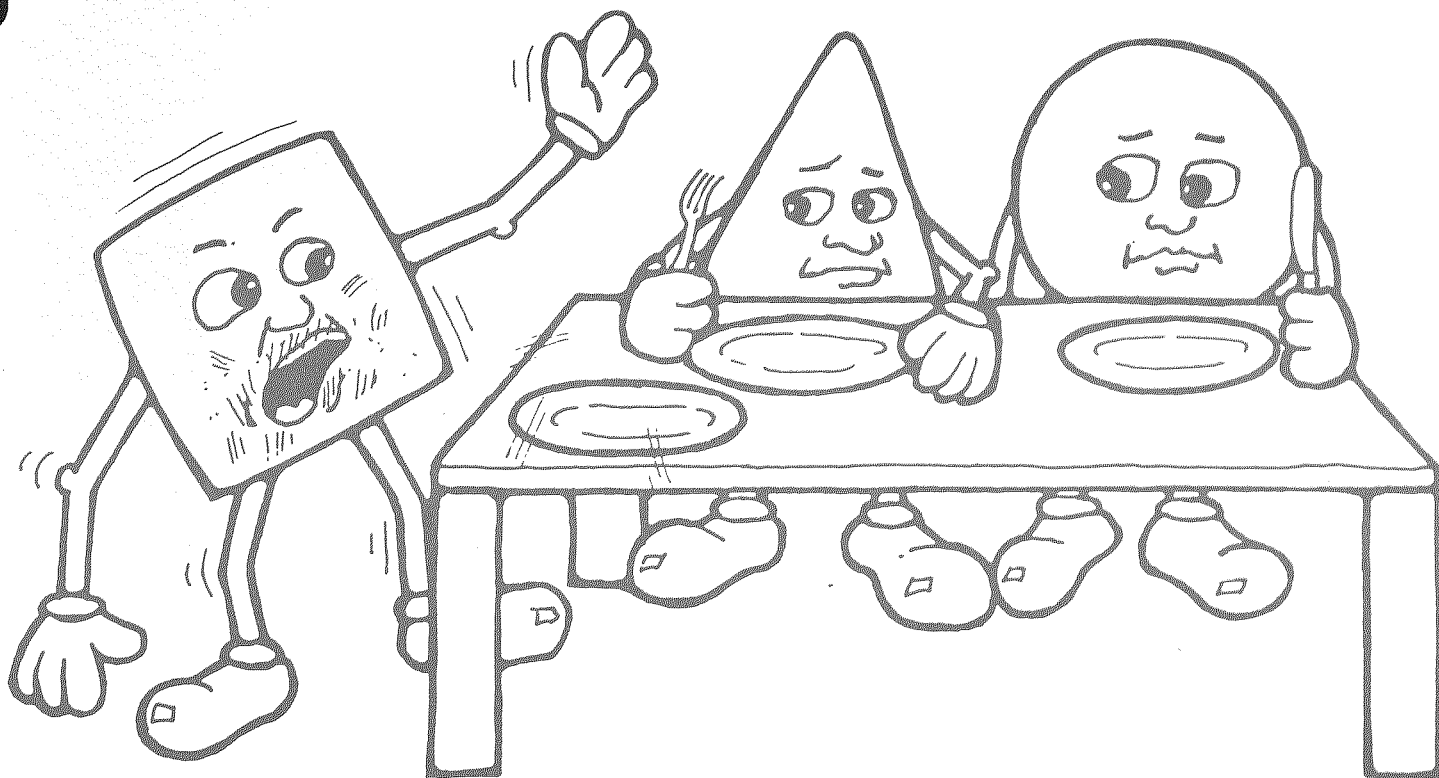
*TAKEN FROM CHOOSE WELL BE WELL, CALIFORNIA NET MATERIALS

NO!

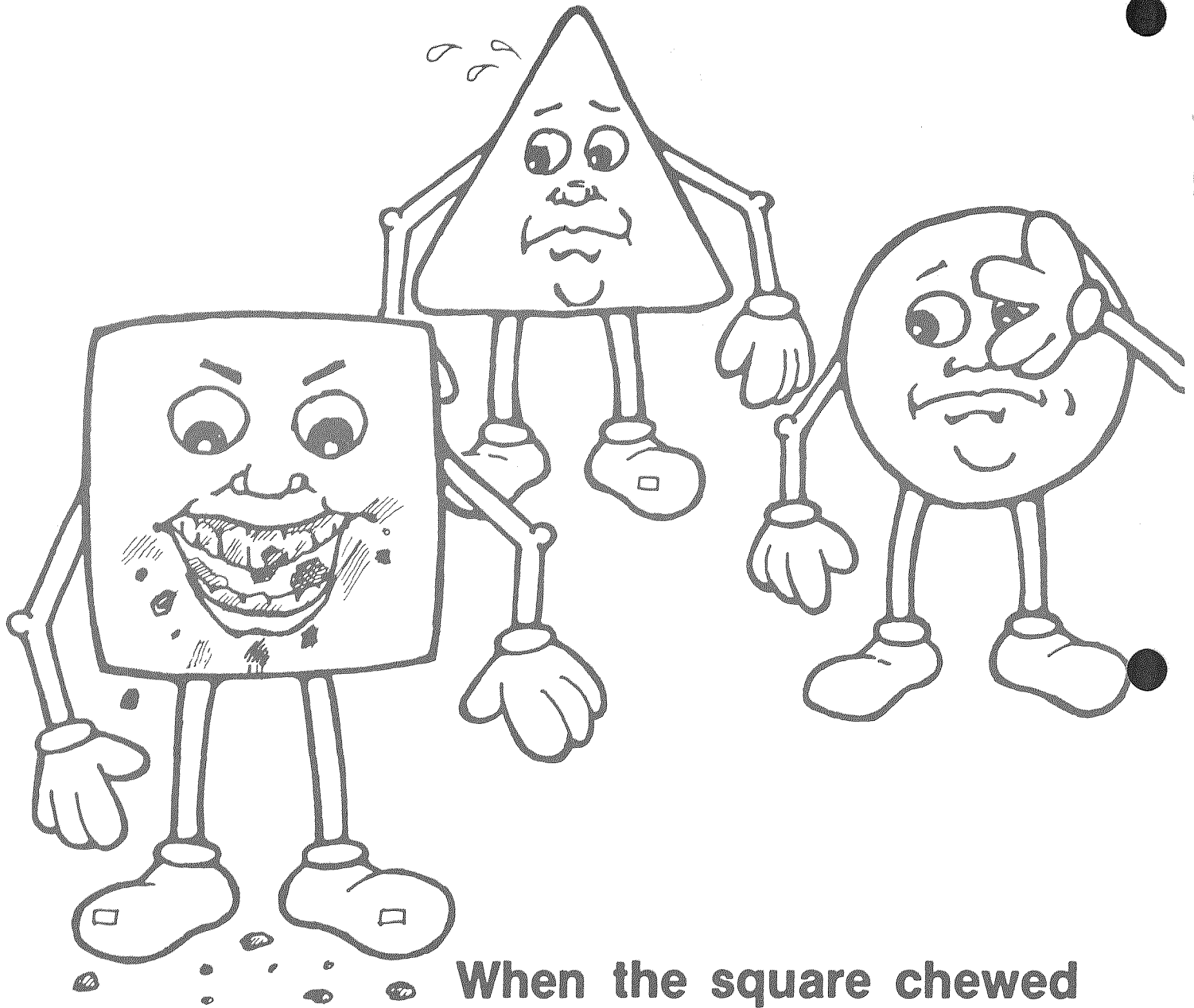


Once there was a square that liked to be messy. The square never washed its hands before it ate.

