

4-4-3-2

MULLIGAN STEW



MULLIGAN STEW

SONGS TO SING



FAD FOODS AND QUICK DIETS

1. Fad foods and quick diets,
Are bad for you so don't try it,
They'll slow you down, slow you down,
And that is why, that is why,
They're no good for you.
2. There's only one way to keep your body in line,
There's only one way for feeling fine,
There's only one way and it's yours and mine,
That's eating a balanced diet.

Repeat 1.

3. There's only one way for feeling good,
There's only one way and it's understood,
There's only one way and I wish you would,
Keep eating a balanced diet.

Repeat 1.

4 - 4 - 3 - 2

1. 4-4-3-2,
That's the formula,
For me and you,
4-4-3-2,
That's the only,
Thing that'll do.
2. 2-4-6-8.
Hurry on now,
Don't be late.
4-4-3-2,
That's the only,
Thing that'll do.
3. A brand new formula for feeling fine,
Easily understood,
Good food will keep your health in line,
And keep you feeling good.
4. 4-4-3-2,
Eating's fine for me and you,
4-4-3-2,
That's the only way that'll do.
5. 4-4-3-2,
That's the formula for me and you,
4-4-3-2,
That's the only thing that'll do.
6. A brand new formula for feeling fine,
Easily understood,
Good food will keep your health in line,
And keep you feeling good.

Repeat 6.

EVERYBODY'S BODY

1. Everybody's body needs vitamins,
Proteins, Carbohydrates, and Fats,
Everybody's body needs minerals,
Everybody has to know that.
2. Don't leave out a thing,
Cause everybody knows,
Nutrients are the things,
That help our bodies,
Live and grow.
3. Everybody's body,
Every living thing,
Builds a strong body out of
Pro - Pro - Protein.
Vitamins are the nutrients,
In the things we eat,
Keeps you fit and healthy,
From your head down to your feet.
4. Everybody's body,
Has minerals in small amounts,
The quantity is small,
But it's getting them that counts,
Fat and Carbohydrates,
Are needed in you're diet,
You can't go on without them,
So nobody should try it.

Repeat 1.

Repeat 2.

Repeat 1.

Everybody has to know that,
Everybody has to know that,
Everybody has to know that.

GOOD NUTRITION

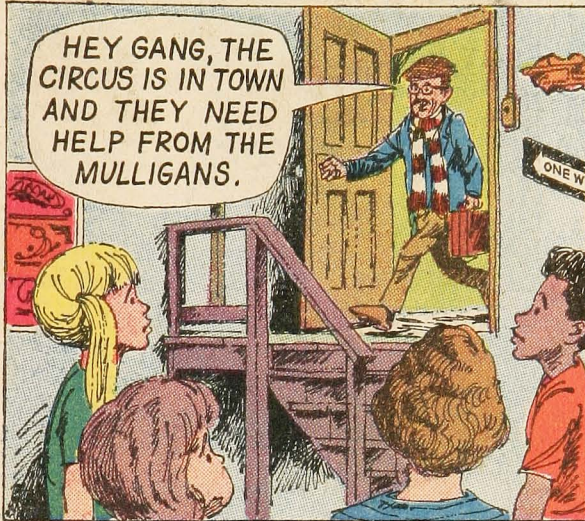
1. When you're on top of the scene,
There's no place to go but up,
Feeling on top of a dream,
Knowing you've got your cup,
Overflowing with that Good Nutrition,
Good Nutrition, Good Nutrition,
Good Nutrition,
And it's alright with me.
2. When you've got love in your heart,
There's nothing to do but smile,
Feeling so cool and smart,
Knowing that all the while,
You've got Good Nutrition,
Good Nutrition, Good Nutrition,
Good Nutrition,
And it's alright with me.
3. Give me a bright day,
With sunshine and flowers,
Or if you've got raindrops,
And windy day showers,
It doesn't matter to me,
Not at all to me,
I can handle the cold days,
Or laugh in the warm ones,
Knowing I've got Nutrition,
To keep me happy, healthy
and alive!

Repeat 2.

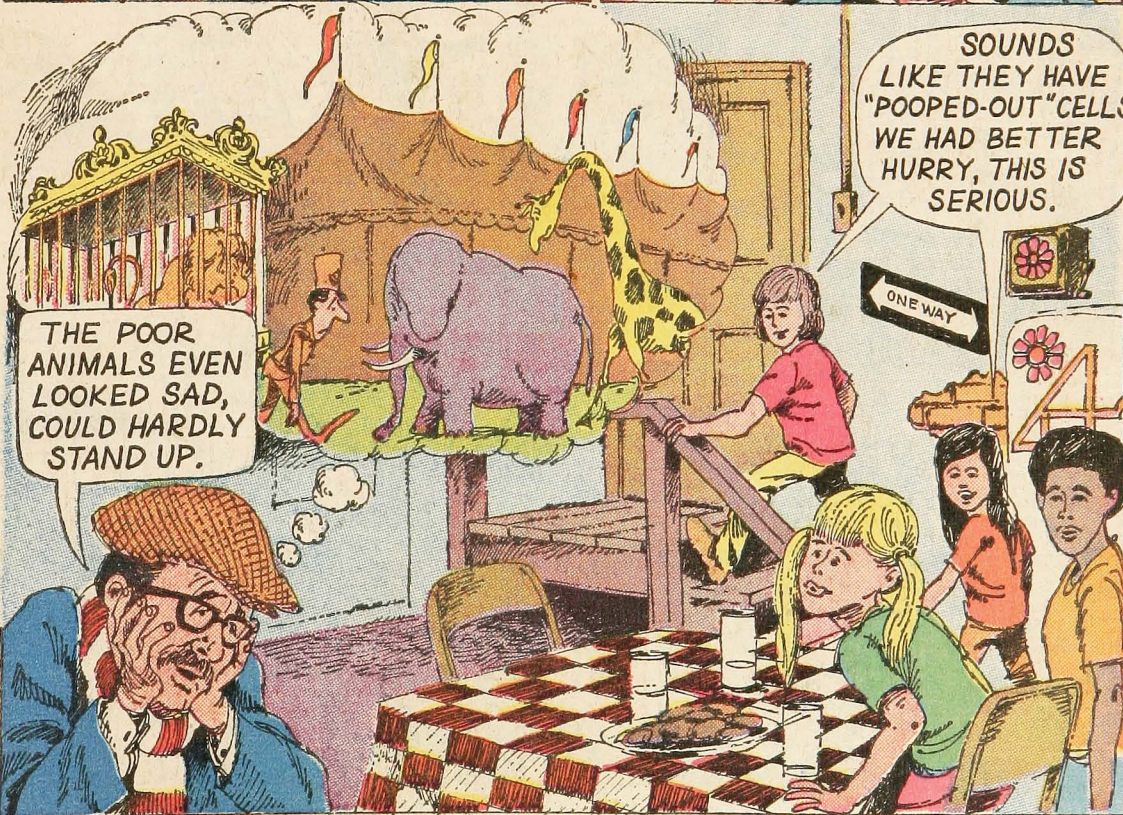
Repeat 1.

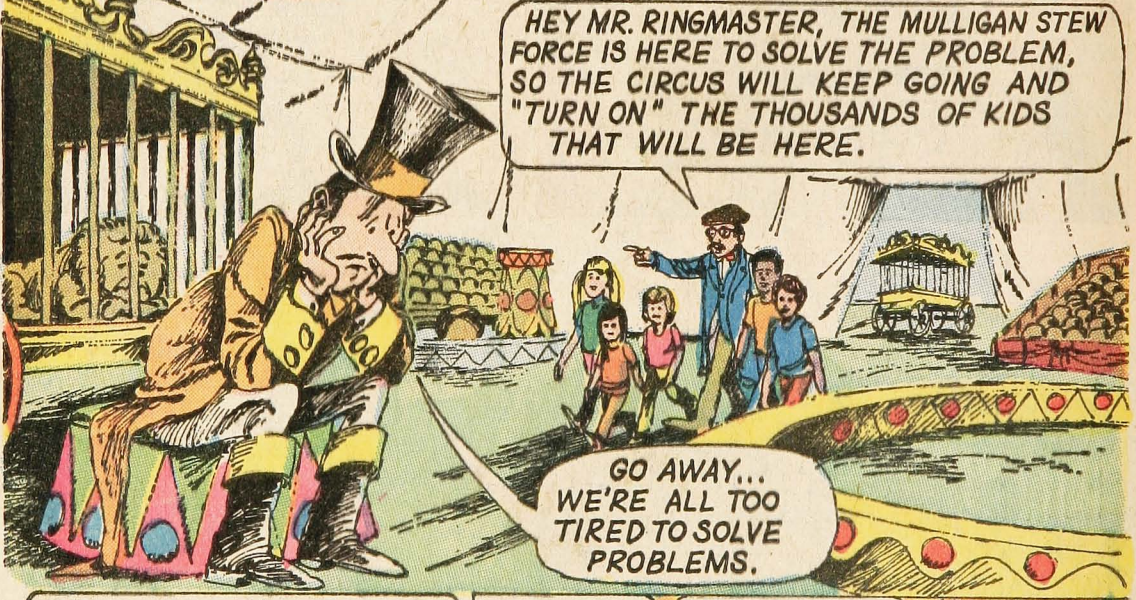
The Great NUTRITION Turn On

WRITE YOUR NAME
HERE



THE ANIMALS, RINGMASTER AND PERFORMERS FEEL TERRIBLE. YOUR ASSIGNMENT, MULLIGAN STEWS, IS TO FIND OUT WHAT'S WRONG AND "FIX IT" SO THE CIRCUS WON'T CLOSE DOWN.





WAIT A MINUTE! DID YOU SAY THE MULLIGAN STEWS COULD SOLVE OUR PROBLEM? BOY! AM I GLAD, WE ALL HATE FEELIN' LOUSY.



LOOK AT THAT... HE CAN'T EVEN HOLD HIS HEAD UP! WHAT'S WRONG?



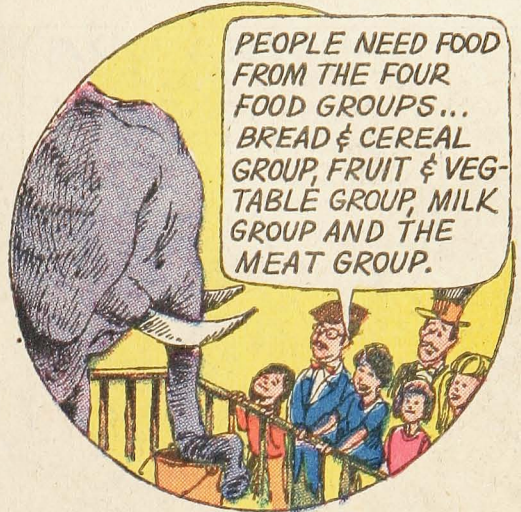
HE NEEDS GOOD NUTRITION JUST LIKE WE DO.... TO FEEL GOOD.



PEOPLE FOOD IS DIFFERENT FROM ANIMAL FOOD, BUT EVERY LIVING THING NEEDS FOOD TO LIVE & GROW.



PEOPLE NEED FOOD FROM THE FOUR FOOD GROUPS... BREAD & CEREAL GROUP, FRUIT & VEGETABLE GROUP, MILK GROUP AND THE MEAT GROUP.



4-4-3-2 MAGIC CLUE

WRITE IN THE FOUR FOOD GROUPS

- 4 SERVINGS FROM **B**_____ & **C**_____ GROUP
 4 SERVINGS FROM **F**_____ & **V**_____ GROUP
 3 SERVINGS FROM **M**__**K** GROUP
 2 SERVINGS FROM **M**_____ GROUP

RIGHT! THE 4 FOOD GROUPS ARE: BREAD & CEREAL, FRUIT & VEGETABLE, MILK GROUP & THE MEAT GROUP.



WOW! LET'S EAT!

DAILY SERVINGS FROM EACH GROUP MAKE UP A BALANCED DIET...

THAT'S → 4-4-3-2!
 O.K. KIDS! LIST THE FOOD GROUPS IN A DELUXE CHEESEBURGER.



WRITE THE FOOD GROUPS IN A CHEESEBURGER

1. BUN COMES FROM _____ & _____ GROUP
 2. HAMBURGER FROM _____ GROUP
 3. CHEESE FROM _____ GROUP
 4. LETTUCE AND TOMATO FROM _____ & _____ GROUP

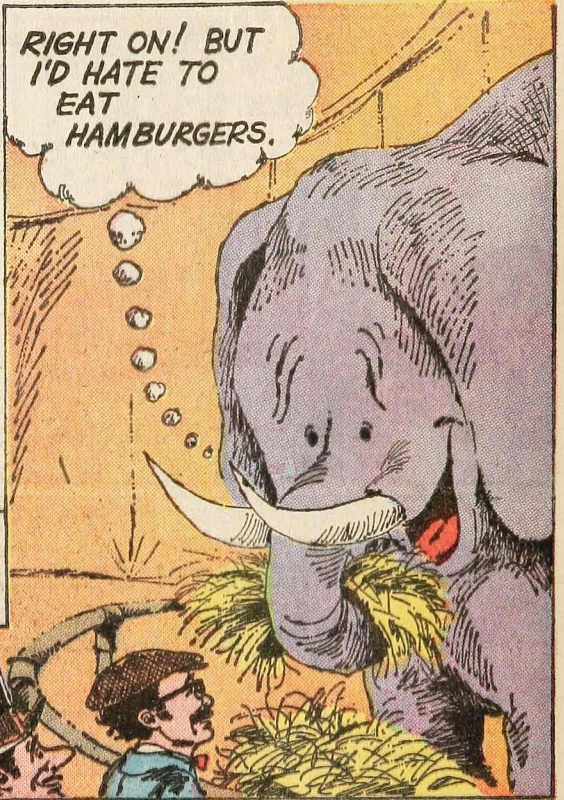
ANSWERS

→ 1. BREAD & CEREAL 2. MEAT 3. MILK 4. FRUIT & VEGETABLE

THE PURPOSE OF FOOD IS THE SAME FOR US AND ANIMALS: FOR ENERGY, GROWTH, TO FEEL GOOD AND LOOK GOOD.



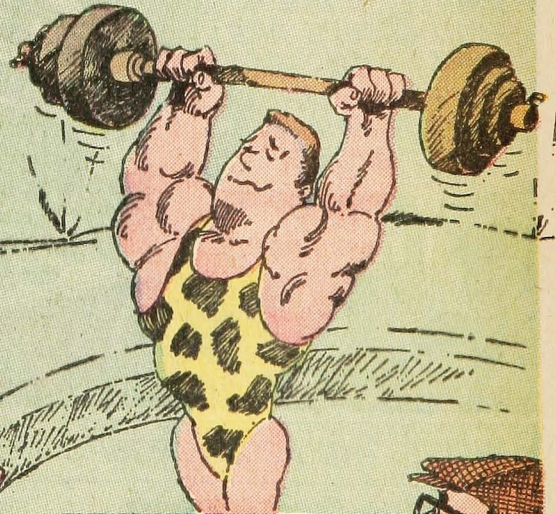
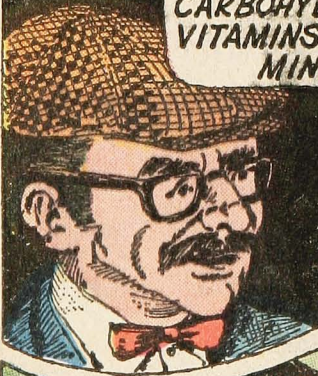
RIGHT ON! BUT I'D HATE TO EAT HAMBURGERS.



YEAH, BUT ANIMALS NEED DIFFERENT FOOD FROM HUMANS. I SURE WOULD HATE TO HAVE TO EAT HAY!



