

*A 4-H Series  
For TV*

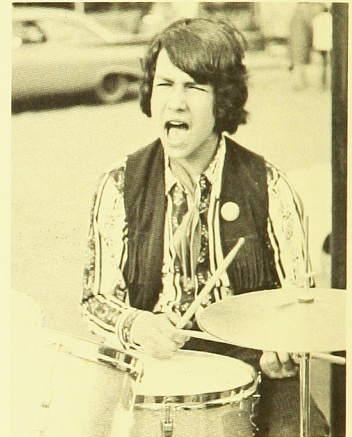


# MULLIGAN STEW



A 4-H TELEVISION PRODUCTION WITH  
EXPANDED NUTRITION PROGRAMS

*What's In... is not far out!*



# Make the TV Scene

# with *M*



*Six half-hour TV shows\* with a rock band that make you tune in and "turn on!"*

**1** *MULLIGAN STEW* tackles a "Mission Impossible" — waking up a sleeping town — moms 'n dads, firemen, a mailman, barber, bank robber and a cop (lucky for the robber the cop was sleeping), and, would you believe, a cow too tired to give milk? All this in . . . **THE GREAT NUTRITION TURN ON.**

**3** A culprit is foiled by Wilbur Dooright when he tries to sell fad diets and food pills to the Mulligan Stews. The mission has intrigue and physical competition as the far-out diets are proven taboos and lose out in . . . **THE FLIM FLAM MAN.**

**2** The Mulligan's rock music and songs beat out why "ya gotta eat breakfast". A high school gal is no longer "up-tight" and gets lots of dates, while her brother again becomes a star athlete after being revived in . . . **LOOK INSIDE YOURSELF.**

**4** Maggie, Mike, Manny, Micki, and Mulligan (the Mulligan Stews) plan, shop, and prepare a dinner for a world population. Hundreds of guests in native costume offer their kind of entertainment and fun in . . . **GETTING IT ALL TOGETHER.**

\* TECHNICAL INFORMATION: Films 28½ minutes — full color.

# What's In... is not far out!

**T**hat's because everybody needs food. You need food . . . I need food . . . plants and animals need food. . . to live and grow!

## MULLIGAN STEW

A five piece kid's rock band turns-on to good nutrition and *takes you along* in 6 half-hour TV shows. In a take-off on Mission Impossible, Wilbur Doorright brings assignments from "upstairs". They do fun one-liners like Laugh-In and have come-alive puppets in a Sesame Street atmosphere. Oh yes! There are some of our great astronauts as well as world famous food authorities and scientists. Each show is "way-out" in entertainment while teaching exciting things about feeding yourself for a healthier you.

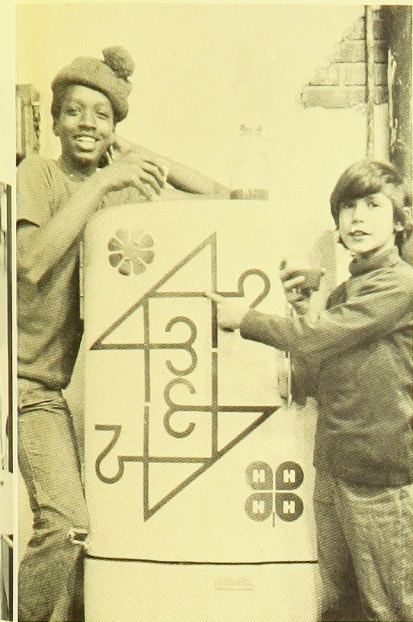
## YOU GET IT ALL TOGETHER

A package of "goodies" . . . games, puzzles, fun-to-do activities and do-it-yourself projects . . . is available to each viewer. There is an additional set of materials for a learning-director (this may be an older member of the family, parent or other adult . . . or it may be an ENP aide, club leader or teacher). Viewers are encouraged to participate in a group of three or more with a learning director to initiate group activities. This total program package will do things with "What Food Does", "4 4 3 2 . . . Magic Clue", "Key Nutrients", "Plants and Animals As Food", "What People Eat In Other Countries", "Sea, Space, and Engineered Foods", and "What a Calorie Is".

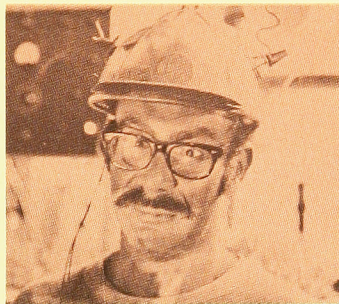
Everyone should know "why they are what they eat" . . . 4th, 5th, and 6th graders want to know. Yep, you guessed it . . . this is a target audience. However, these shows and materials get everyone involved in the exciting world of food: young, old, low income families, urbanites, Expanded Nutrition audiences and aides, leaders, and teachers . . . after all . . . you are what you eat!

## COMING SOON — DON'T MISS IT

Just wanted to share a "sneak" preview of Mulligan Stew with you, prior to its grand premiere.



# Mulligan Stew



and fun-to-learn activities  
to good nutrition. . .

**5** The Mulligans get help from our astronauts at NASA as well as famous research scientists when their mission involves saving their pal, Wilbur Doorright, from a life or death fight with the elements of old Mother Nature in . . . **COUNT-DOWN . . . 4 4 3 2.**

**6** A fat race car driver (who keeps losing) and his new bride, who keeps stuffing him with "goodies," learn why a healthy body is for champions. They learn you are what you eat . . . and ya gotta plan right, buy right, and prepare right, in . . . **THE RACER THAT LOST HIS EDGE.**

**A 4-H TELEVISION PRODUCTION WITH:**

Expanded Nutrition Programs, USDA, in cooperation with Extension Service,  
USDA and State Extension Services of the Land Grant Universities.

**PLAN AND DESIGN PROPOSALS BY:**

Developmental Committees  
Iowa State University Extension Service  
4-H Nutrition Television Programs

**FILMS BY:**

U.S. Department of Agriculture Motion Pictures

**EDUCATIONAL AND PROMOTIONAL MATERIALS BY:**

Michigan State University Cooperative Extension Service

**DISTRIBUTION BY:**

National 4-H Service Committee