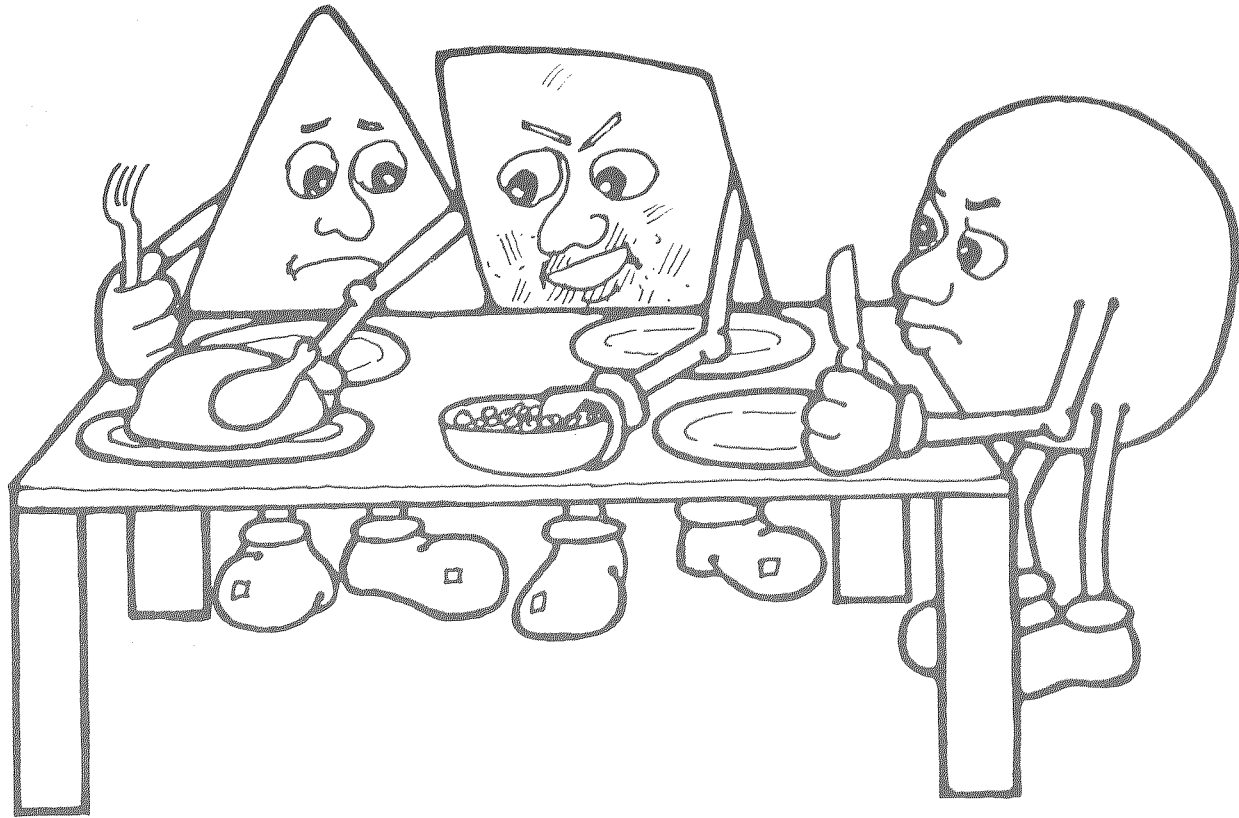




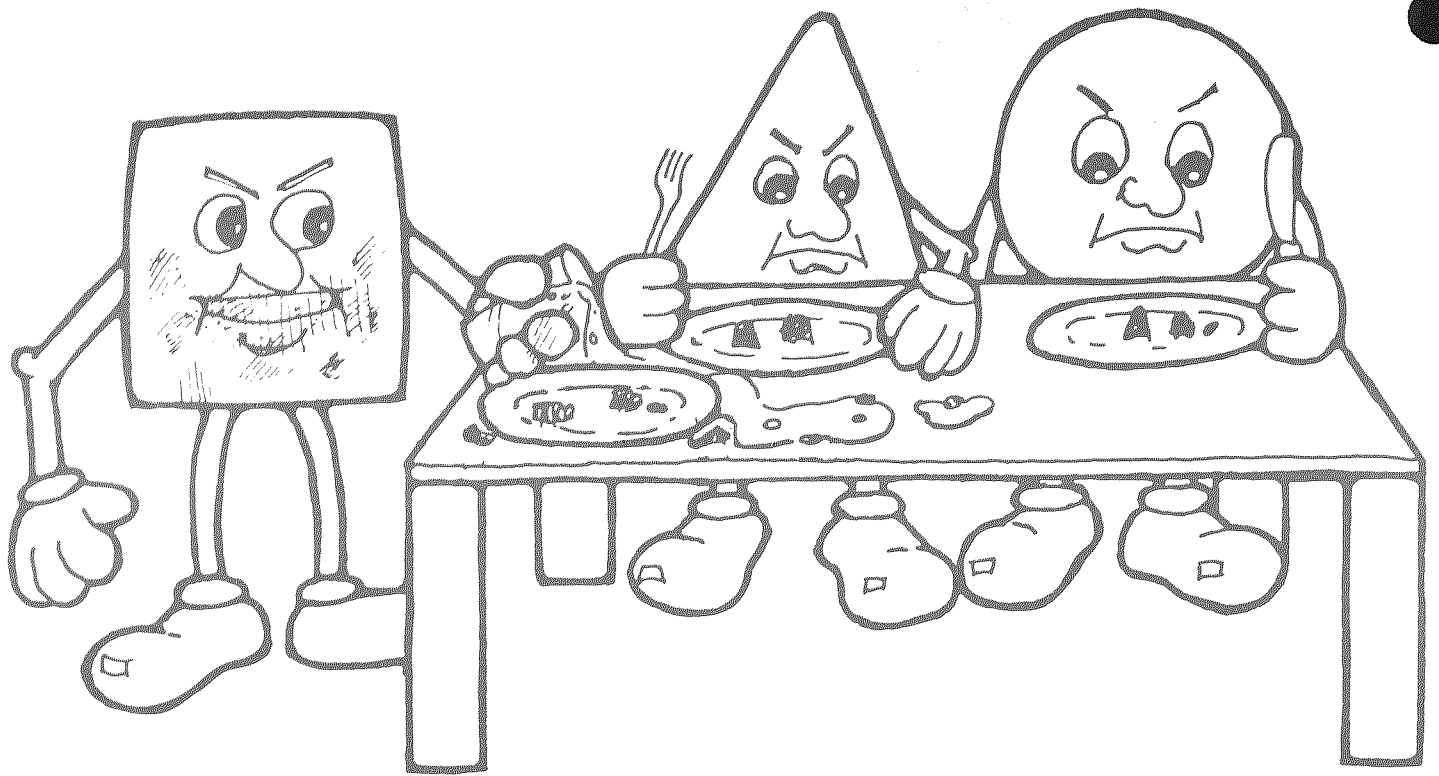
When it sat at the table, it would always jump around and bump into its neighbors and yell.



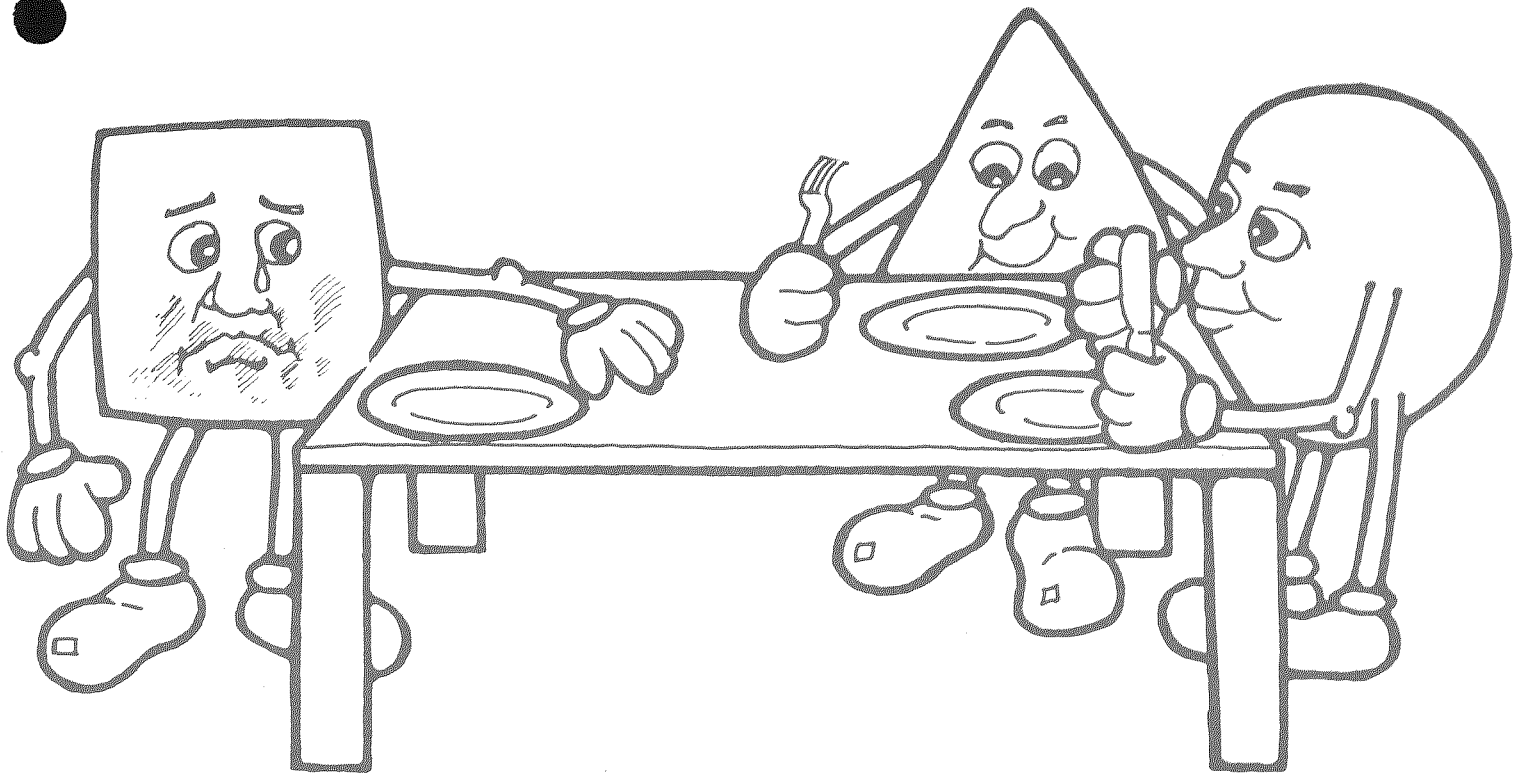
When the square chewed its food, it never closed its mouth, and that made all the others upset because it looked ugly.



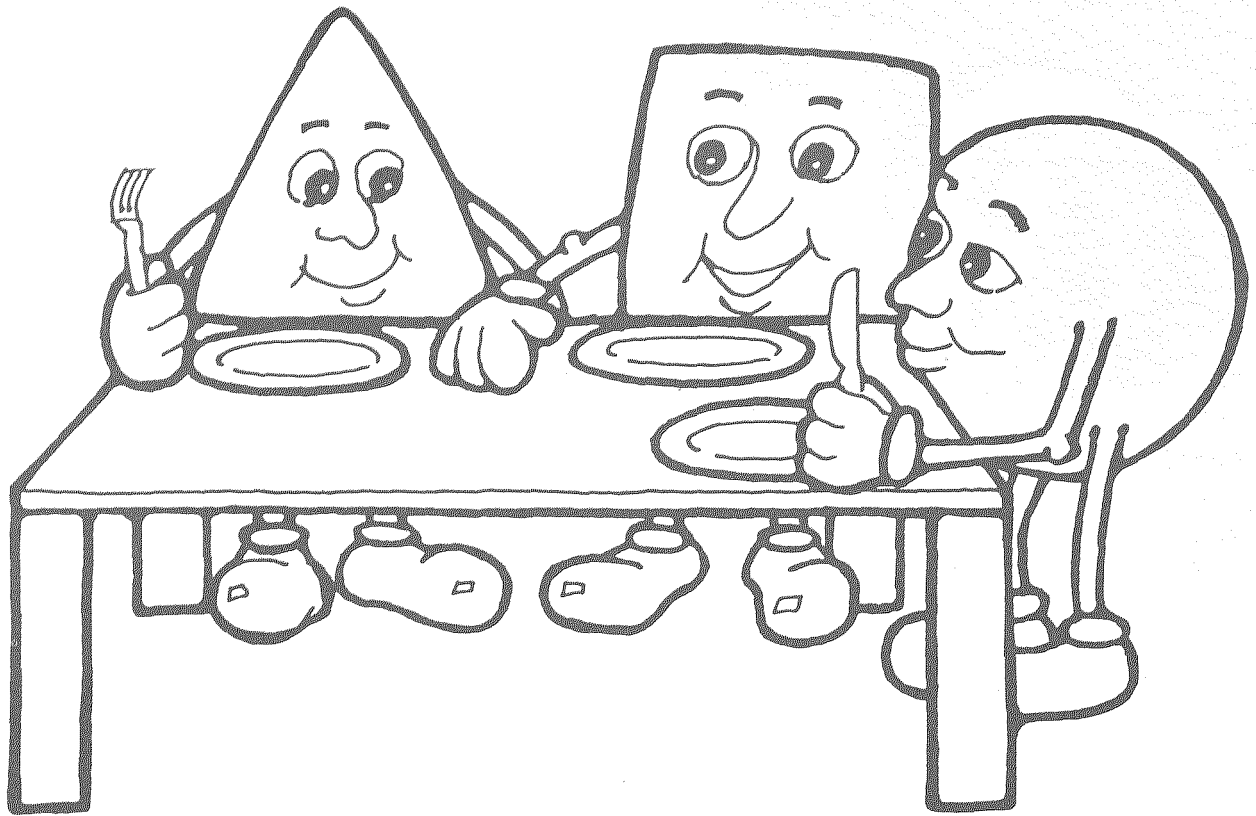
It grabbed food and never said please or thank you.



The messy square would spill milk all over and splash food around on the table. This behavior made the others angry! The others never liked to sit near it.



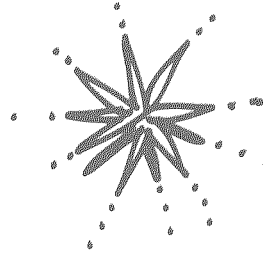
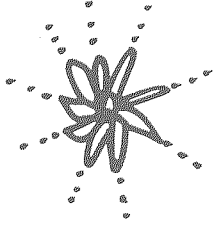
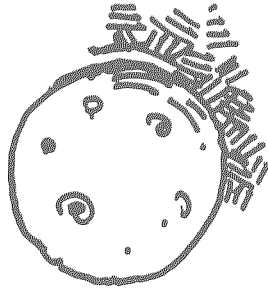
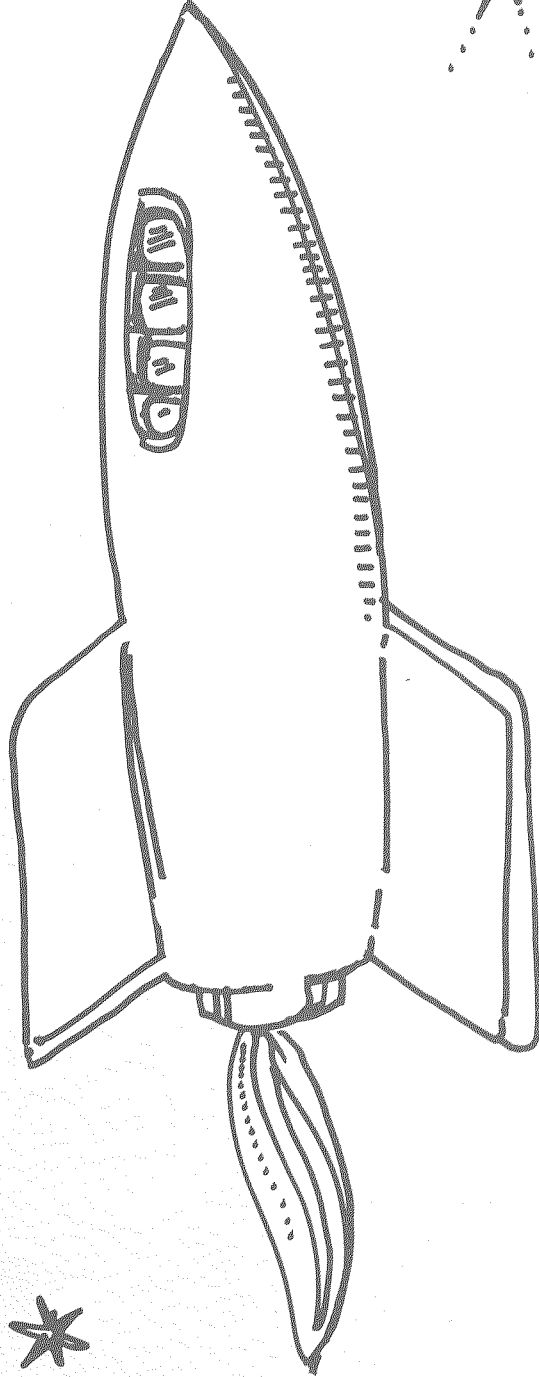
Soon no one would sit by the square, because it didn't know how to behave at the table. This made the square very sad.