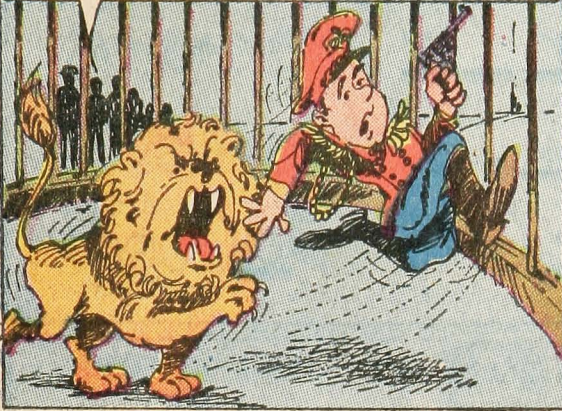
WE'LL SAVE THE CIRCUS BY TELLING 'EM ABOUT KEY NUTRIENTS: PROTEINS, FATS AND CARBOHYDRATES, VITAMINS AND MINERALS.



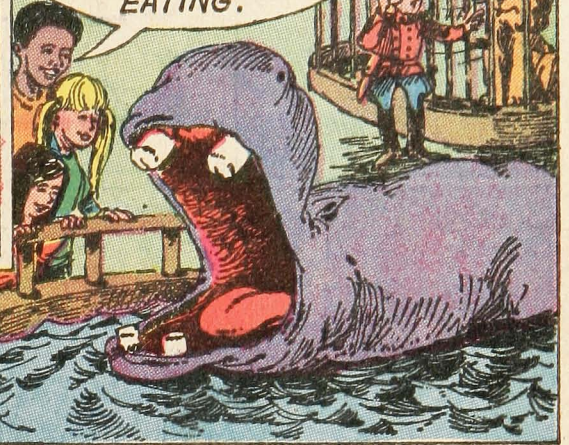
PROTEIN IS GREAT FOR MUSCLES. IT HELPS BUILD AND REPAIR ALL CELLS OF OUR BODY.



CARBOHYDRATES GIVE US
LOTS OF QUICK ENERGY.



FATS GIVE PEOPLE
LOTS OF ENERGY
TOO... STAYS IN
YOUR STOMACH
LONGER SO YOU
DON'T GET HUNGRY
SOON AFTER
EATING.



VITAMINS
HELP OTHER NUT-
RIENTS DO THEIR
JOB.



VITAMIN A FOR
HEALTHY SKIN...
AND TO HELP
US SEE IN
THE DARK.



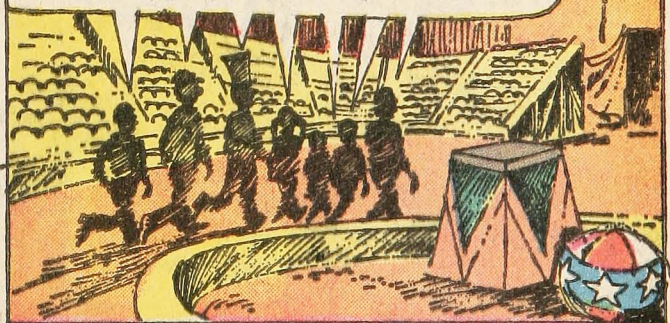
VITAMIN C HELPS
HOLD OUR BODY CELLS
TOGETHER, IT ALSO
HELPS TO HEAL WOUNDS.



VITAMIN D
FOR
STRONG TEETH
AND BONES.



**MINERALS... LIKE IODINE
IRON AND CALCIUM ARE ALSO
NUTRIENTS.**



**WHY
DO WE HAVE
TO EAT
FOOD?**



BECAUSE IT GIVES US.....

E _ _ e _ r _ _ y makes us
G _ _ o _ w , makes us
L o _ _ k Good & **D** o _ _ Good!

4-4-3-2
MAGIC GLUE!

THAT'S
A
BALANCED
DIET...

4
4
3
2

DAILY SERVINGS FROM
B _ _ _ & C _ _ _

DAILY SERVINGS FROM
F _ _ _ & V _ _ _

DAILY SERVINGS FROM
M _ _ _ K GROUP

DAILY SERVINGS FROM
M _ _ _ T GROUP

HOW CAN WE KNOW
IF WE ARE FOLLOW-
ING 4-4-3-2
EACH DAY?

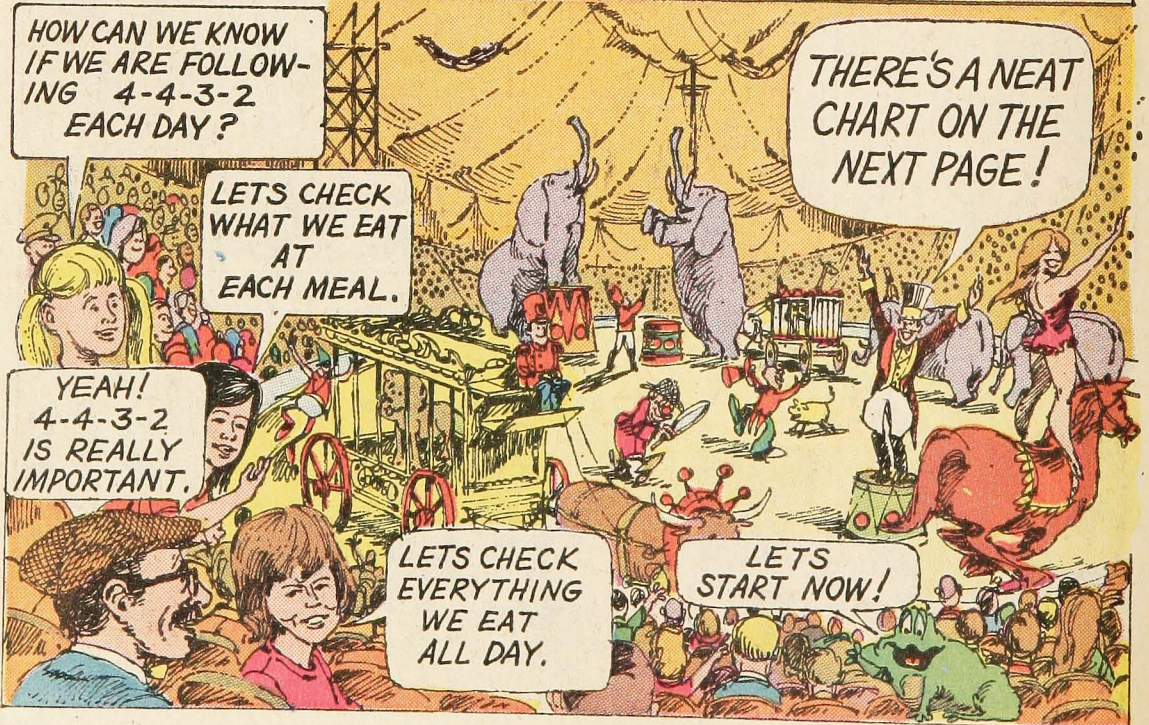
LET'S CHECK
WHAT WE EAT
AT
EACH MEAL.

YEAH!
4-4-3-2
IS REALLY
IMPORTANT.

LET'S CHECK
EVERYTHING
WE EAT
ALL DAY.

THERE'S A NEAT
CHART ON THE
NEXT PAGE!

LET'S
START NOW!

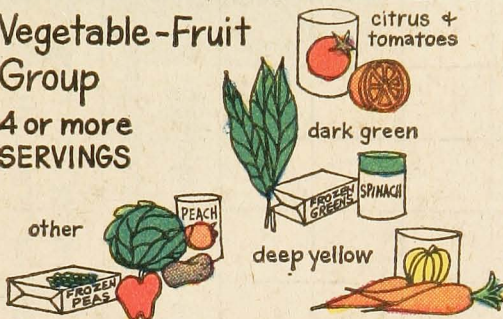


Daily Food Guide

some choices for
thrifty families

Vegetable-Fruit Group

4 or more
SERVINGS



Follow The Food Guide Every Day

VEGETABLE-FRUIT GROUP

COUNT AS A SERVING $\frac{1}{2}$ CUP 
(RAW OR COOKED)

4

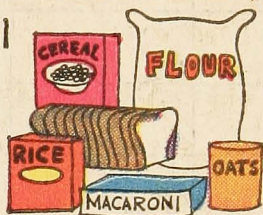
or more
SERVINGS

OR 1 PORTION SUCH AS



Bread-Cereal Group

Whole grain or
enriched.








EVERY DAY EAT FOODS FROM EACH GROUP.

BREAD-CEREAL GROUP (WHOLE GRAIN OR ENRICHED)

COUNT AS A SERVING

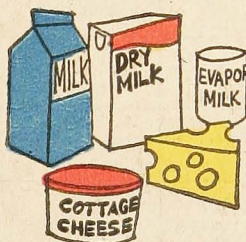
4

or more
SERVINGS

1 SLICE  OF BREAD OR 1 BISCUIT 
OR 1 OUNCE READY-TO-EAT CEREAL 
OR $\frac{1}{2}$ CUP  TO A  COOKED CEREAL,
CORNMEAL, GRITS, MACARONI, RICE OR SPAGHETTI


Milk Group



some for
EVERYONE



3
or more
SERVINGS

MILK GROUP

COUNT AS A SERVING 1 CUP  OF MILK.

CHILDREN UNDER 9  TO .

CHILDREN 9-12  OR MORE.

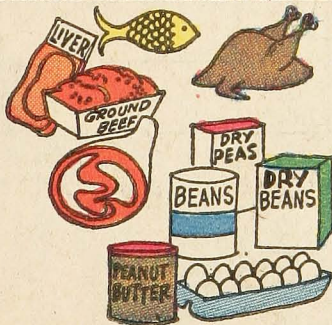
TEENAGERS  OR MORE.

ADULTS  OR MORE.

CHEESE CAN BE USED FOR PART OF THE MILK

Meat Group





2 or more
SERVINGS



2
or more
SERVINGS

MEAT GROUP

COUNT AS A SERVING 2 OR 3 OUNCES OF COOKED LEAN
MEAT POULTRY OR FISH-SUCH AS:

A HAMBURGER  OR A CHICKEN LEG 
OR A FISH  ALSO 2 EGGS .

OR 1 CUP  COOKED DRY BEANS OR PEAS.

OR 4 TABLESPOONS  PEANUT BUTTER 

MY OWN 4-4-3-2 WEEKLY FOOD CHART

	FRUIT + VEGETABLE			BREAD + CEREAL			MILK			MEAT			STAR ★
	B	L	S	B	L	S	B	L	S	B	L	S	
MONDAY													
TUESDAY													
WEDNESDAY													
THURSDAY													
FRIDAY													
SATURDAY													
SUNDAY													


NAME _____

WEEK OF _____
TOTAL STARS _____

B - Breakfast L - Lunch
D - Dinner or Supper S - Snack

DIRECTIONS: After every meal or snack, make a check mark for the number of servings you ate from each food group. Draw a star for the day when you eat 4-4-3-2.

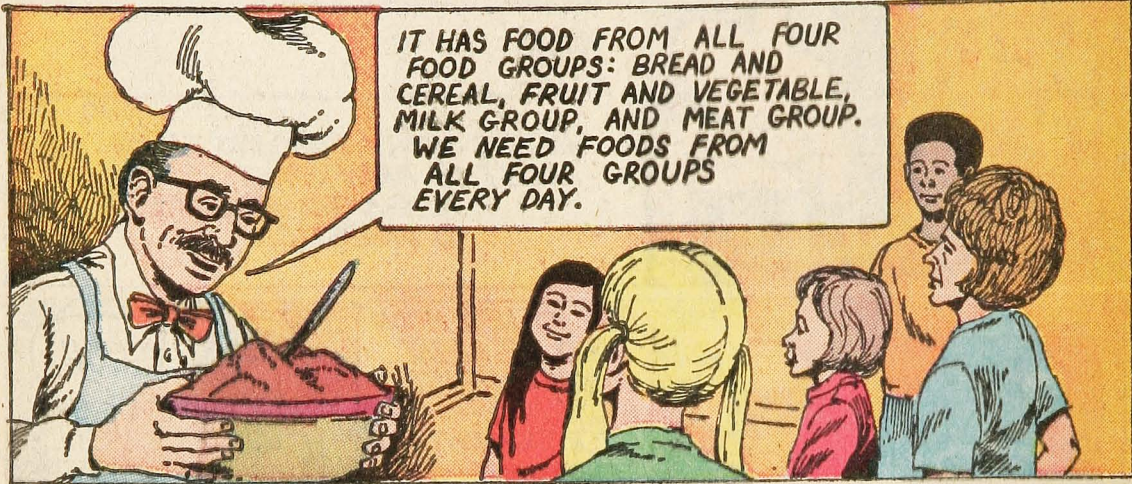
LOOK INSIDE YOURSELF



YOUR NAME _____

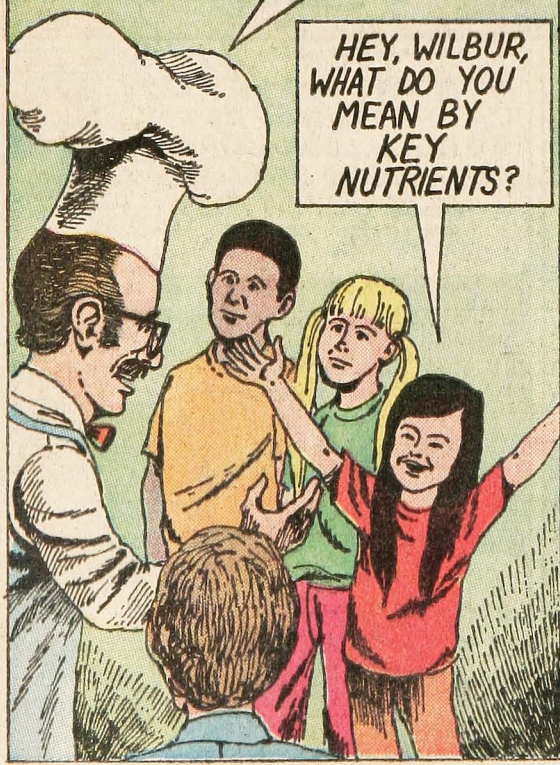
IN THIS STORY THE GANG TALKS ABOUT
 ① BREAKFAST
 ② 4-4-3-2 MAGIC CLUE
 ③ DIGESTION



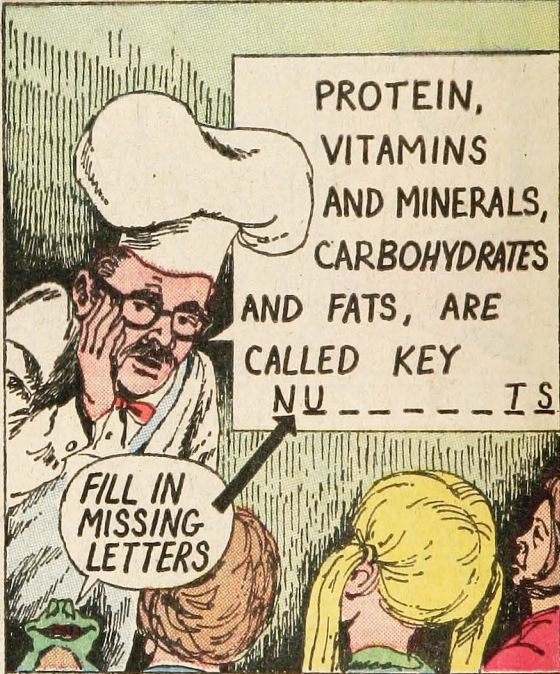


IT HAS FOOD FROM ALL FOUR FOOD GROUPS: BREAD AND CEREAL, FRUIT AND VEGETABLE, MILK GROUP, AND MEAT GROUP. WE NEED FOODS FROM ALL FOUR GROUPS EVERY DAY.