Soon it began to wash its hands, sit quietly, pour milk and serve food carefully, and chew with its mouth closed. This behavior made everyone happy, and they all liked eating with the square again.



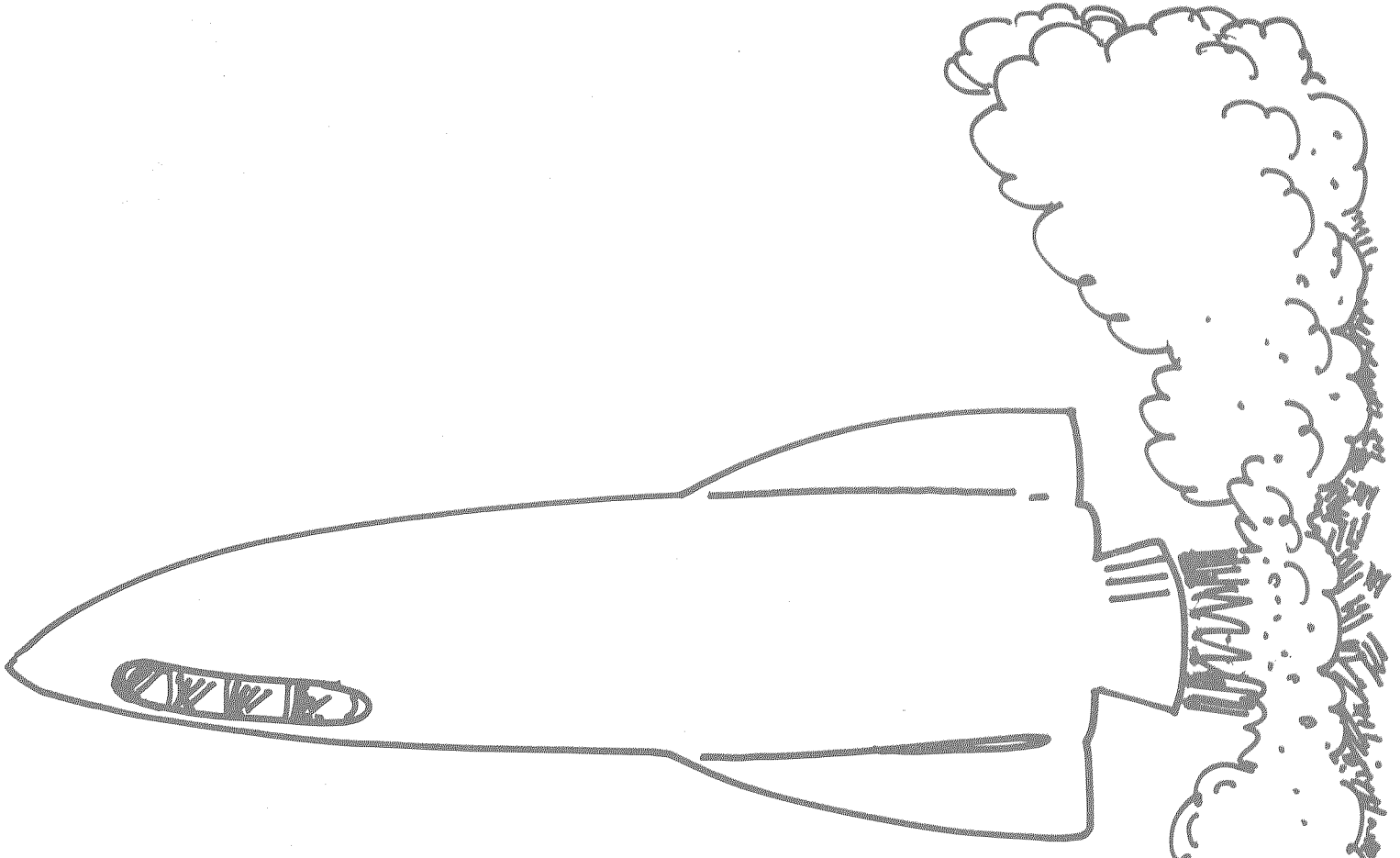
TRIP TO HAL-PRO PLANET



BY
KAY ROMOSLAWSKI

LET'S TAKE A
TRIP TO THE
PLANET OF
HIGH-PROTEIN

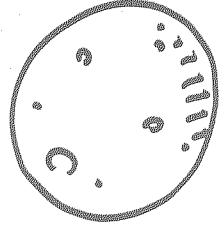
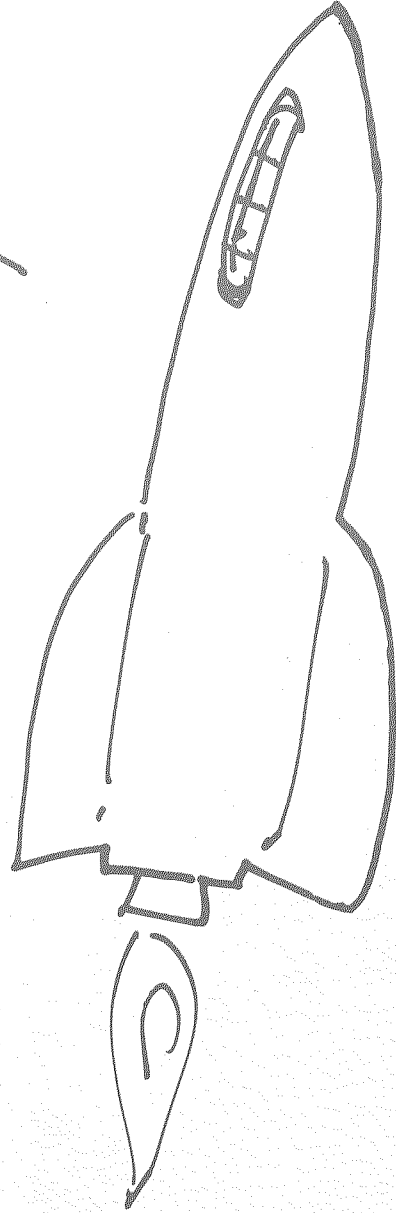
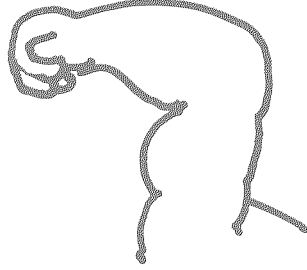
BLAST OFF!



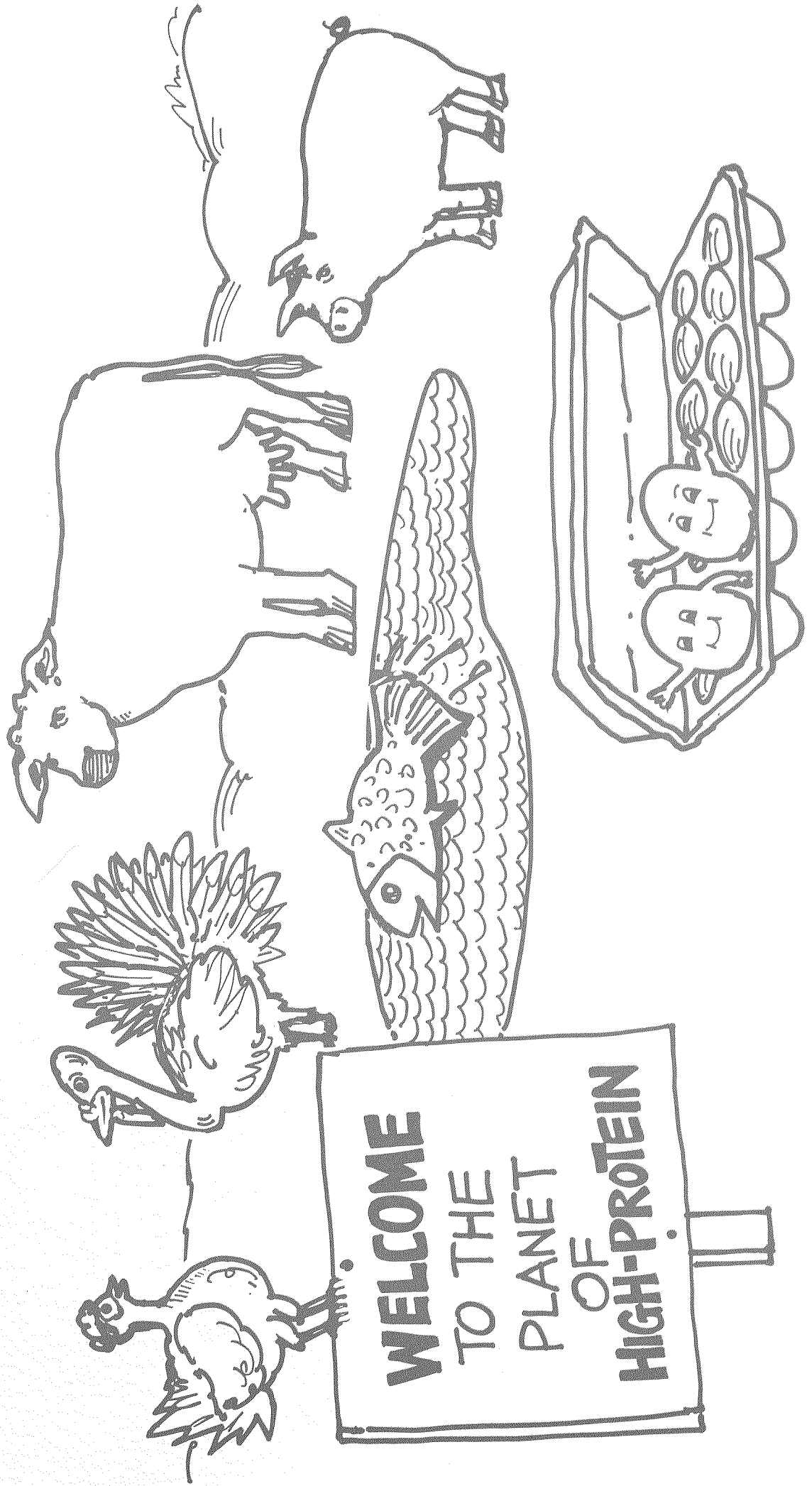
BEFORE WE GET THERE,
WE NEED SOME INFORMATION
ABOUT PROTEIN.

WE NEED **2** SERVINGS DAILY

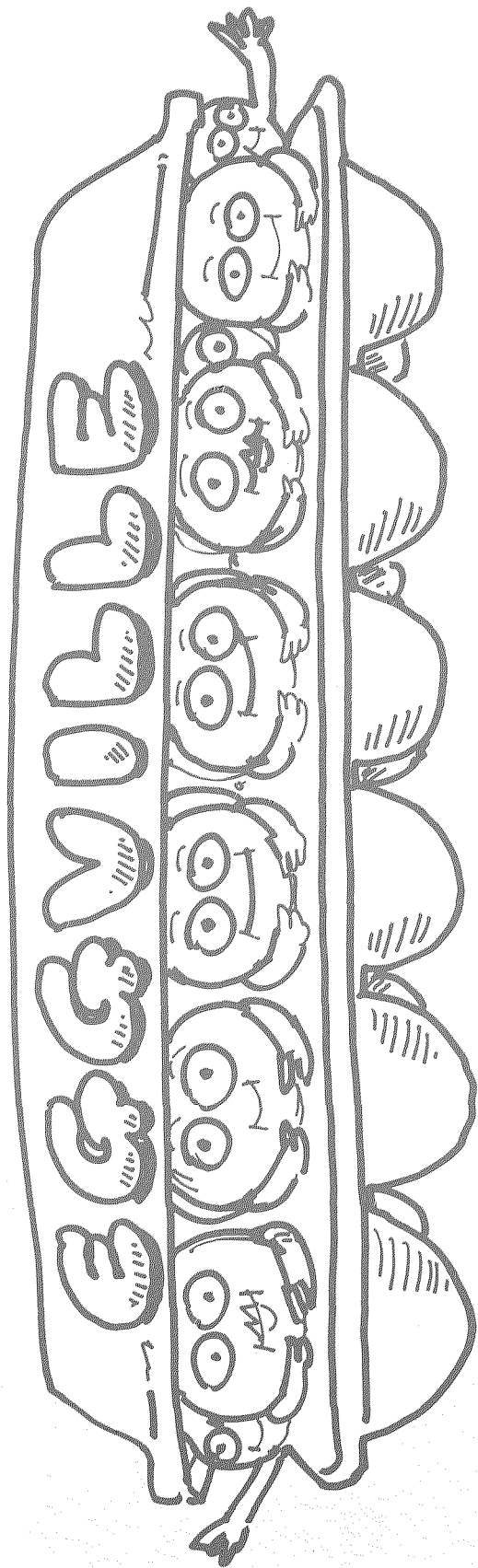
IT HELPS BUILD



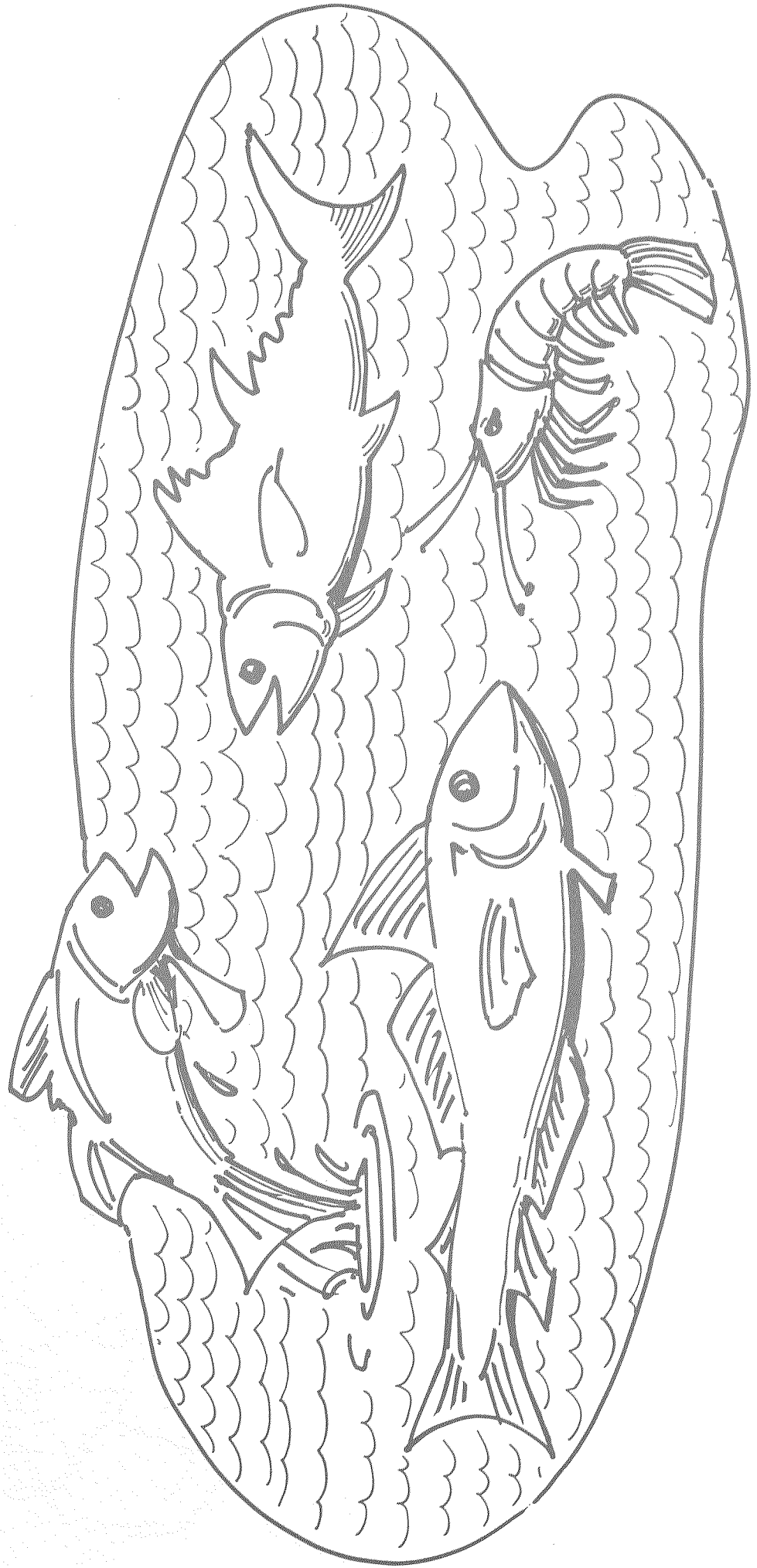
HERE WE ARE ON
HIGH PROTEIN NOW.



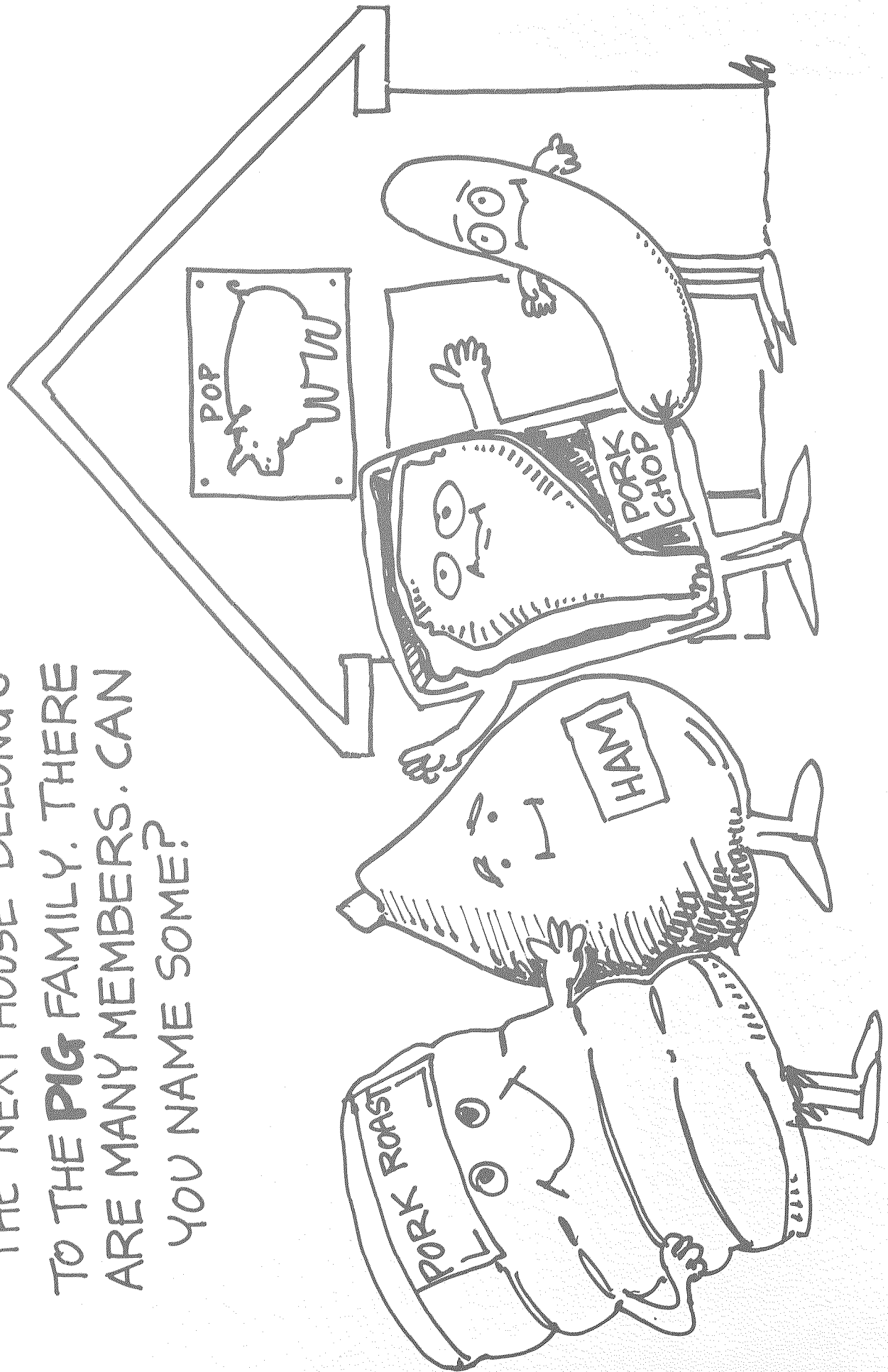
A DOZEN **EGGS** LIVE HERE.
THEY ARE HIGH IN PROTEIN. WE ONLY
NEED TO EAT **2** TO EQUAL THE
PROTEIN OF A HAMBURGER.