OK! NOW GANG, YOUR JOB IS TO LEARN 3 THINGS:
 (1) WRITE THE KEY NUTRIENTS.
 (2) NAME BODY PARTS IN DIGESTION.
 (3) REVIEW THE 4-4-3-2....MAGIC CLUE YOU WILL DO THESE AS YOU READ THE STORY.



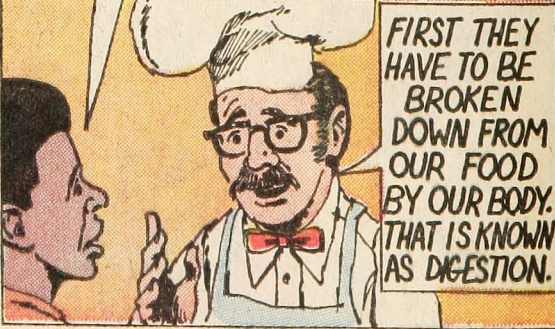
HEY, WILBUR, WHAT DO YOU MEAN BY KEY NUTRIENTS?



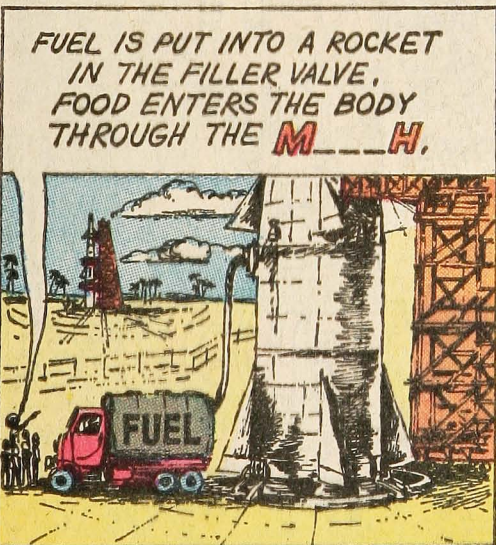
PROTEIN, VITAMINS AND MINERALS, CARBOHYDRATES AND FATS, ARE CALLED KEY NU _ _ _ _ _ IS

FILL IN MISSING LETTERS

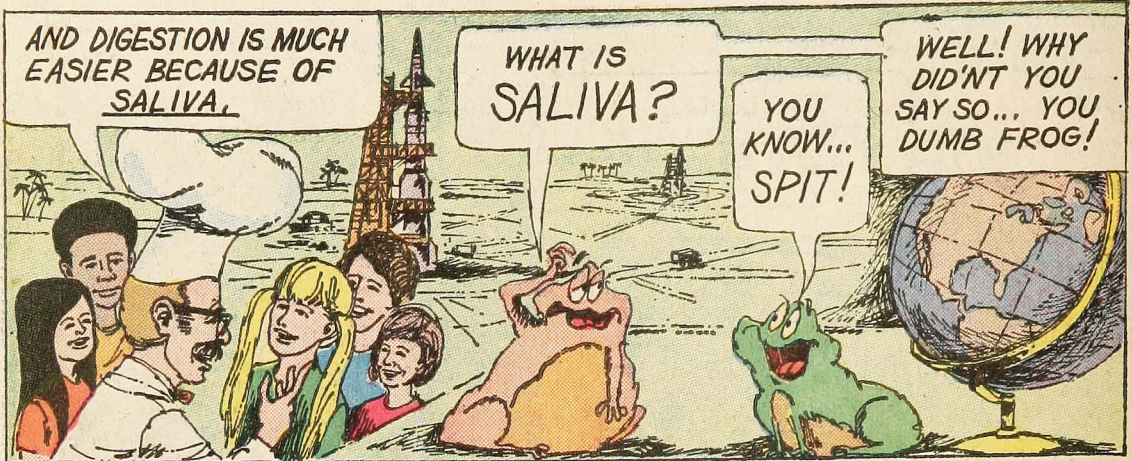
BUT WILBUR, HOW DO THE NUTRIENTS HELP US LIVE & GROW.



FIRST THEY HAVE TO BE BROKEN DOWN FROM OUR FOOD BY OUR BODY. THAT IS KNOWN AS DIGESTION.



ANSWER: TEETH



AND DIGESTION IS MUCH EASIER BECAUSE OF SALIVA.

WHAT IS SALIVA?

YOU KNOW... SPIT!

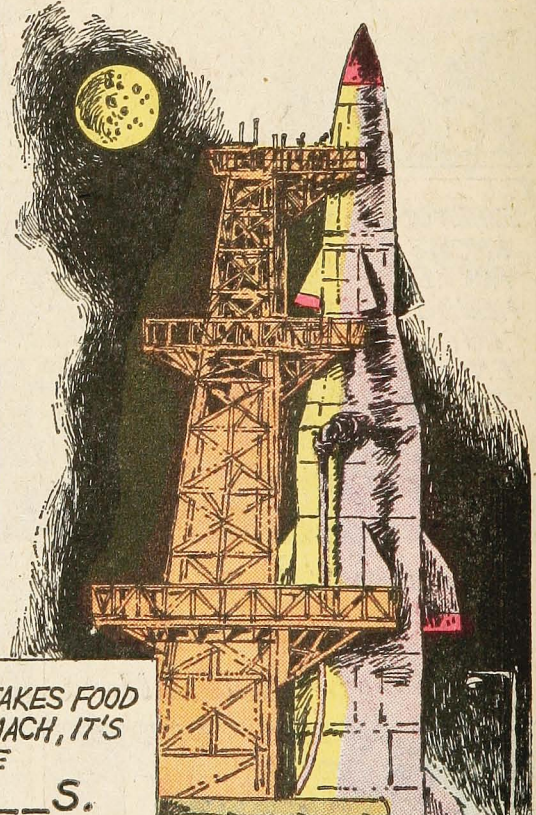
WELL! WHY DIDN'T YOU SAY SO... YOU DUMB FROG!



AFTER FOOD IS GROUND UP AND MIXED WITH THE SALIVA, IT WILL SLIDE DOWN THE ESOPHAGUS EASIER TO THE STOMACH.

LIKE ESOPHAGUS MAN.

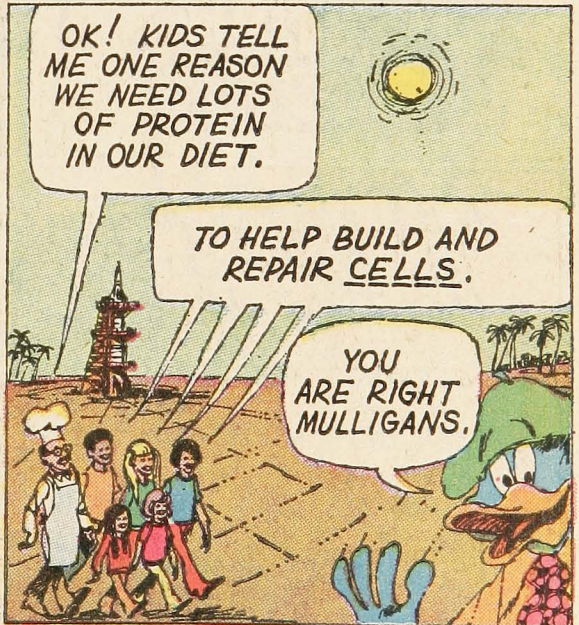
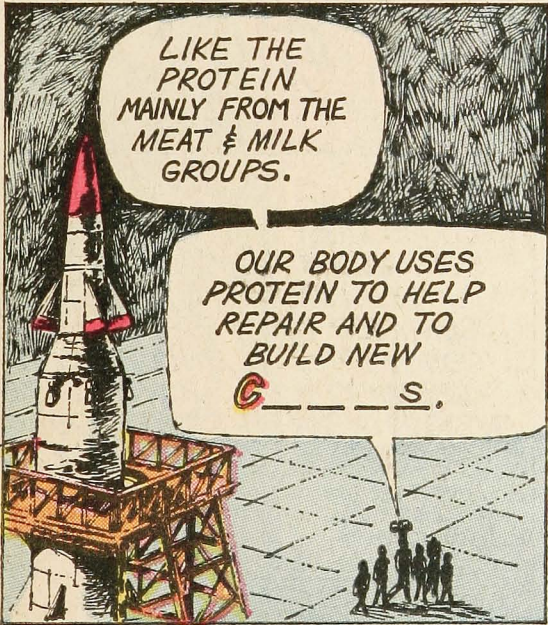
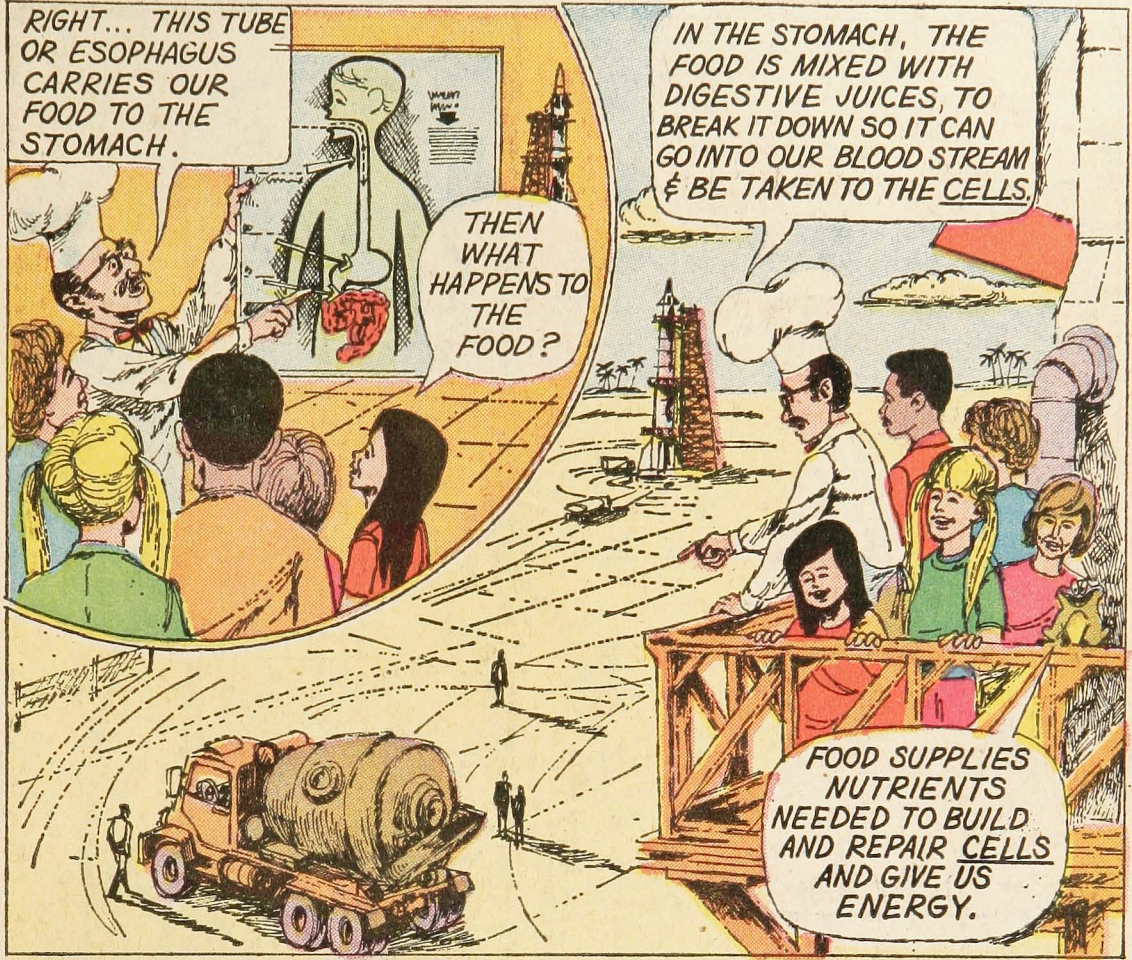
E-SOPH-O-WHAT?



THE ESOPHAGUS IS LIKE THE FUEL LINES ON THE ROCKET THAT TAKES FUEL TO THE ENGINE.

THIS TUBE TAKES FOOD TO THE STOMACH, IT'S CALLED THE E_____S.







FROM THE WORD LIST,
PICK THE WORDS THAT
NAME THE BODY PARTS
FOR DIGESTION.

FILL IN THE 4
WORDS
IN THE CHART

WORD LIST

↓
ESOPHAGUS, (TUBE)
INTESTINE
STOMACH
MOUTH
THROAT

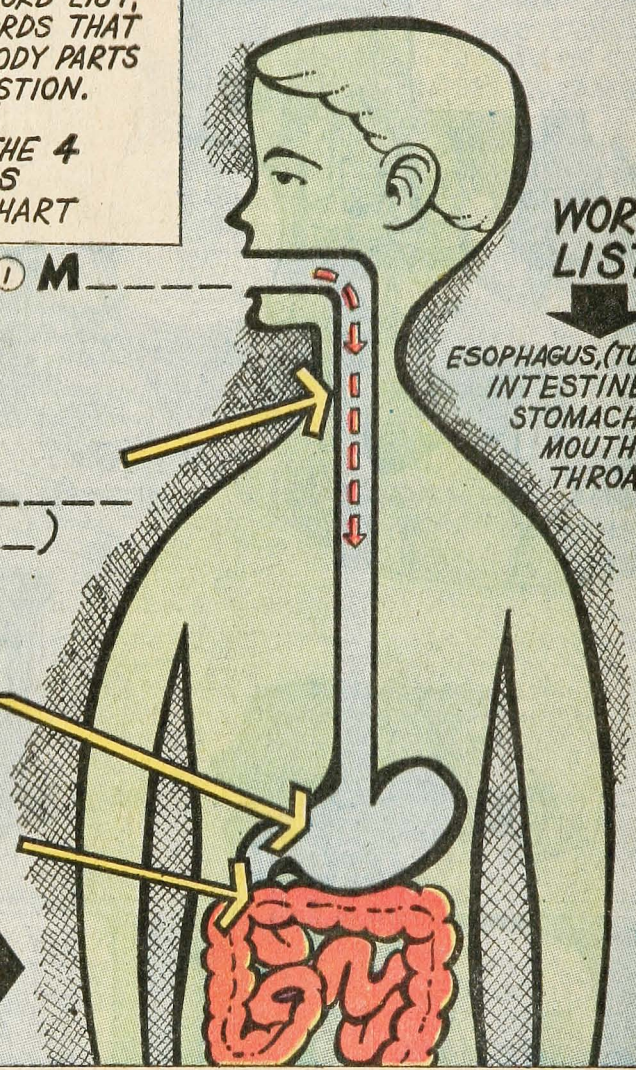
① **M** _____

② **E** _____
OR (**T** _____)

③ **S** _____

④ **I** _____

**DIGESTION
CHART**



A BALANCED DIET
IS 4-4-3-2
AND THAT MEANS

- _____ SERVINGS • BREAD & CEREAL
- _____ SERVINGS • FRUIT & VEGS.
- _____ SERVINGS • _____ GROUP
- _____ SERVINGS • _____ GROUP