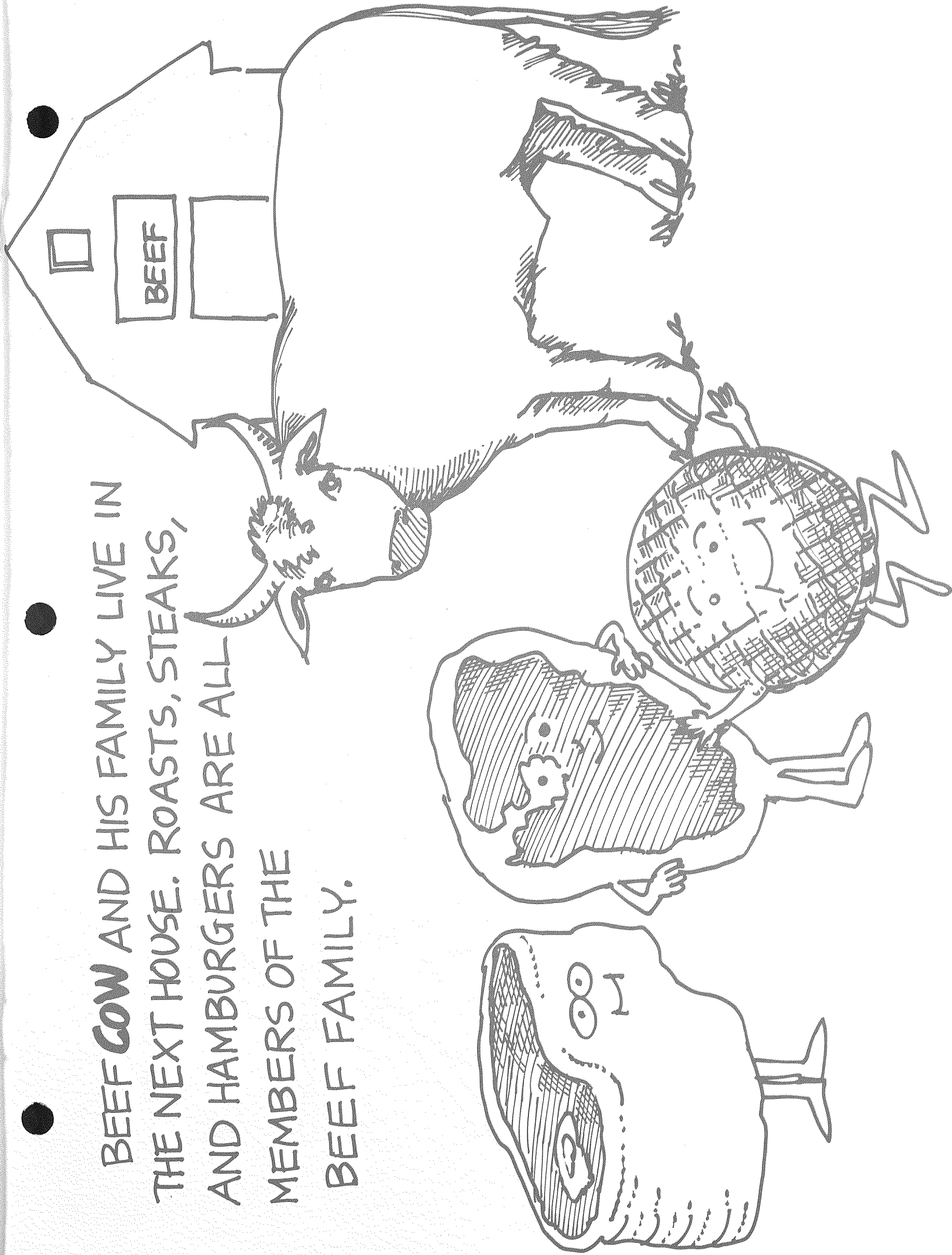
HEY! WHAT'S THAT IN THE POND?
WHY IT'S A PERCH, HADDOCK, TUNA,
AND SHRIMP. ALL KINDS OF **FISH** AND
SEAFOOD PROVIDE PROTEIN.



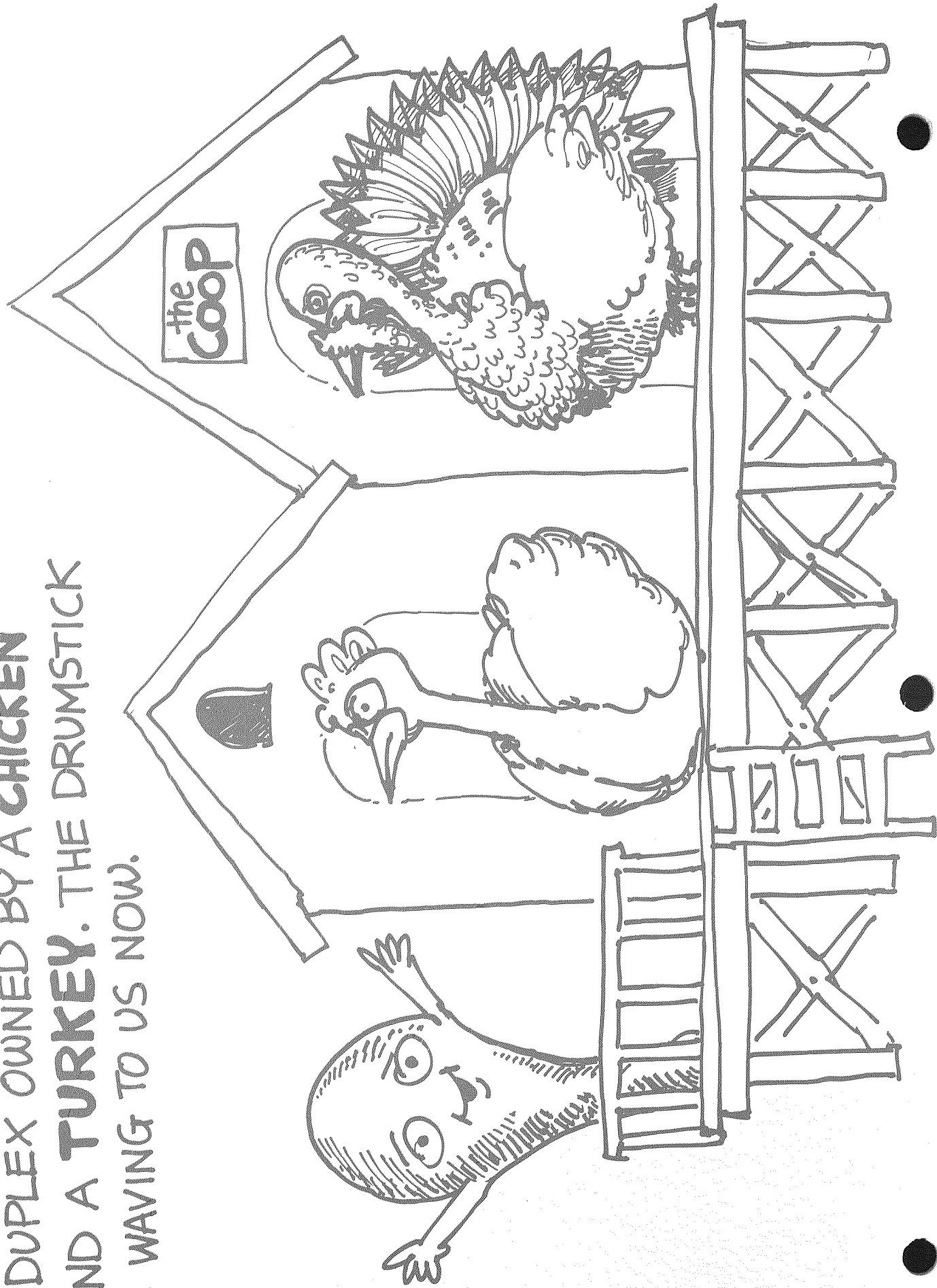
THE NEXT HOUSE BELONGS
TO THE **PIG** FAMILY. THERE
ARE MANY MEMBERS. CAN
YOU NAME SOME?



BEEF **COW** AND HIS FAMILY LIVE IN
THE NEXT HOUSE. ROASTS, STEAKS,
AND HAMBURGERS ARE ALL
MEMBERS OF THE
BEEF FAMILY.



THE LAST HOUSE IS A
DUPLEX OWNED BY A CHICKEN
AND A TURKEY. THE DRUMSTICK
IS WAVING TO US NOW.

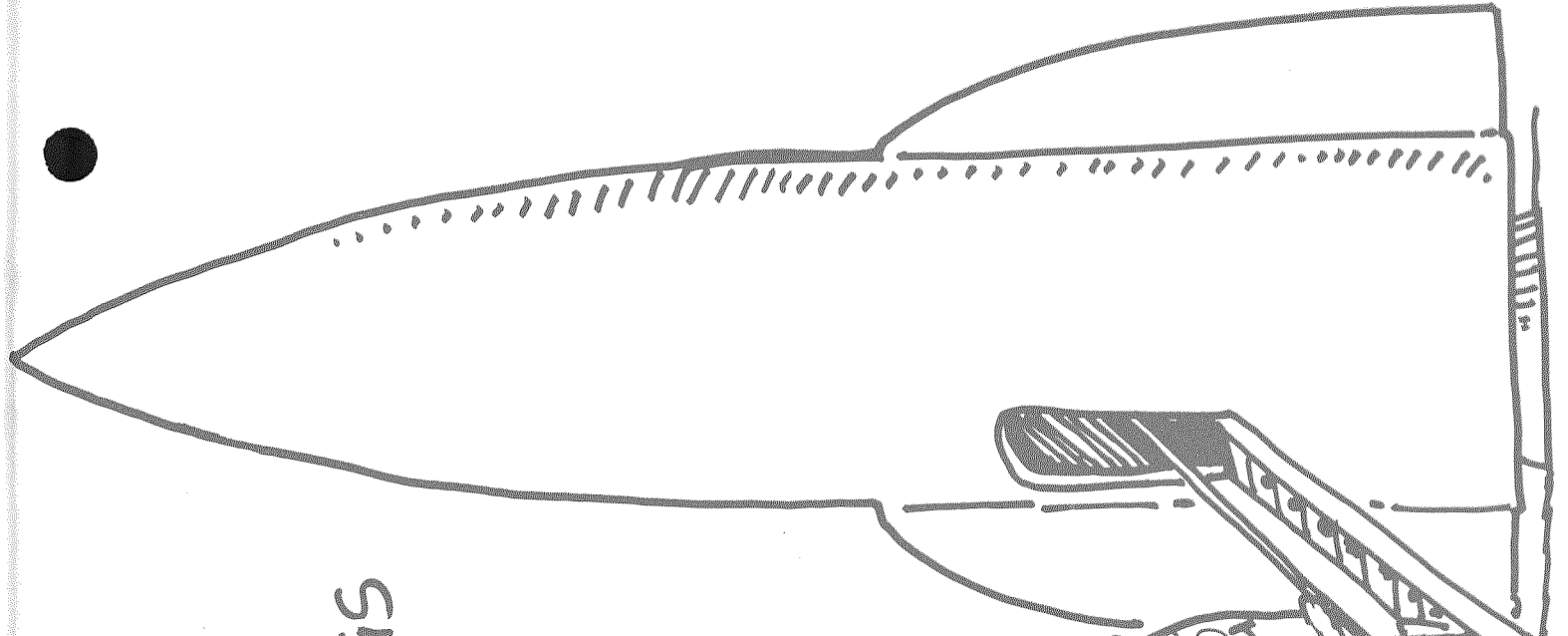
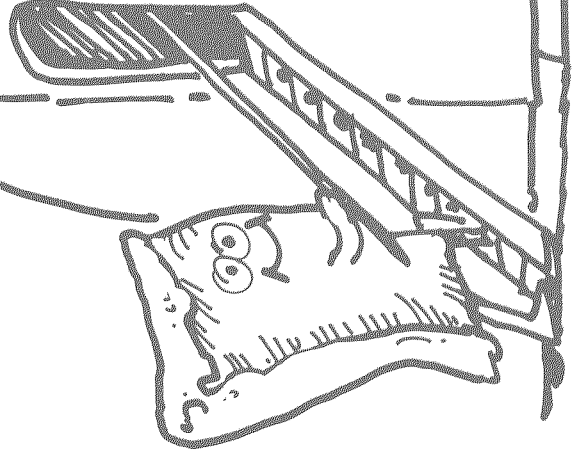
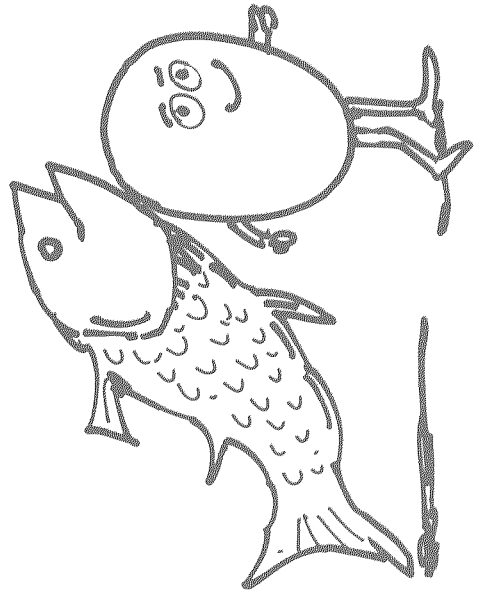
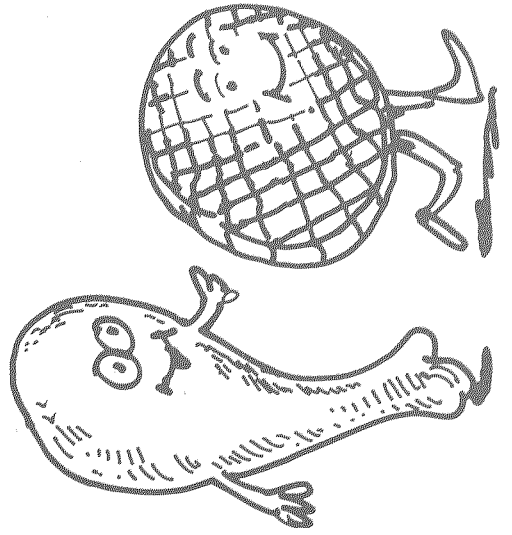


TIME TO RETURN TO EARTH.

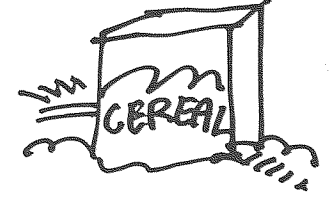
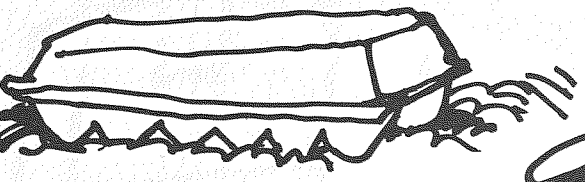
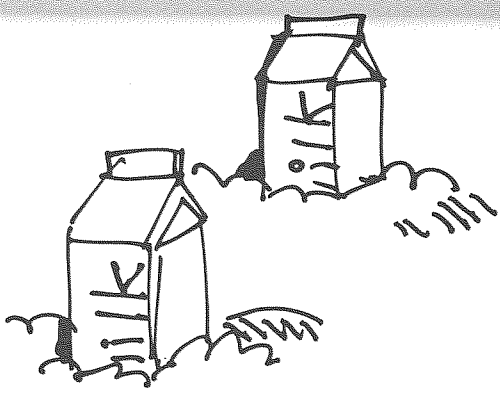
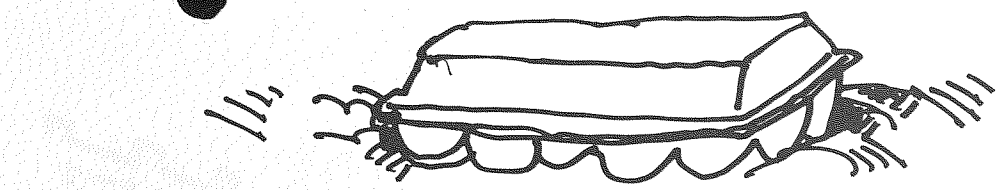
REMEMBER, SELECT **2** SERVINGS

EACH DAY FROM

FOODS ON HI-PROTEIN PLANET.

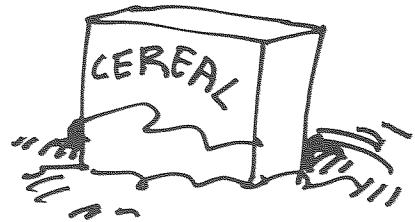


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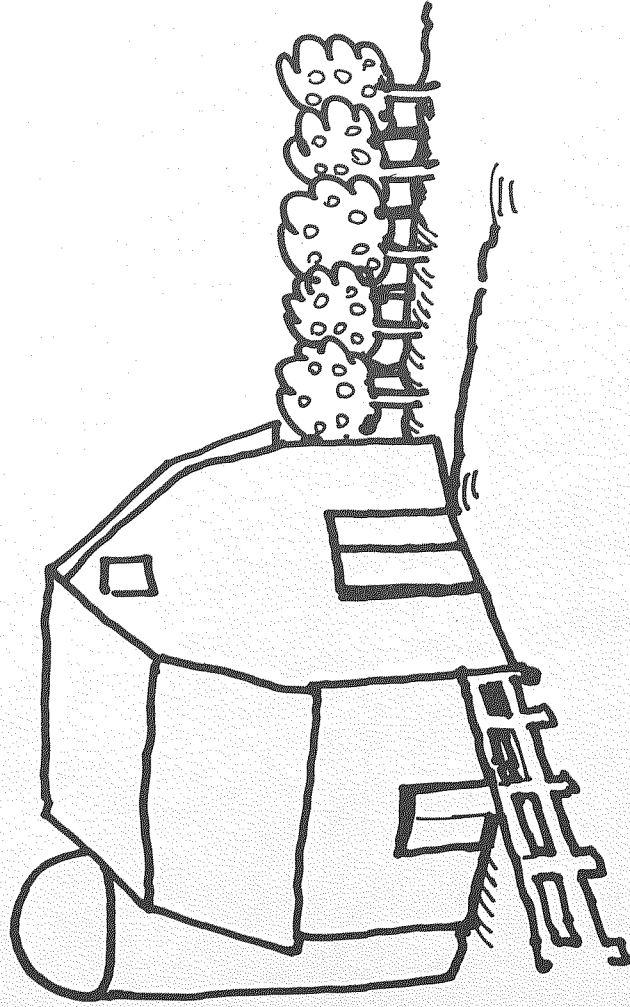


WHERE DO GROCERIES GROW?

BY KAY ROMOSLAWSKI



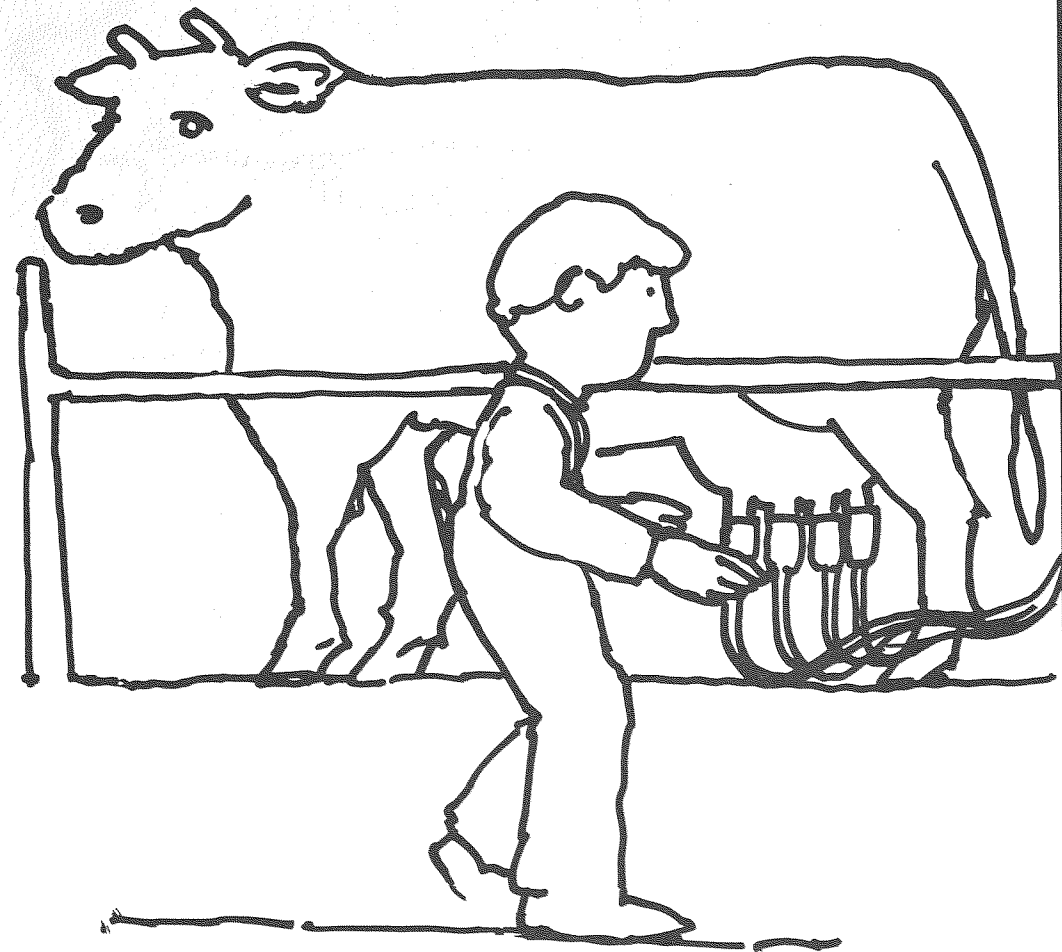
MOST GROCERIES
ARE MADE FROM
FOODS ON FARMS.
BUT THERE ARE
MANY KINDS
OF FARMS.



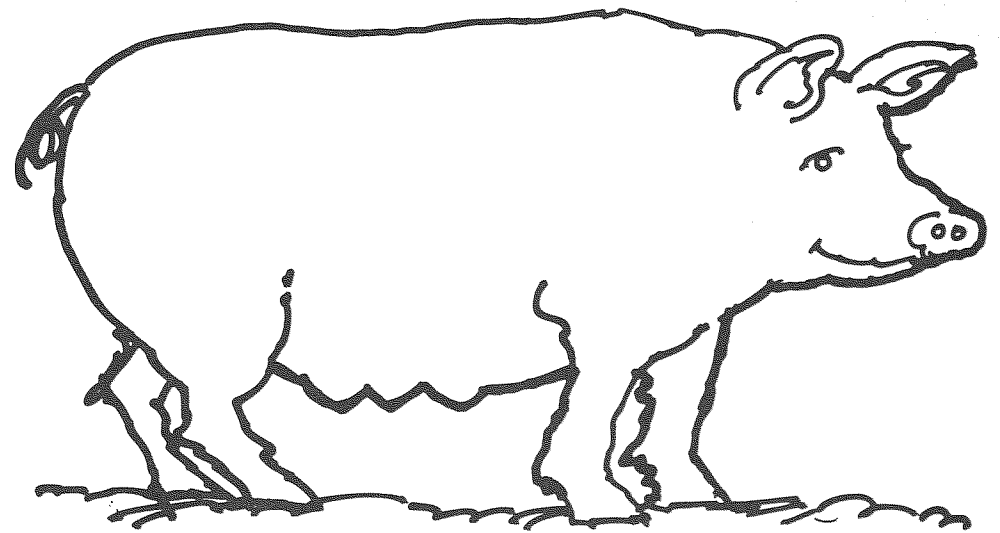
EGGS
COME FROM
CHICKENS.