- MEAT GROUP
- 2 SERVINGS
- MILK GROUP
- 3 SERVINGS
- FRUIT & VEGS.
- 4 SERVINGS
- BREAD & CEREAL
- 4 SERVINGS

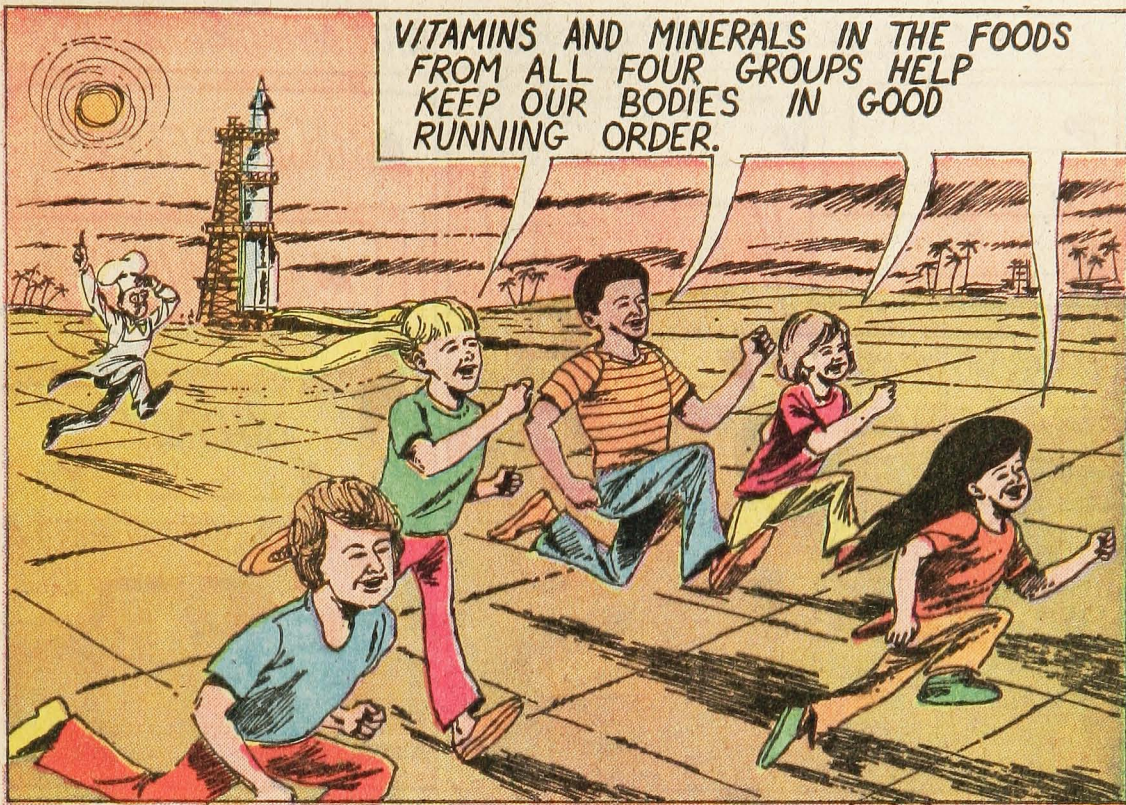
- 4. INTESTINE
- 3. STOMACH
- 2. ESOPHAGUS
- 1. MOUTH

4-4-3-2
CHART

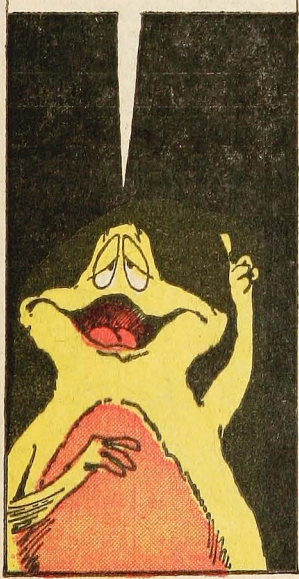
DIGESTION
CHART

ANSWERS

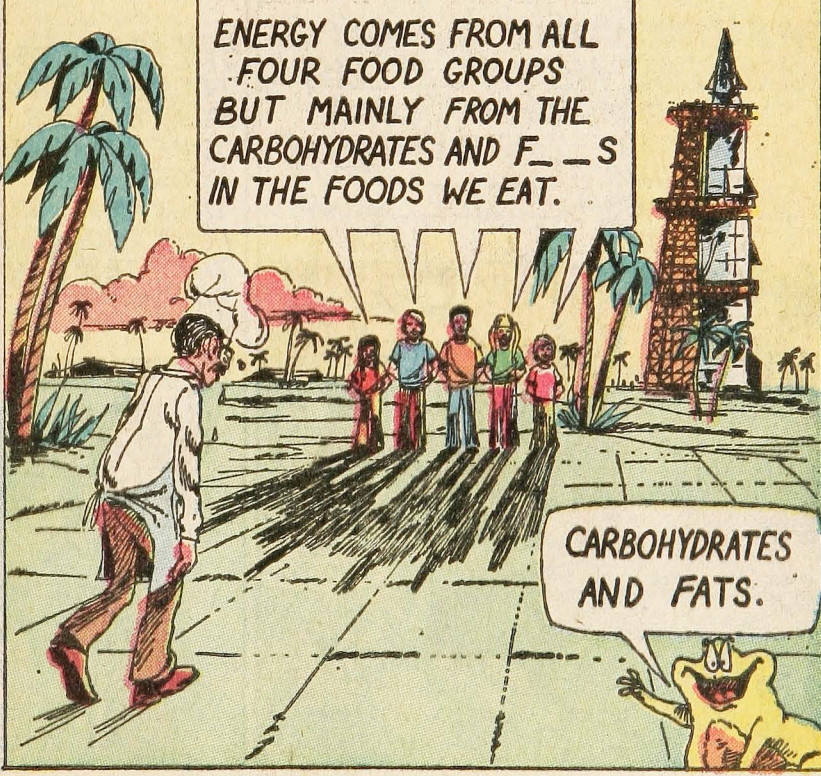
VITAMINS AND MINERALS IN THE FOODS FROM ALL FOUR GROUPS HELP KEEP OUR BODIES IN GOOD RUNNING ORDER.



YOU SAY VITAMINS AND MINERALS ARE IN THE FOODS FROM ALL FOUR GROUPS.



ENERGY COMES FROM ALL FOUR FOOD GROUPS BUT MAINLY FROM THE CARBOHYDRATES AND FATS IN THE FOODS WE EAT.



CARBOHYDRATES AND FATS.



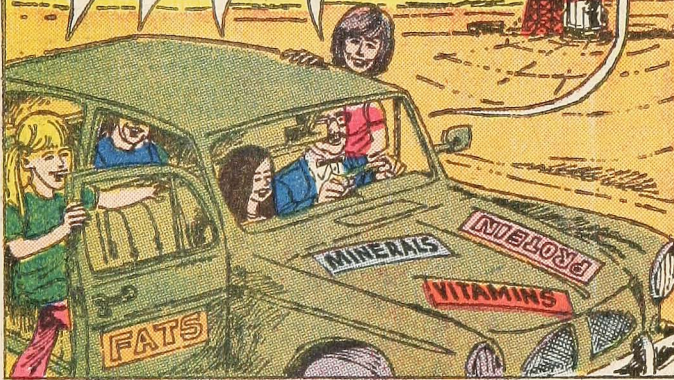
LET'S REVIEW THE NUTRIENTS

P _____

V _____

M _____

CARBOHYDRATES & F _____ S



WHAT DO NUTRIENTS DO?

BUILD CELLS

MAINTEIN THE BODY

SUPPLY

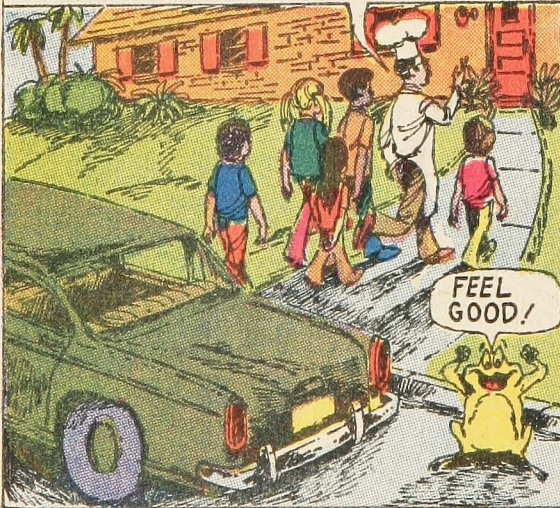
E _____ Y



A BALANCED DIET IS 4-4-3-2 AND THAT MEANS _____ AT LEAST

- _____ SERVINGS - BREAD & CEREAL
- _____ SERVINGS - FRUIT & VEGETABLE
- _____ SERVINGS - _____ GROUP
- _____ SERVINGS - _____ GROUP

WILBUR, WE KNOW YOUR MOON FOOD HAS FOOD FROM ALL FOUR FOOD GROUPS, BUT WE WANT SOME FRUIT AND NO-BAKE COOKIES - _____ TOGETHER THEY GIVE US FOODS FROM ALL FOUR FOOD GROUPS! BESIDES THEY TASTE GREAT! LET'S MAKE SOME COOKIES QUICK - TURN THE PAGE FOR THE RECIPE _____



We will need....

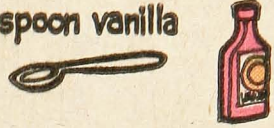
"NO BAKE" COOKIES



2 cups sugar



1 teaspoon vanilla



1/4 cup cocoa



1 pinch salt



1/2 cup milk



1/2 cup chunky peanut butter



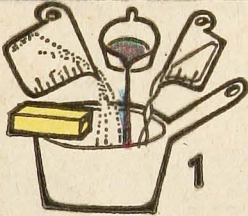
3 cups quick cooking oatmeal



1/4 pound margarine



EASY STEPS TO FOLLOW No Bake Cookies



Mix in Pan:
2 cups sugar
1/4 cup cocoa
1/2 cup milk
1/4 pound oleo



Put on medium heat & cook till it starts to boil.

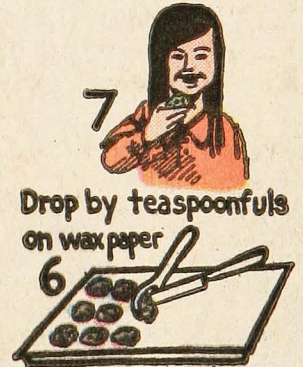


Remove from heat.
Cool for one minute.

3



4 Add:
1 teaspoon vanilla
1 pinch salt
1/2 cup chunky peanut butter
3 cups quick cooking oatmeal



Drop by teaspoonfuls on wax paper



5 Stir well

7



THE FLIM FLAM MAN



HI GANG...
WHY THE SAD
FACES? WHY
SO GLUM?

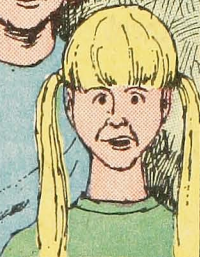
WE HAVE A BIG
TEST AT SCHOOL
TOMORROW AND WE
HAVE'NT STUDIED.

BUT I
HAVE IT
FIGURED
OUT.



YOU MEAN WE
DON'T HAVE TO
STUDY AND WE CAN
STILL PASS THE
TEST? WOW!
GREAT!

YEAH! WE'LL GO TO
THE FORTUNE TELLER.
SHE'LL GIVE US
THE ANSWERS BEFORE
WE SEE THE TEST.





YOU KIDS BETTER NOT.
THAT'S NOT THE WAY...
IT WON'T WORK!

MULLIGAN IS
RIGHT, YOU
CAN'T GET SOME-
THING FOR
NOTHING. BETTER
NOT TRY IT!



GREAT...
WE'LL PASS
THE TEST
AND GET 'A'

YEAH... WITH
NO HOMEWORK,
WE CAN GO
WITH TV
TONIGHT.

THIS
SURE BEATS
DOING
HOMEWORK!

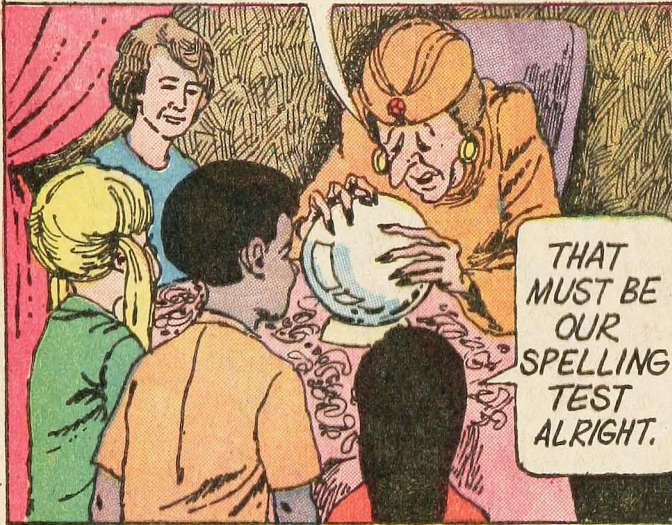
I'M
GOING
TO PLAY
BALL!



SURE HATE NOT
BEING WITH THE
GANG, BUT WHAT
THEY'RE DOING
IS WRONG. I'M
GOING TO STUDY
FOR THE TEST.

I SEE A LONG LIST OF WORDS.

IT'S NOT VERY CLEAR... BUT FOR ANOTHER 25¢ FROM EACH OF YOU, I'LL BE ABLE TO CLEAR IT UP.



THAT MUST BE OUR SPELLING TEST ALRIGHT.



OK, OK, HERE'S ANOTHER QUARTER, WHAT'S THE WORDS?

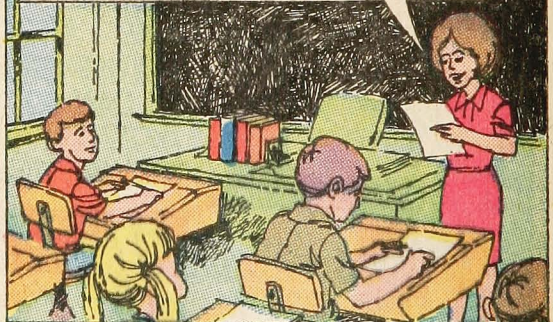
OK!... THE WORDS ON THE TEST ARE... CAT, DOG, RUN, JUMP, COW...



I CAN'T BELIEVE IT'S SO EASY. IT'S 1ST GRADE STUFF!

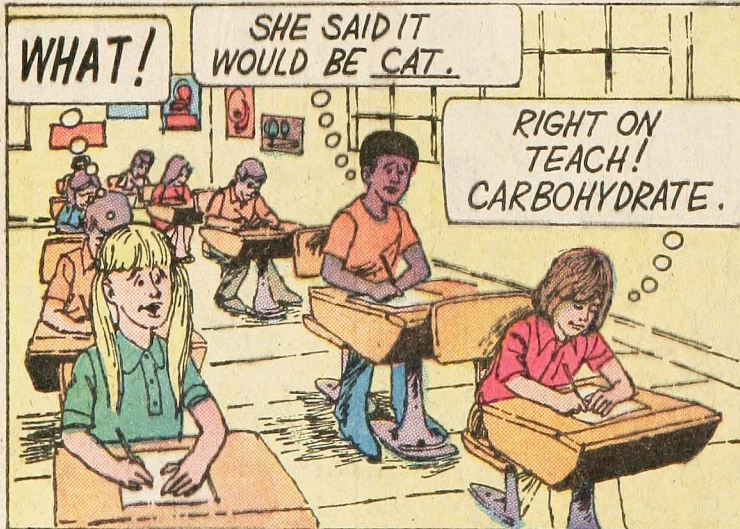
L
A
T
E
R

THE FIRST WORD IS ABOUT NUTRITION... IT IS CARBOHYDRATE



WHAT!

SHE SAID IT WOULD BE CAT.

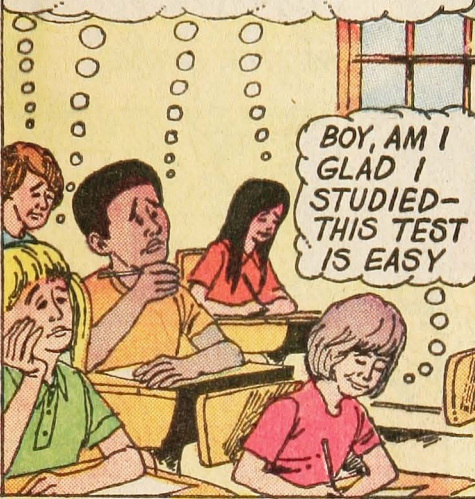


RIGHT ON TEACH! CARBOHYDRATE.

THE NEXT WORD HAS TO DO WITH BUILDING STRONG BODIES. IT IS PROTEIN.