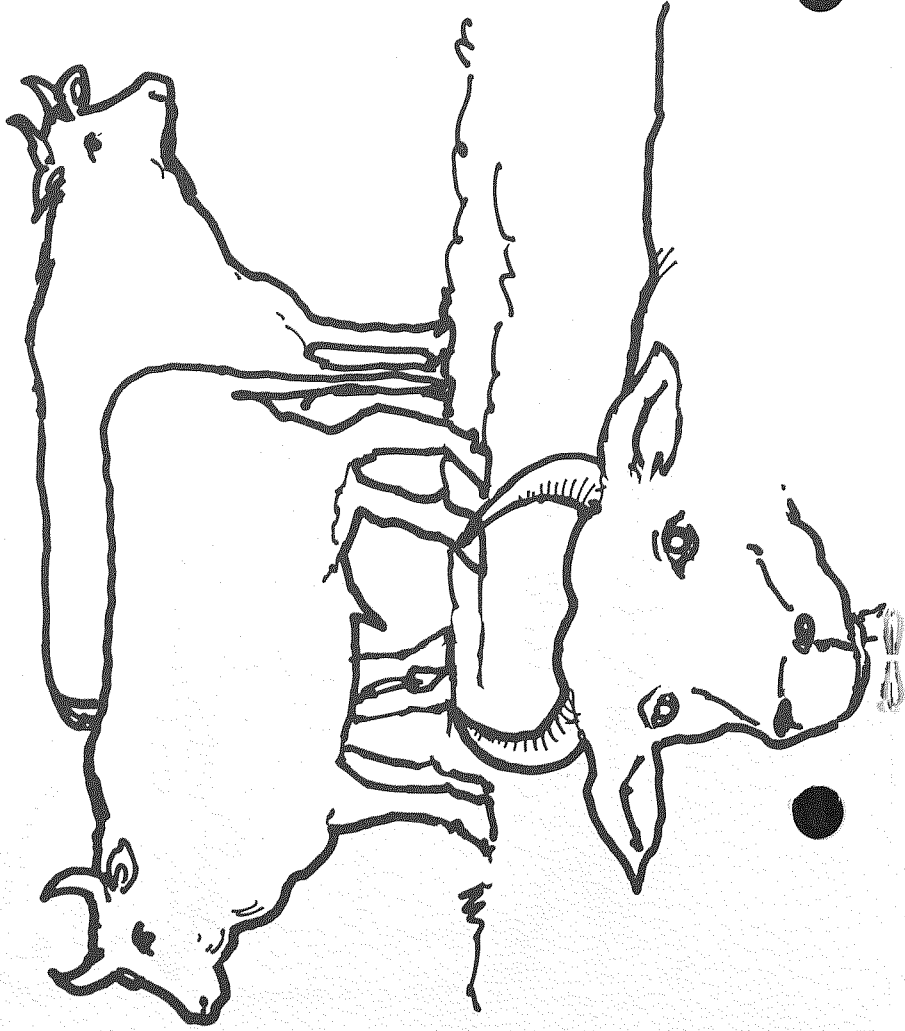
MILK COMES
FROM COWS.



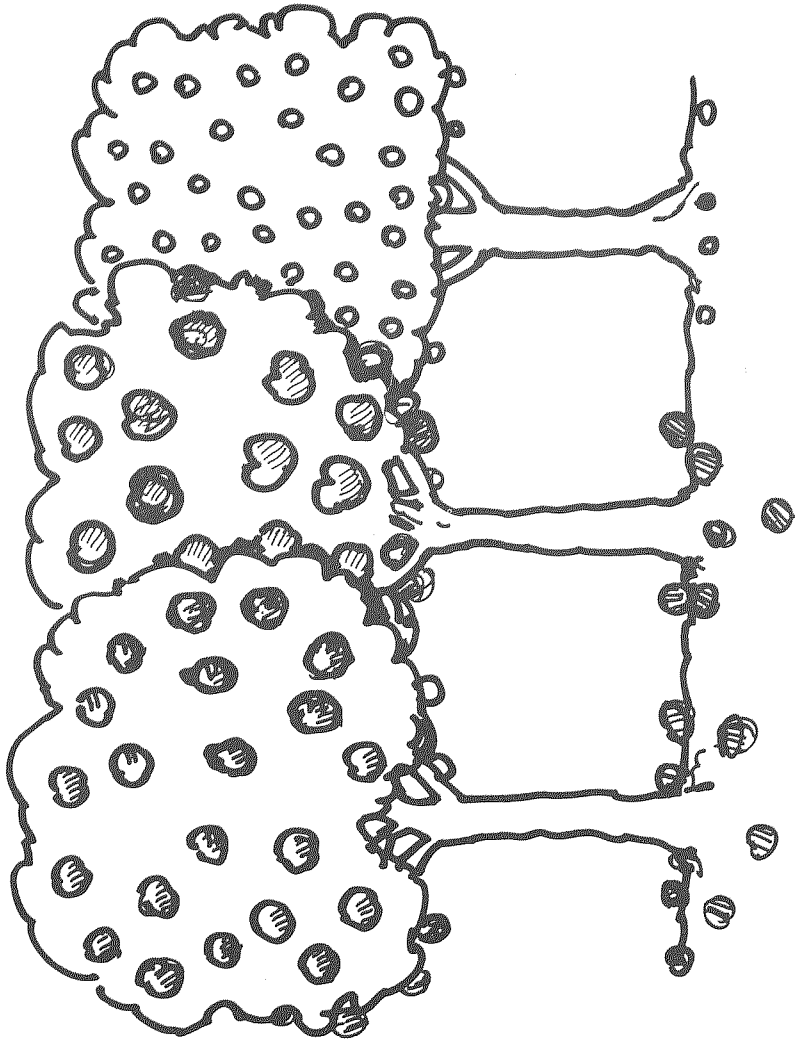
BACON, SAUSAGE,
HAM AND PORK CHOPS
COME FROM
PIGS.



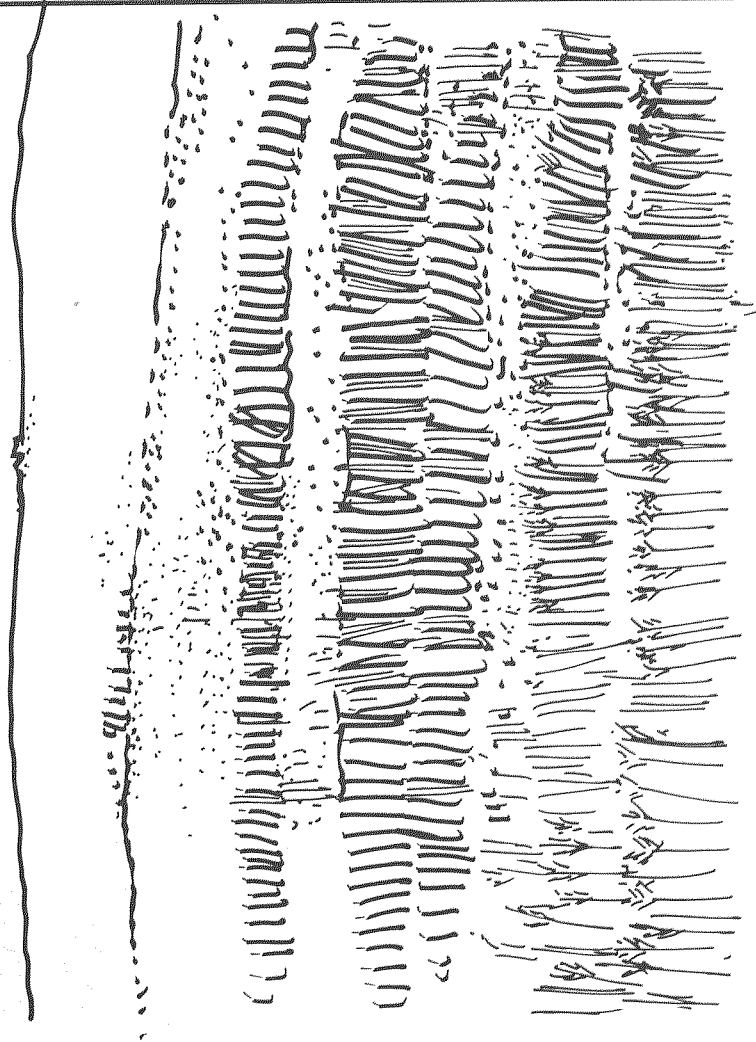
HAMBURGER, STEAKS,
AND ROASTS COME
FROM BEEF CATTLE.



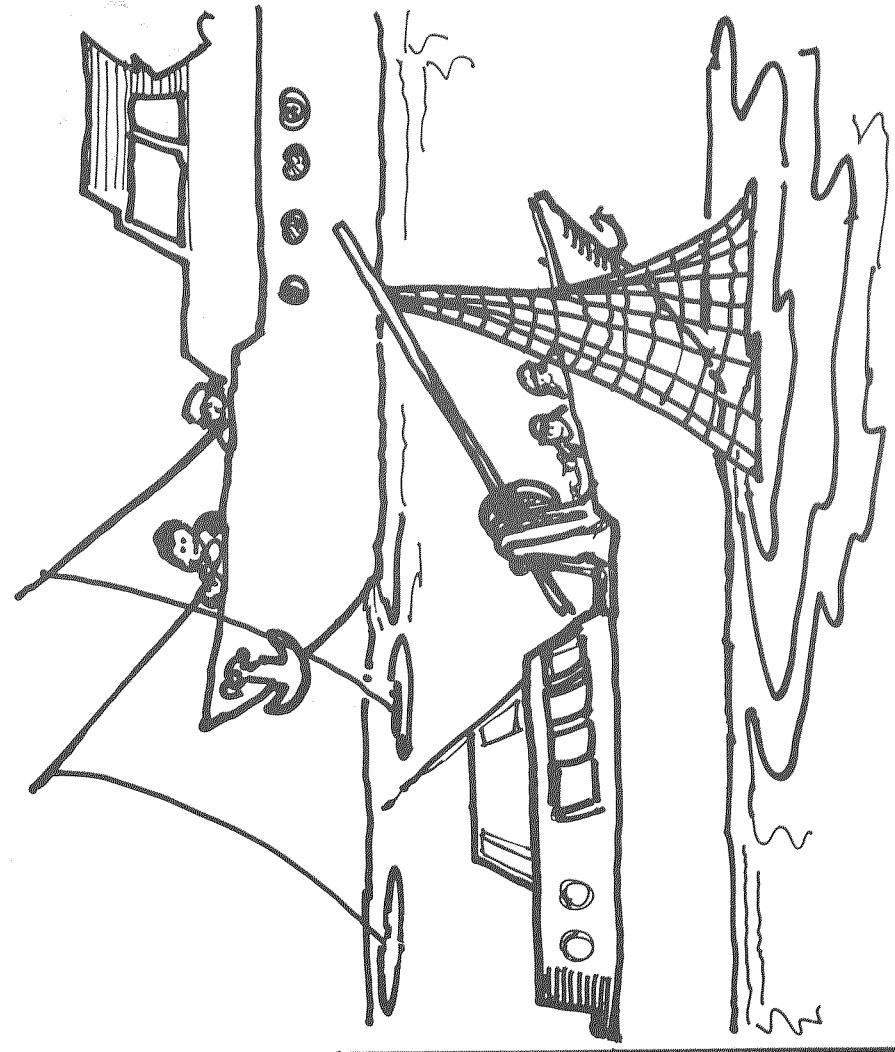
APPLES, PEACHES
AND CHERRIES COME
FROM ORCHARDS



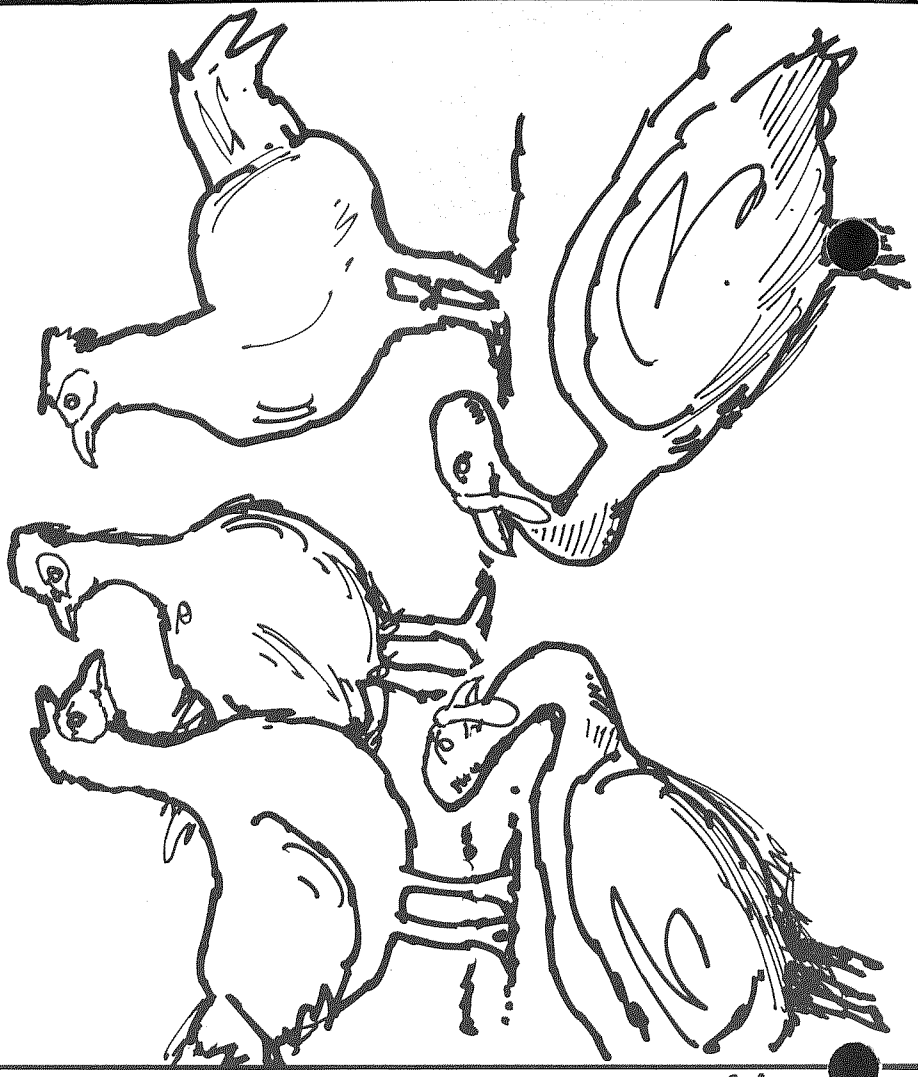
CORN, WHEAT, AND
RYE WHICH ARE MADE
INTO BREADS AND
CEREALS COME
FROM FIELDS.