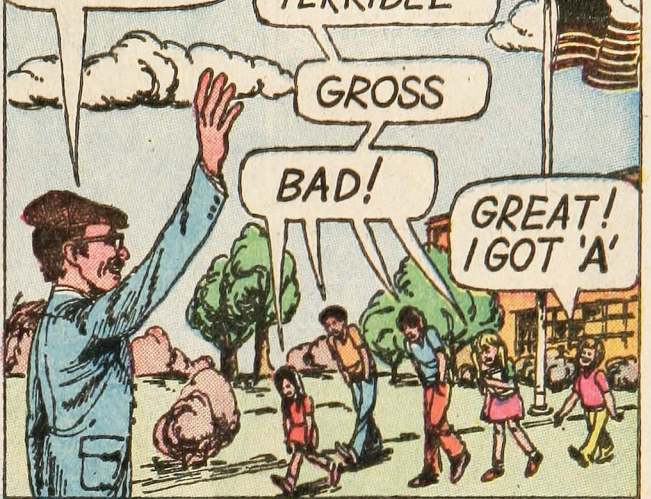


THAT FORTUNE TELLER IS A REAL PHONEY AND SHE TOOK OUR MONEY TOO.



BOY, AM I GLAD I STUDIED—THIS TEST IS EASY

HI GANG, HOW DID THE TEST GO?



AWFUL!

TERRIBLE

GROSS

BAD!

GREAT! I GOT 'A'

SORRY YOU KIDS FLUNKED THE TEST, YOU DON'T GET GOOD MARKS OR GOOD HEALTH UNLESS YOU WORK AT IT.



WE SURE LEARNED OUR LESSON.

YOU ARE RIGHT MULLIGAN. WE HAVE TO KNOW GOOD NUTRITION AND EAT THE 4-4-3-2 WAY!

REMEMBER THE GUY WITH THE FAD DIETS? HE WAS SELLING SHORT CUTS TO GOOD NUTRITION AND WE PROVED HIM WRONG.



YEAH, WILBUR YOU SURE SHOWED THE FLIM-FLAM-MAN!



WILBUR SHOWED HIM
IT'S IMPORTANT TO
EAT RIGHT FOR A
BALANCED DIET
AND
GOOD NUTRITION.

FROM NOW ON
WE WILL STUDY
FOR SCHOOL LIKE
WE HAVE BEEN
STUDYING ABOUT
GOOD HEALTH AND
BETTER EATING.



RIGHT, GANG.
JUST FOR REVIEW
LET'S SEE HOW
WELL YOU RE-
MEMBER SOME
THINGS ABOUT
GOOD
NUTRITION.

YOU MEAN LIKE
4-4-3-2 MAGIC
CLUE TO A BALANCED
DIET? TRY US!



F _____ & **V** _____

WHAT ARE
THE FOUR
FOOD GROUPS?

WRITE THEM
IN THE BLANKS.

B _____ &
C _____

M _____ **T** _____

M _____ **K** _____

ANSWERS

- FRUIT & VEGETABLE
- BREAD & CEREAL
- MILK GROUP
- MEAT GROUP

HOW MANY DAILY
SERVINGS DO YOU
NEED FROM
EACH GROUP?



4-4-3-2

AND IT'S IMPORTANT FOR KIDS TO HAVE AT LEAST THAT MANY SERVINGS EACH DAY FOR A BALANCED DIET!



RIGHT! EACH OF THE FOUR FOOD GROUPS SUPPLIES OUR BODY WITH KEY NUTRIENTS.

FILL IN NUTRIENTS BY CHOOSING WORDS FROM THE LIST IN THE BOX BELOW

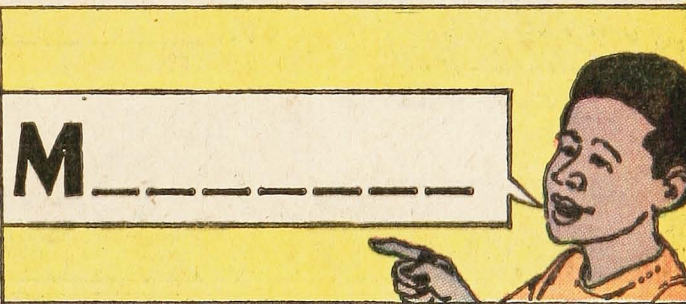


C _____

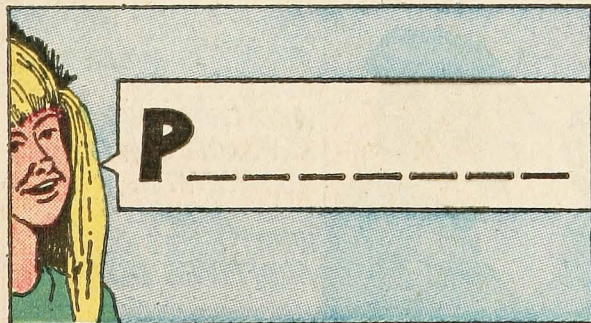
and **F** _____s



V _____



M _____



P _____

WORD LIST

- FATS
- VITAMINS
- CARBOHYDRATES
- MINERALS
- PROTEINS



A KEY NUTRIENT WE GET FROM MEAT, FISH, EGGS, PEAS, BEANS AND NUTS HELPS BUILD STRONG BODIES. NAME THIS KEY NUTRIENT IN THE NEXT SQUARE.

WORD LIST
MINERALS
VITAMINS
PROTEINS
FATS
CARBOHYDRATES

P

THE WORD IS PROTEIN!
NOW WRITE IN THE KEY NUTRIENTS IN CANDY AND JELLY.

C _____

F _____ **S** _____

NOW WRITE THE KEY NUTRIENTS IN MARGARINE, BUTTER & SALAD DRESSING.

GOOD JOB MULLIGANS!
THE ANSWERS ARE CARBOHYDRATES AND FATS. NOW WRITE 2 MORE KEY NUTRIENTS THAT ARE ALSO FOUND IN ALL FOUR FOOD GROUPS.

V _____

and

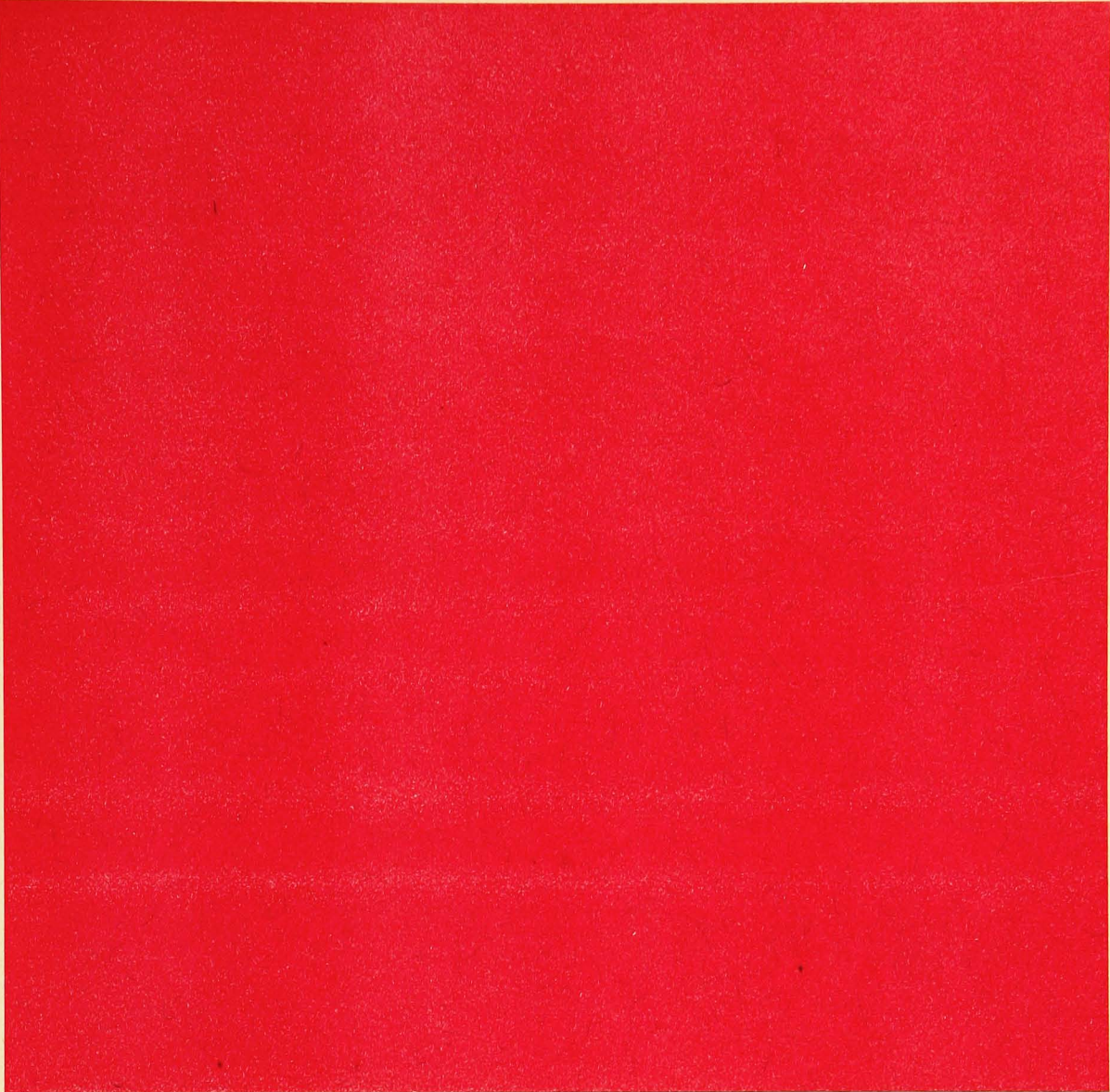
M _____

CORRECT...
THEY ARE VITAMINS and MINERALS

WHAT DO YOU KNOW ABOUT ADDITIVES?

SOME ADDITIVES ARE NUTRIENTS ADDED TO FOODS BECAUSE SOMETIMES NUTRIENTS ARE LOST IN PROCESSING.

RIGHT! LIKE WHEN WHEAT IS MILLED TO MAKE FLOUR, ADDITIVES HELP REPLACE SOME LOST NUTRIENTS.
NOW...
WHAT ELSE DO ADDITIVES DO?

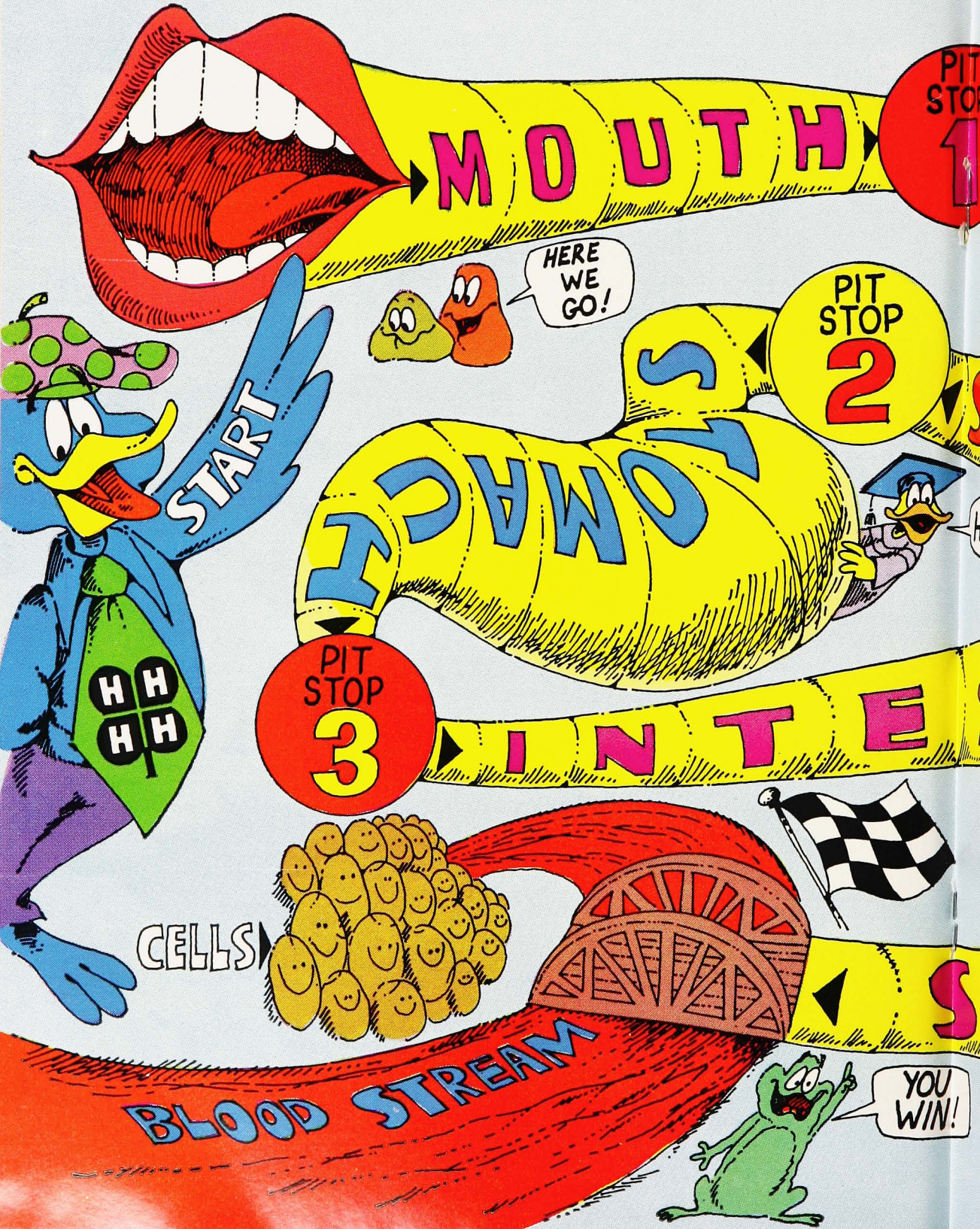


<p>FROM THE ESOPHAGUS OR TUBE, FOOD GOES INTO WHAT PART OF YOUR BODY?</p> <p>ANSWER: STOMACH</p>	<p>WHAT IS IN YOUR MOUTH BESIDES YOUR TONGUE AND TEETH THAT AIDS DIGESTION?</p> <p>ANSWER: SALIVA</p>	<p>TRUE OR FALSE:</p> <p>YOU GET ALL THE NUTRIENTS YOU NEED BY EATING LOTS OF MEAT EVERY DAY.</p> <p>ANSWER: FALSE</p>
<p>TRUE OR FALSE:</p> <p>A BALANCED DIET MEANS YOU EAT THE RIGHT NUMBER OF SERVINGS OF FOOD FROM EACH FOOD GROUP EACH DAY.</p> <p>ANSWER: TRUE</p>	<p>HOW MANY FOOD GROUPS ARE THERE?</p> <p>ANSWER: FOUR</p>	<p>MOVE AHEAD ONE SPACE AND TAKE ANOTHER QUESTION</p>
<p>WE SHOULD EAT HOW MANY SERVINGS OF FOOD FROM THE MEAT GROUP EACH DAY?</p> <p>ANSWER: TWO</p>	<p>MOVE AHEAD ONE SPACE AND TAKE ANOTHER QUESTION</p>	<p>WE SHOULD EAT HOW MANY SERVINGS OF FOOD FROM THE FRUIT AND VEGETABLE GROUP EACH DAY?</p> <p>ANSWER: FOUR</p>
<p>TRUE OR FALSE:</p> <p>THE FOUR KEY FOOD GROUPS ARE:</p> <p>1 - FRUIT AND VEGETABLES 2 - BREAD AND CEREALS 3 - MEAT 4 - MILK</p> <p>ANSWER: TRUE</p>	<p>WHICH FOOD GROUP IS BETTER FOR GIVING US FATS: MILK . . . OR FRUIT AND VEGETABLES?</p> <p>ANSWER: MILK GROUP</p>	<p>THE BEST FOOD FOR CALCIUM IS:</p> <p>ANSWER: MILK</p>
<p>MOVE AHEAD TWO SPACES AND TAKE ANOTHER QUESTION</p>	<p>THE MINERAL NEEDED TO BUILD STRONG TEETH AND BONES IS:</p> <p>ANSWER: CALCIUM</p>	<p>TRUE OR FALSE:</p> <p>A HAMBURGER (with lettuce and tomato on a bun) AND A MALT GIVE YOU A SERVING OF FOOD FROM EACH FOOD GROUP.</p> <p>ANSWER: TRUE</p>

<p>MOVE AHEAD TWO SPACES AND TAKE ANOTHER QUESTION</p>	<p>TRUE OR FALSE:</p> <p>ONE SERVING OF FRUIT AND VEGETABLES EACH DAY IS PLENTY FOR A BALANCED DIET.</p> <p>ANSWER: FALSE</p>	<p>THE VITAMIN THAT HELPS YOU HOLD BODY CELLS TOGETHER IS?</p> <p>ANSWER: VITAMIN C</p>
<p>TRUE OR FALSE:</p> <p>CARBOHYDRATES ARE KEY NUTRIENTS THAT GIVE US ENERGY FOR WORK AND PLAY.</p> <p>ANSWER: TRUE</p>	<p>TRUE OR FALSE:</p> <p>WE SHOULD EAT AT LEAST FOUR SERVINGS OF FOOD FROM THE MEAT GROUP EACH DAY.</p> <p>ANSWER: FALSE</p>	<p>TRUE OR FALSE:</p> <p>POTATOES AND BREAD HAVE LOTS OF PROTEIN.</p> <p>ANSWER: FALSE, THEY HAVE LOTS OF CARBOHYDRATES</p>

"TO MAKE YOUR SET OF GAME CARDS
CUT OUT ON LINES AND ASSEMBLE"

DIGESTION DRAG



MOUTH

PIT STOP 1

HERE WE GO!

START

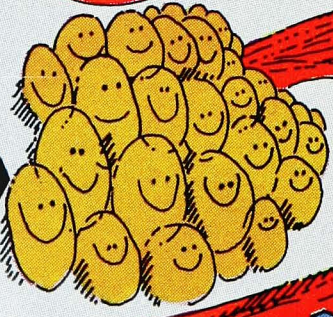
PIT STOP 2

STOMACH

PIT STOP 3

INTESTINE

CELLS



BLOOD STREAM



YOU WIN!

RACING RULES

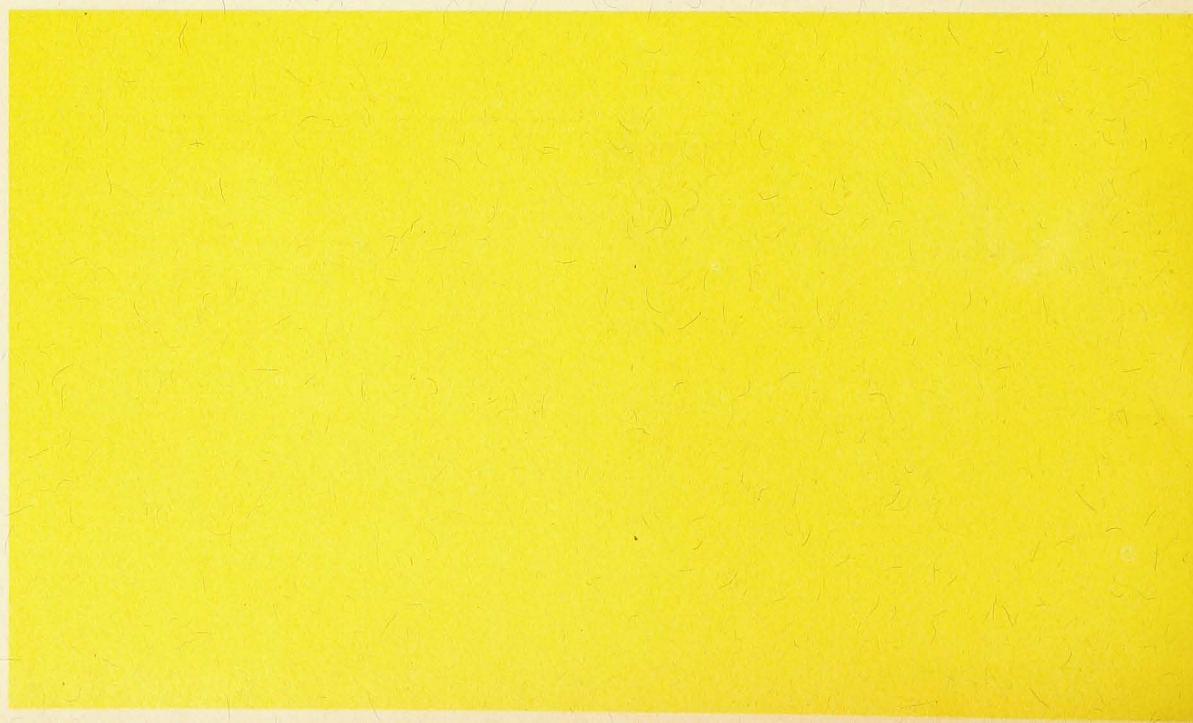
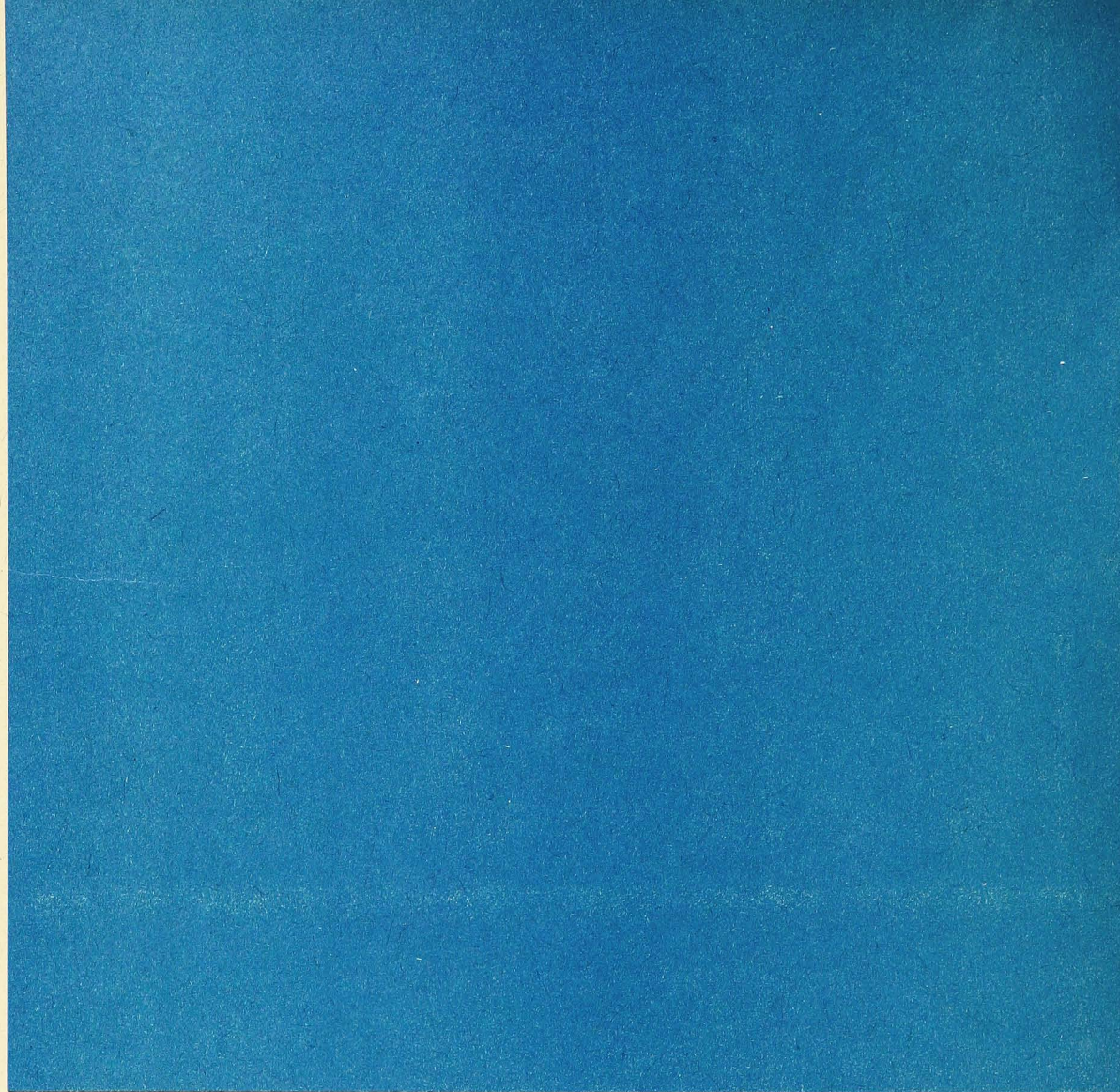
TRACK



1. Each player needs a marker. Use coins, paper clips, peas, toothpicks or other small objects.
2. Players take turns answering questions on the cards. Move your marker forward for a correct answer.
 - 2 spaces for a gold card
 - 4 spaces for a pink card
 - 6 spaces for a blue cardMove your marker back for a wrong answer.
 - 1 space for a gold card
 - 2 spaces for a pink card
 - 3 spaces for a blue card
3. The first player to move his marker down the drag strip across the blood stream is the winner.
4. All players begin at the starting line--the mouth.
5. Stack the cards so you can't see the questions. Stack each color in a pile.
6. Decide which player goes first, second, third, and fourth.
7. The first player selects a card and gives it to the next player.
8. He reads the question out loud and the first player answers it. If the answer is correct, move the marker down the drag track; if not correct, move the marker back.
9. After a question has been answered, put that card on the bottom of the pile.
10. If you land on a pit stop, you can move ahead one square, or take another turn.
11. All players take turns asking and answering questions on the cards.

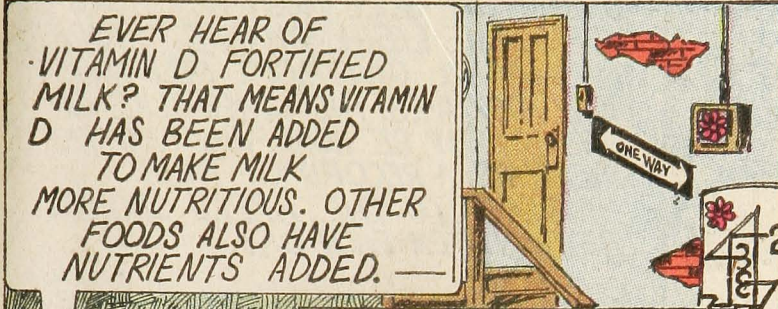
<p>TRUE OR FALSE:</p> <p>BREAD AND CEREALS ARE A GOOD SOURCE OF CARBOHYDRATES.</p> <p>ANSWER: TRUE</p>	<p>MOVE AHEAD THREE SPACES AND TAKE ANOTHER QUESTION</p>	<p>WHICH FOOD GROUP CAN GIVE US THE MORE DIFFERENT KINDS OF MINERALS, MEAT . . . OR FRUIT AND VEGETABLES?</p> <p>ANSWER: FRUIT & VEGETABLES</p>
<p>IS THERE A FOOD GROUP MISSING FROM THIS DINNER? YES OR NO</p> <p>STEAK & BAKED POTATO, PEAS, BREAD & BUTTER, LETTUCE SALAD, MILK & ICE CREAM</p> <p>ANSWER: NO, ALL 4 FOOD GROUPS ARE PRESENT</p>	<p>CHEESE BELONGS TO WHICH FOOD GROUP?</p> <p>ANSWER: MILK GROUP BECAUSE CHEESE IS MADE FROM MILK</p>	<p>WHICH FOOD IS A BETTER SOURCE OF VITAMIN A, STEAK OR CARROTS?</p> <p>ANSWER: CARROTS</p>
<p>MOVE AHEAD ONE SPACE AND TAKE ANOTHER QUESTION</p>	<p>TRUE OR FALSE:</p> <p>THE MINERAL IRON IS NEEDED TO BUILD RED BLOOD CELLS.</p> <p>ANSWER: TRUE</p>	<p>TRUE OR FALSE:</p> <p>IF YOU'RE NOT GETTING ENOUGH PROTEIN, YOU CAN JUST EAT MORE CARBOHYDRATES TO MAKE UP FOR IT.</p> <p>ANSWER: FALSE</p>
<p>TRUE OR FALSE:</p> <p>CANDY GIVES YOU LOTS OF PROTEIN.</p> <p>ANSWER: FALSE, CANDY GIVES CARBOHYDRATES</p>	<p>MOVE AHEAD TWO SPACES AND TAKE ANOTHER QUESTION</p>	<p>WHICH FOOD GROUP CAN GIVE US THE MOST AND BEST PROTEIN, MEAT GROUP . . . OR BREAD AND CEREAL GROUP?</p> <p>ANSWER: MEAT GROUP</p>
<p>WE SHOULD EAT HOW MANY SERVINGS OF FOOD FROM THE MILK GROUP EACH DAY?</p> <p>ANSWER: THREE</p>	<p>WHICH FOOD GROUP IS BETTER FOR GIVING US CALCIUM, THE MILK GROUP . . . OR THE FRUIT AND VEGETABLE GROUP?</p> <p>ANSWER: MILK GROUP</p>	<p>MOVE AHEAD ONE SPACE AND TAKE ANOTHER QUESTION</p>

<p>MOVE AHEAD ONE SPACE AND TAKE ANOTHER QUESTION</p>	<p>TRUE OR FALSE:</p> <p>THE NUTRIENT THAT BUILDS STRONG MUSCLES AND HELPS REPAIR OUR BODY CELLS IS PROTEIN.</p> <p>ANSWER: TRUE</p>	<p>TRUE OR FALSE:</p> <p>THE MORE YOU EAT THE BETTER YOU FEEL.</p> <p>ANSWER: FALSE, IT'S NOT HOW MUCH BUT WHAT YOU EAT THAT COUNTS</p>
<p>WHICH FOOD IS A BETTER SOURCE OF VITAMIN C, ORANGES OR MILK?</p> <p>ANSWER: ORANGES</p>	<p>TRUE OR FALSE:</p> <p>4 4 3 2 IS THE MAGIC CLUE TO HOW MANY SERVINGS BOYS AND GIRLS NEED FROM EACH FOOD GROUP EACH DAY.</p> <p>ANSWER: TRUE</p>	<p>WHAT FOOD GROUP HAS BEEN LEFT OUT OF THIS BREAKFAST?</p> <p>BACON & EGGS, TOAST WITH BUTTER & MILK</p> <p>ANSWER: FRUIT & VEGETABLE GROUP LIKE ORANGE JUICE</p>
<p>MOVE AHEAD TWO SPACES AND TAKE ANOTHER QUESTION</p>	<p>WE SHOULD EAT HOW MANY SERVINGS OF FOOD FROM THE BREAD AND CEREAL GROUP EACH DAY?</p> <p>ANSWER: FOUR</p>	<p>TRUE OR FALSE:</p> <p>NUTRIENTS ARE CARRIED TO OUR BODY CELLS BY THE BLOOD STREAM.</p> <p>ANSWER: TRUE</p>





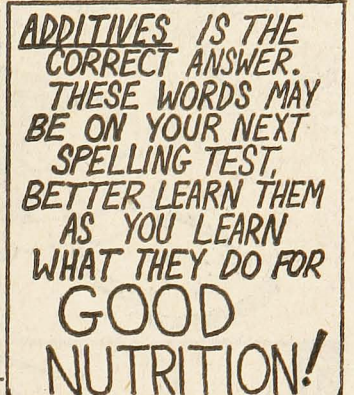
SOMETIMES
ADDITIVES ARE
EXTRA NUTRIENTS
ADDED TO FOOD.