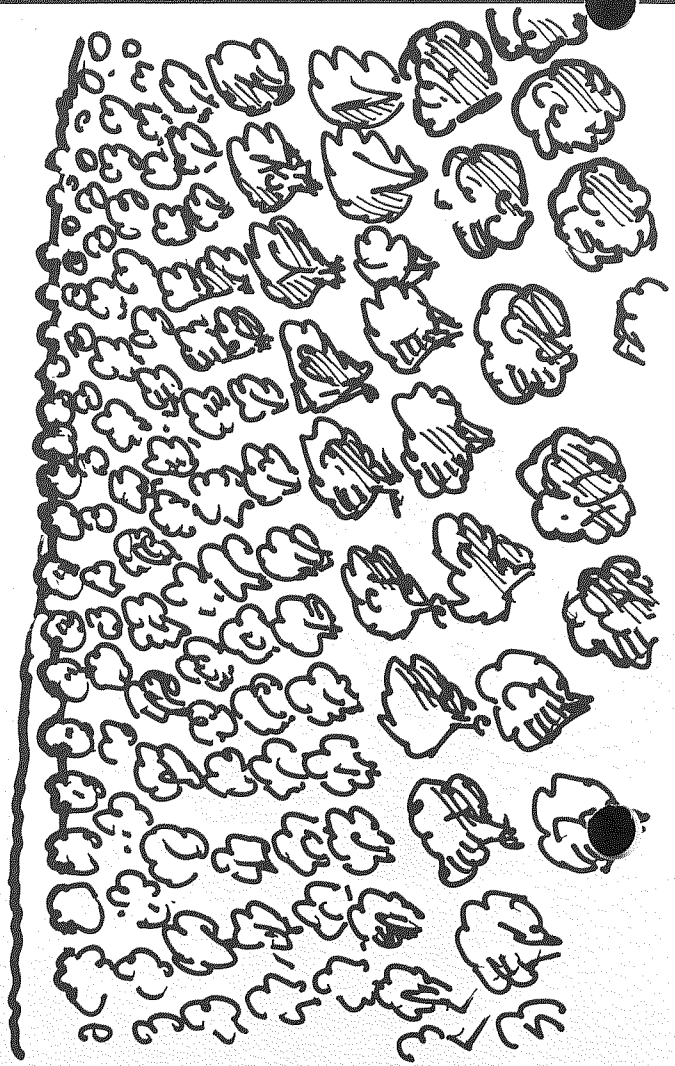
FISH AND SEAFOOD
COME FROM
LAKES AND OCEANS

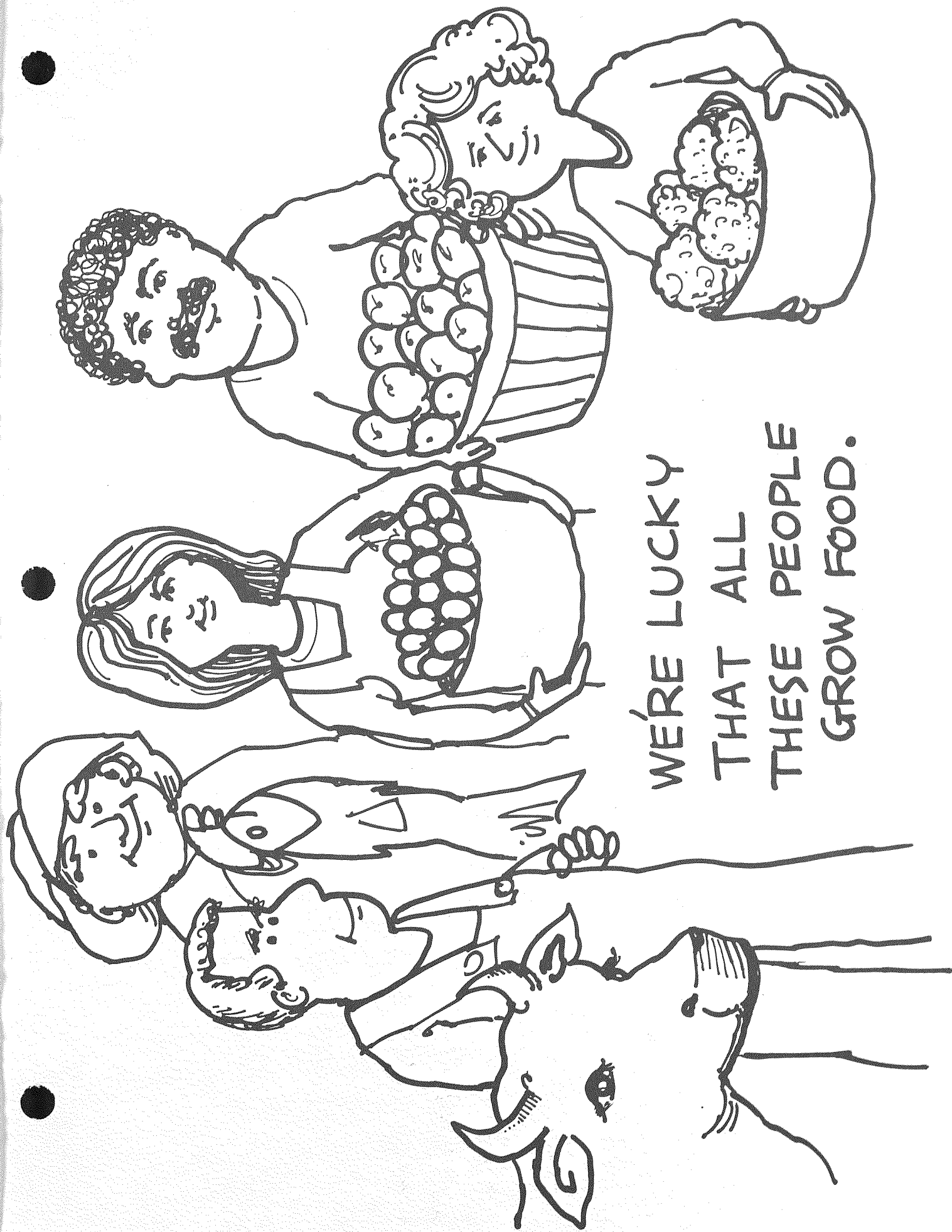


TURKEYS AND
CHICKENS ARE
RAISED ON FARMS.



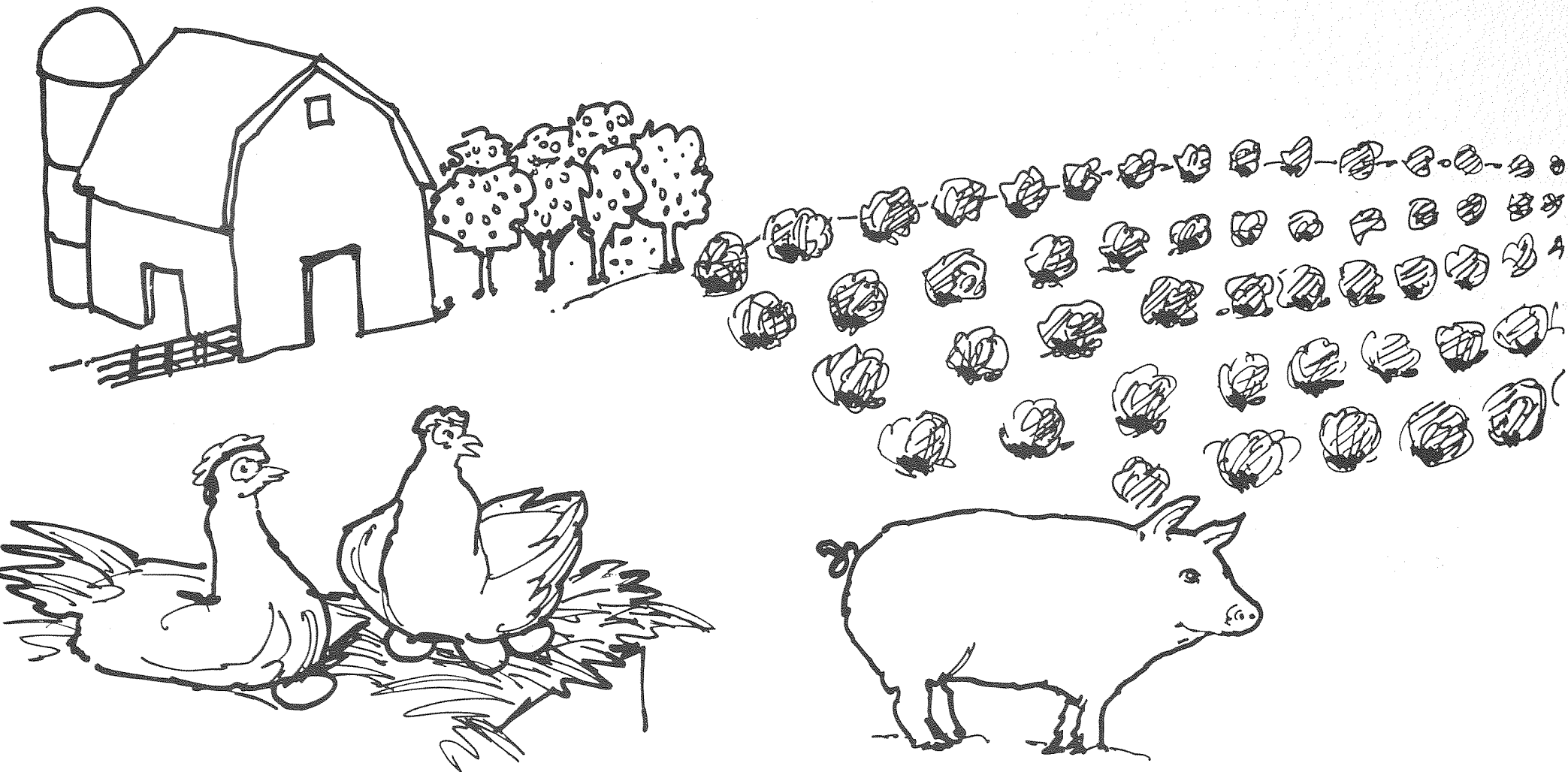
POTATOES, LETTUCE, AND
OTHER VEGETABLES COME
FROM VEGETABLE FARMS.





WE'RE LUCKY
THAT ALL
THESE PEOPLE
GROW FOOD.

GROCERIES COME FROM MANY PLACES



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