EVER HEAR OF
VITAMIN D FORTIFIED
MILK? THAT MEANS VITAMIN
D HAS BEEN ADDED
TO MAKE MILK
MORE NUTRITIOUS. OTHER
FOODS ALSO HAVE
NUTRIENTS ADDED.



THOSE ARE
A _____ ?



ADDITIVES IS THE
CORRECT ANSWER.
THESE WORDS MAY
BE ON YOUR NEXT
SPELLING TEST,
BETTER LEARN THEM
AS YOU LEARN
WHAT THEY DO FOR
GOOD
NUTRITION!



ADDITIVES KEEP
FOOD FRESH

ADDITIVES
REPLACE SOME
N _____ S
ADD E _____ A
NUTRIENTS
AND HELP
KEEP FOOD
E _____ H.



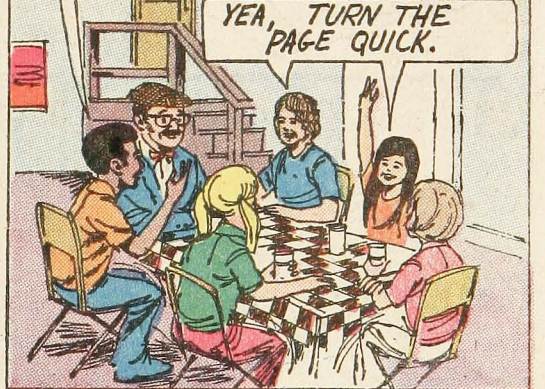
ANSWERS:
NUTRIENTS
EXTRA
FRESH



WE CAN LEARN
ABOUT ADDITIVES BY
READING FOOD LABELS.

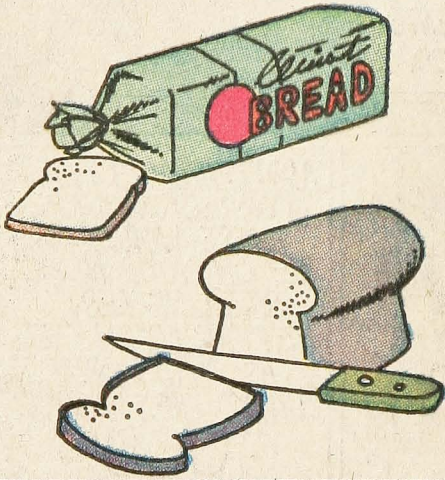


RIGHT ON, MULLIGAN. LET'S
DO THE BREAD EXPERIMENT TO SEE
HOW ADDITIVES HELP KEEP FOOD FRESH.



YEA, TURN THE
PAGE QUICK.

BREAD EXPERIMENT



THIS EXPERIMENT WILL SHOW HOW ADDITIVES WILL KEEP FOOD FRESH AND KEEP IT FROM SPOILING FOR A LONGER PERIOD OF TIME. USE TWO SLICES OF BREAD, ONE SLICE MUST BE "STORE" BREAD. THE LABEL ON THE "STORE" BREAD WILL GIVE SOME HELP ABOUT THE ADDITIVES. THE OTHER SLICE OF BREAD MUST BE HOMEMADE AND NO ADDITIVES. A RECORD OF WHAT HAPPENS TO THE BREAD SHOULD BE WRITTEN EACH DAY.

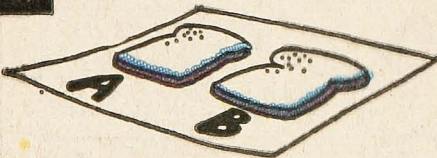
THINGS YOU WILL NEED TO DO:

1



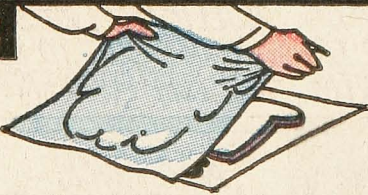
① PUT TWO SLICES OF BREAD IN A WARM PLACE WHERE THEY ARE OUT IN THE OPEN. DO NOT COVER.

2



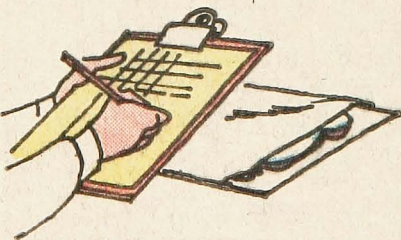
② MARK ON ONE SLICE A, THE OTHER B — (PLACE ON MARKED SHEETS OF PAPER).

3



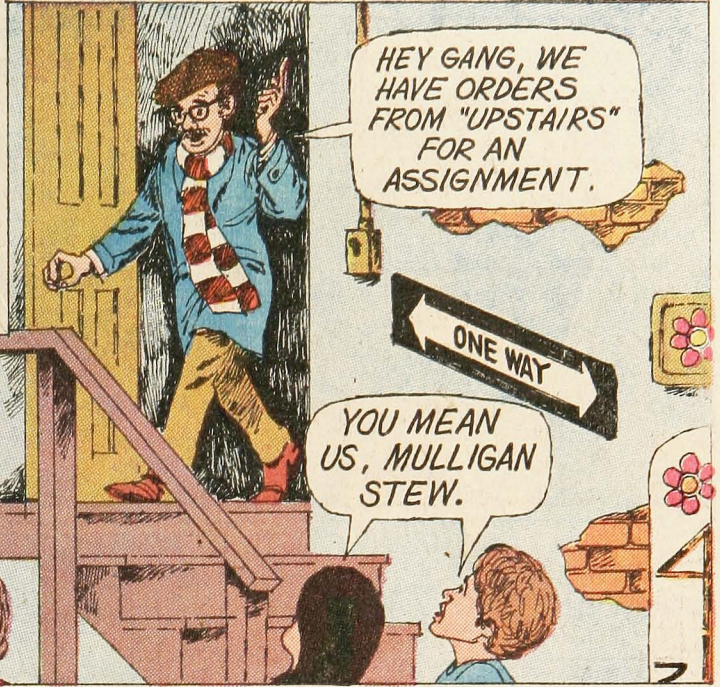
③ THE EXPERIMENTS MAY BE "HURRIED" A BIT BY PUTTING A DAMP PAPER TOWEL OVER THE BREAD.

4



④ KEEP A DAILY RECORD OF THE CHANGES IN BOTH SLICES OF BREAD. LOOK FOR MOLD AND NOTE ITS COLOR. HOW LONG DOES IT TAKE FOR EACH TO BECOME STALE, AND THEN TOO HARD TO EAT? DID EITHER ONE CHANGE COLOR?

getting it all Together



I MEAN US, INCLUDING ME. GET YOUR BAGS PACKED, WE ARE GOING TO RACE AROUND THE WORLD!

DID YOU SAY... AROUND THE WORLD?

YEA, WE'RE GOING TO RACE THE FLIM FLAM MAN TO STOP HIM FROM PASSING OUT HIS BOOK ON FAD DIETS AND BAD NUTRITION!



FAD DIETS ARE BAD DIETS. YOU NEED A BALANCED DIET!

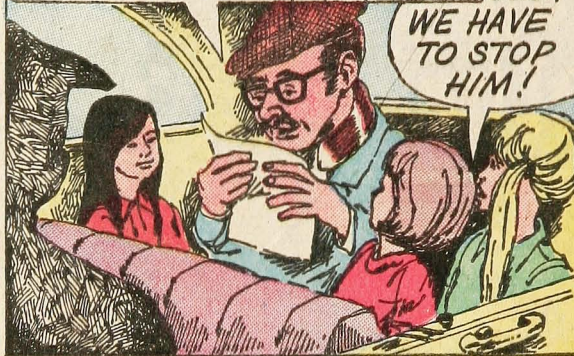
HEY, DO THEY HAVE BUBBLE GUM IN OTHER COUNTRIES?



DON'T WORRY 'BOUT BUBBLE GUM. LET'S GET GOING SO WE DON'T MISS THE PLANE.



SPECIAL AGENTS FROM MANY FOREIGN COUNTRIES HAVE SEEN THE FLIM FLAM MAN.



GEE, WE HAVE TO STOP HIM!

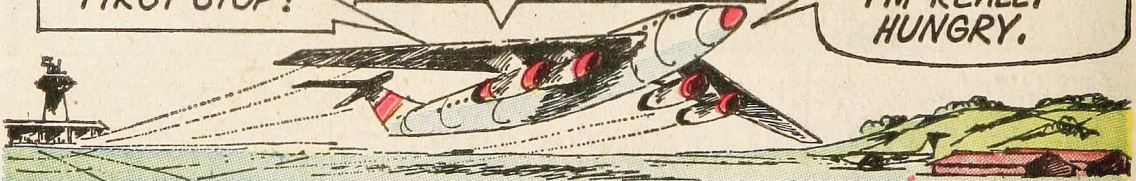
RIGHT! THAT'S OUR MISSION.



TOKYO! WOW, IS THAT THE FIRST STOP?

RIGHT... UPSTAIRS SAID THAT IS WHERE HE IS HEADED.

HEY, HERE COMES OUR DINNER AND I'M REALLY HUNGRY.



FILL IN THE SPACES



THIS FOOD SURE LOOKS GOOD & IT IS ALSO VERY NUTRITIOUS.

WHAT MAKES YOU THINK SO?



THERE IS CHICKEN FROM THE M__T GROUP.



A ROLL FROM THE B____D & C____L GROUP.



AND SALAD FROM THE F__T AND V_____E GROUP.



AND ICE CREAM FROM THE M__K GROUP.

THAT'S FOOD FROM ALL FOUR FOOD GROUPS. THE AIRLINES SURE FOLLOW THE RULES OF GOOD EATING.

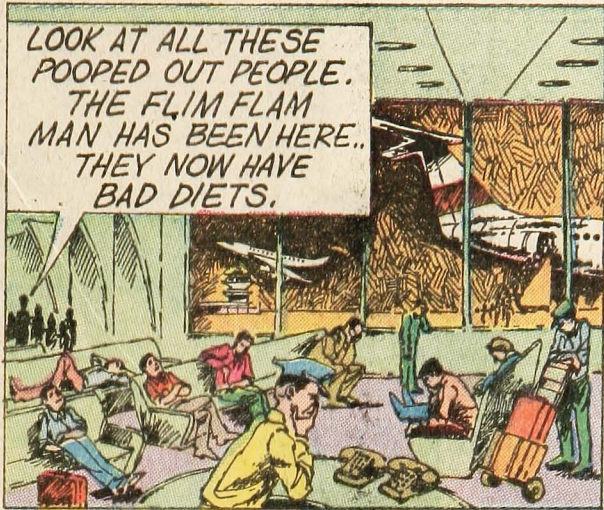


AND THE
FOOD
TASTES
GOOD
TOO!

HEY, LOOK,
WE'RE
OVER
JAPAN!



LOOK AT ALL THESE
POOPED OUT PEOPLE.
THE FLIM FLAM
MAN HAS BEEN HERE..
THEY NOW HAVE
BAD DIETS.



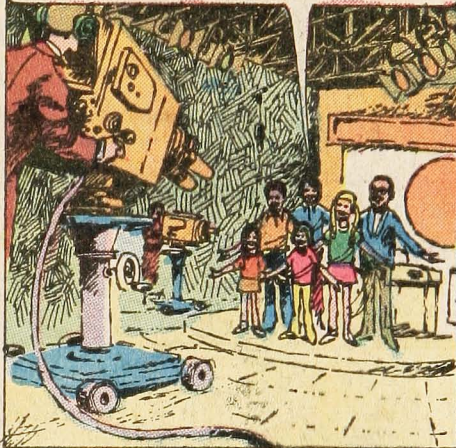
MAYBE WE
CAN GET
HELP FROM
THE TV
STATION.



THAT MEANS MAKE SURE
EATING VITAMINS
PROTEINS & MINERALS-
MAKE SURE YOUR
CARBOHYDRATES & FAT-
MAKE SURE YOU'RE
EATING A BALANCED
DIET- BABY THAT'S
WHERE IT'S AT!



DON'T BELIEVE THE FLIM
FLAM MAN AND HIS FAD DIETS.
BOYS & GIRLS NEED AT LEAST
4-4-3-2 FOR A BALANCED DIET.



AH SO,
SUKIYAKI
BETTER FOOD
THAN
FLIM FLAM
MAN'S DIET
OF RICE
AND PILLS.



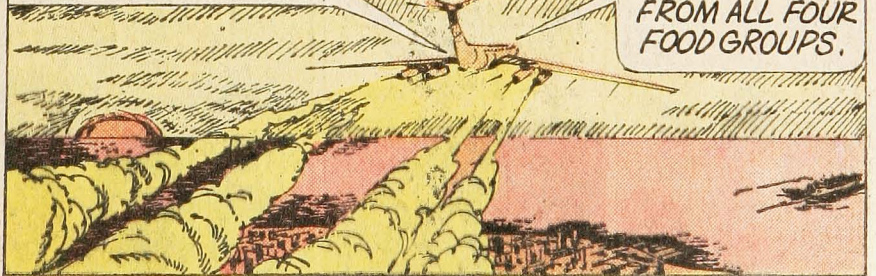
RATS!
THE
MULLIGAN'S
ARE HERE!

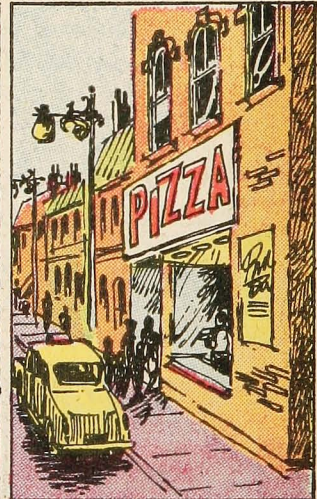
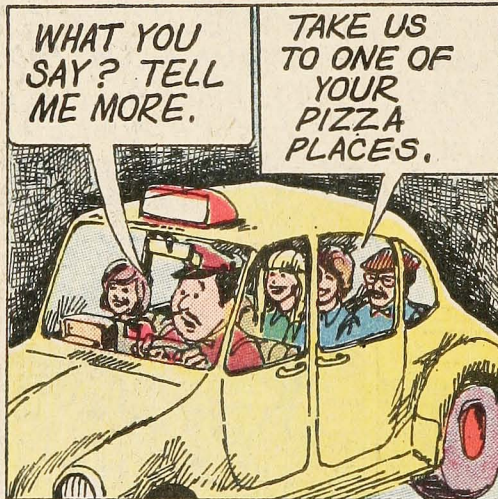
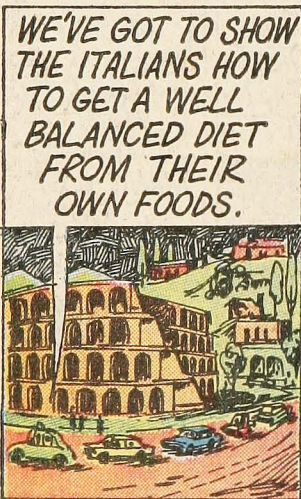
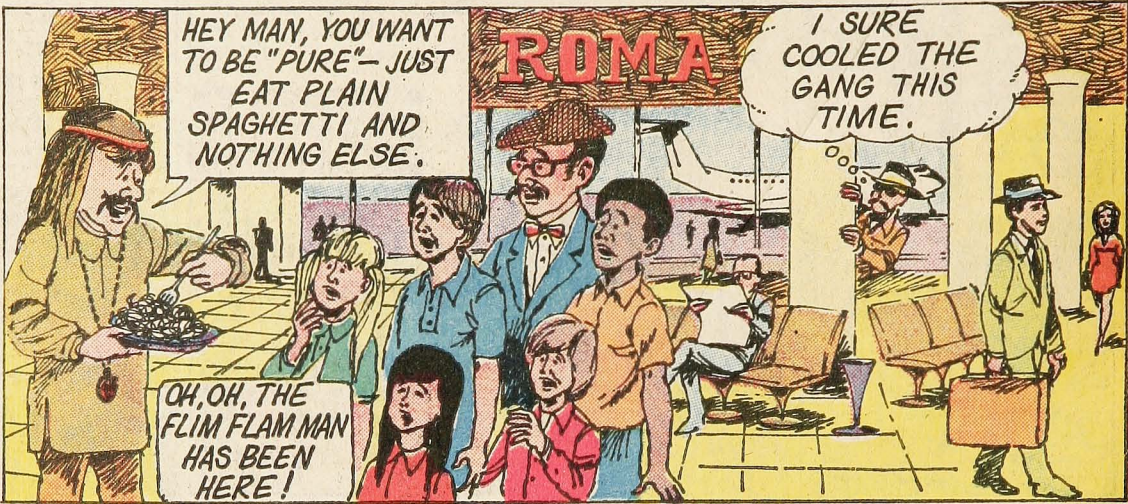


HEY WILBUR, CAN
WE BEAT FLIM FLAM
MAN TO ITALY &
STOP HIM?

I HOPE SO,
IT'S REALLY
IMPORTANT!

YEAH, WE CAN
GET PIZZA IN
ITALY. PIZZA CAN
HAVE FOOD
FROM ALL FOUR
FOOD GROUPS.





YEAH... IT'S PART OF 4-4-3-2 MAGIC CLUE & GOOD DIET.



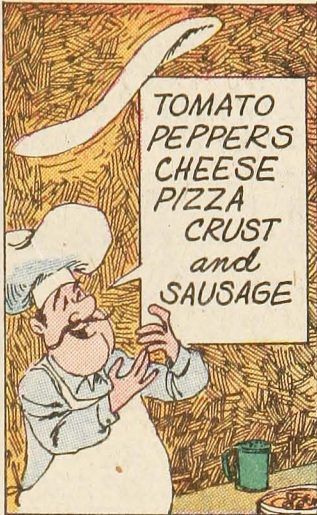
- SERVINGS FROM BREAD & CEREAL
- " " FRUIT & VEG.
- " " MILK GROUP
- " " MEAT GROUP



WHAT FOODS DO YOU SEE IN THIS PIZZA?



TOMATO PEPPERS CHEESE PIZZA CRUST and SAUSAGE



THAT'S FOOD FROM ALL FOUR FOOD GROUPS



FILL IN

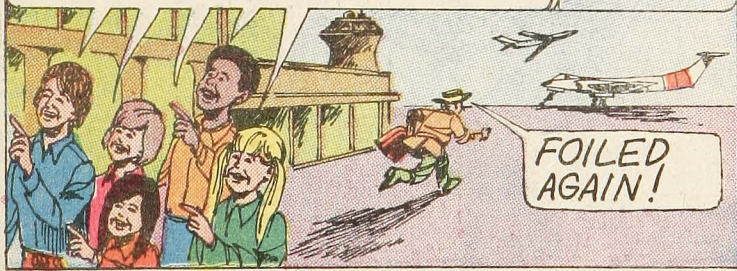
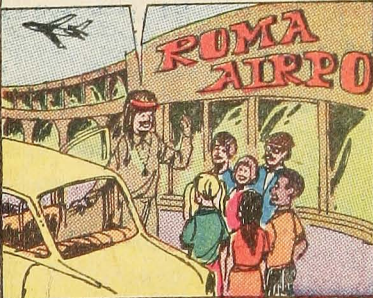


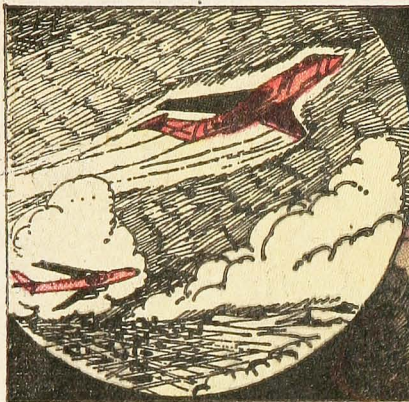
I GOT TO TELL MY WIFE ABOUT ALL THE FOOD GROUPS IN PIZZA. IT HAS SOME TOMATOES FROM FRUIT & V. _____ GROUP, CHEESE FROM _____ GROUP, CRUST FROM BREAD & C. _____ GROUP AND SAUSAGE FROM THE _____ GROUP.



THANKS GANG, I'M GOING TO BE AN AGENT FOR GOOD NUTRITION & HELP ALL THE PEOPLE OF ITALY.

GOOD NUTRITION IS RIGHT ON. YOU GOTTA EAT RIGHT TO FEEL RIGHT AND DO RIGHT. AT LEAST 4-4-3-2 EACH DAY IS THE MAGIC CLUE TO A BALANCED DIET FOR BOYS AND GIRLS.





THIS MESSAGE SAYS THE FLIM FLAM MAN IS ON HIS WAY TO SWEDEN.

WE'LL BEAT HIM THERE AND STOP HIM!



THEY WON'T STOP ME THIS TIME, MY PLANE IS FASTER IT'S GOT COOL FUEL.



WILBUR, CAN WE STOP FOR SOMETHING TO EAT?

HOW'S ABOUT A SWEDISH SMORGASBORD?



WHAT'S A SWEDISH SMORGASBORD?



YEAH - WHAT IS SMORGASBORD? A HAMBURGER OR SOMETHIN'?



SMORGASBORD IS WHERE THEY HAVE A TABLE FILLED WITH ALL KINDS OF FOODS AND YOU CHOOSE WHAT YOU WANT.



NOT THIS TIME PAL!

WHAT'S THIS WILBUR? THE WHOLE TABLE HAS NOTHING BUT POTATOES!

LOOK WILBUR! THE COOK IS THE FLIM FLAM MAN!



BUT THAT'S IMPOSSIBLE, SOMETHINGS WRONG IN DENMARK... I MEAN SWEDEN!

COOL IT YOU GUYS— I'VE TAKEN OVER HERE.

NOT SO FAST. WE ARE GOING TO TAKE OVER HERE AND COOK A REAL SMORGASBORD.

YEA! AND WE WILL HELP YOU WILBUR.

FILL IN

GANG — HELP ME GET THE RIGHT KIND OF FOODS.

OK, I'LL GET SOME CHEESE, BUTTER AND ICE CREAM FROM THE M GROUP.

I'LL GET SOME FISH, MEAT BALLS & DEVILED EGGS FROM THE M GROUP.

I'LL GET SOME ROLLS AND BROWN BREAD SANDWICHES FROM THE B AND C GROUP.

I'LL GET SOME CELERY, TOMATOES, CABBAGE, APPLES, AND ORANGES FROM THE F AND V GROUP.



YAH — DIS IS GOOD SMORGASBORD YOU KIDS SURE SMART.

WE SURE HAVE GOOD NUTRITIOUS FOOD IN SWEDEN. WE CAN MAKE A GOOD BALANCED DIET.

WHAT'S THAT MESSAGE YOU GOT FROM THE PILOT WILBUR?

IT'S FROM "UPSTAIRS" IT SAYS WE BEAT THE FLIM FLAM MAN.

YEA!



FOILED AGAIN BY THAT CREEPY MULLIGAN STEW GANG I'M GOING TO EAT SOME PIZZA.

GANG, LET'S MAKE SOME 4-4-3-2 PIZZA TO CELEBRATE.

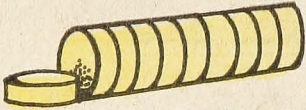




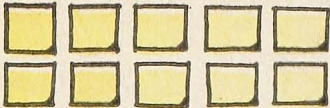
YEA! PIZZA'S GOT FOOD FROM ALL FOUR FOOD GROUPS IN IT TOO. YUM, TURN THE PAGE FOR THE RECIPE.



Pat-a-Pizza



Makes 10 little pizzas

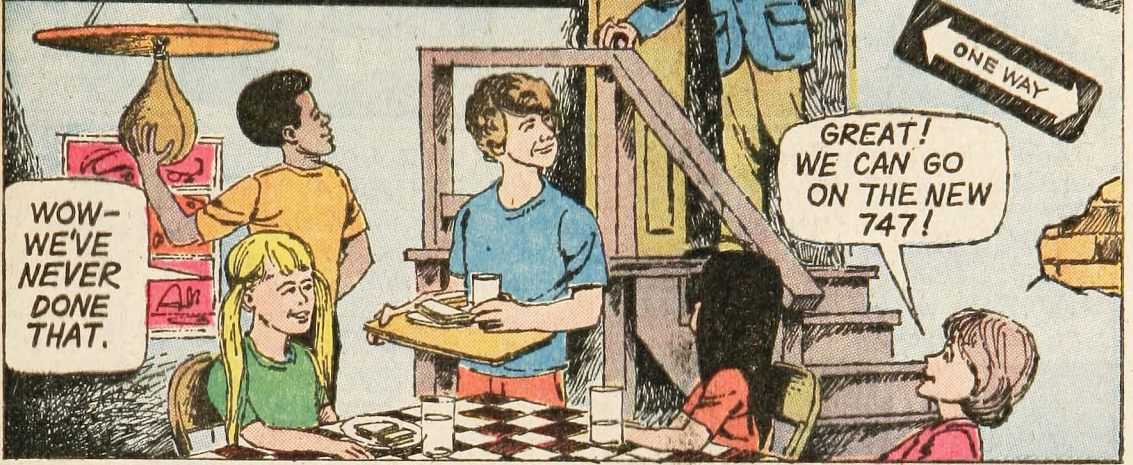
	1 can refrigerated biscuits (or make 10 from your own recipe)	
	half of 8oz. can tomato sauce	
	$\frac{1}{2}$ pound ground beef	
	$\frac{1}{4}$ teaspoon salt	
	$1\frac{1}{2}$ teaspoon oregano, if you wish	
	10 small slices cheese	

Pat and push the biscuits into circles about 4 inches across on a baking sheet. Put about 1 tablespoon tomato sauce on each. Bake at 400° until lightly browned (about 10 minutes).

While pizza bakes, crumble meat into hot skillet and brown over low heat. Pour off grease and add salt and oregano.

Turn oven down to 325° (low). Put some meat, then cheese on each pizza. Heat pizzas in oven until cheese is melted.

COUNTDOWN 4-4-3-2



HI GANG! "UPSTAIRS" HAS ORDERED US TO GO TO CAPE KENNEDY TO STOP A SPY THAT MAY FOWL-UP THE SPACE FLIGHT TO MARS.

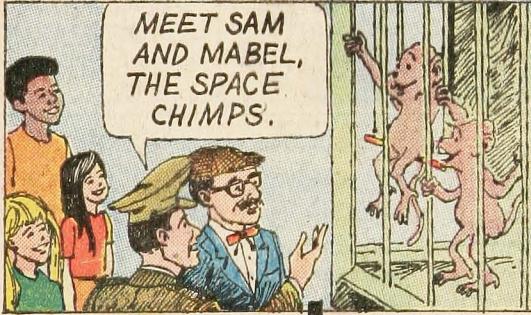
WOW-WE'VE NEVER DONE THAT.

GREAT! WE CAN GO ON THE NEW 747!

REMEMBER, THIS SPACE FLIGHT IS TO BE MANNED BY TWO CHIMPANZEES, SAM AND MABEL.



THIS SPY HAS BEEN TRYING TO STOP THE FLIGHT. WE MUST STOP HIM.



MEET SAM AND MABEL, THE SPACE CHIMPS.

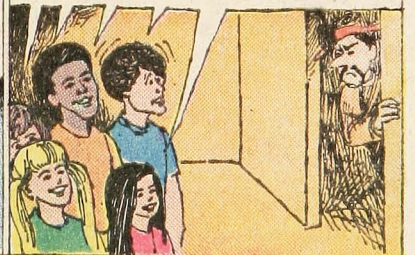
IF THIS TRIP WAS MADE BY ASTRONAUTS THEY WOULD HAVE TO HAVE A BALANCED DIET.

YES! AT LEAST FOUR SERVINGS FROM THE FRUIT AND VEGETABLE GROUP, 4 SERVINGS FROM THE BREAD & CEREAL GROUP, 3 SERVINGS FROM THE MILK GROUP AND 2 SERVINGS FROM THE MEAT GROUP. THAT'S THE 4-4-3-2 BALANCED DIET!

HERE BANANAS ARE BEING PREPARED FOR SAM & MABEL TO TAKE ON THE FLIGHT.

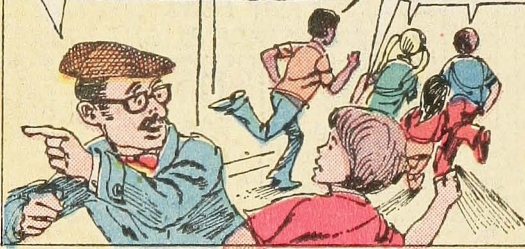


RIGHT! BOYS AND GIRLS NEED FOOD FROM THE 4 FOOD GROUPS DAILY.

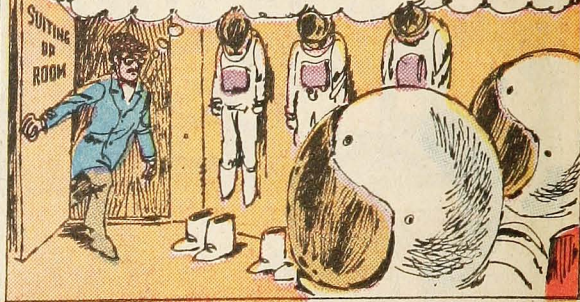


LET'S SPLIT AND FIND THAT SPY, I'LL GO TO THE SUITING-UP ROOM AND CHECK THERE.

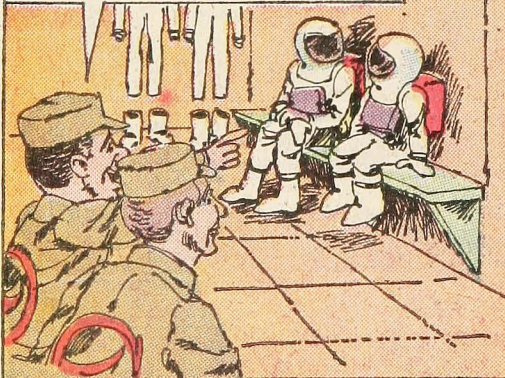
WE'LL COVER THE OTHER AREAS.



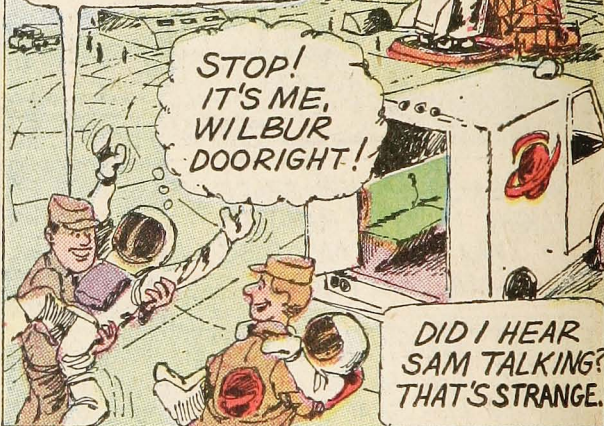
I'LL JUST HIDE IN A SPACE SUIT AND WAIT HERE FOR THAT SUPER-SPY.



I SEE SAM AND MABEL ARE SUITED AND READY TO BE TAKEN TO THE LAUNCH PAD... HURRY, BLAST-OFF IS IN TEN MINUTES... LET'S GO!

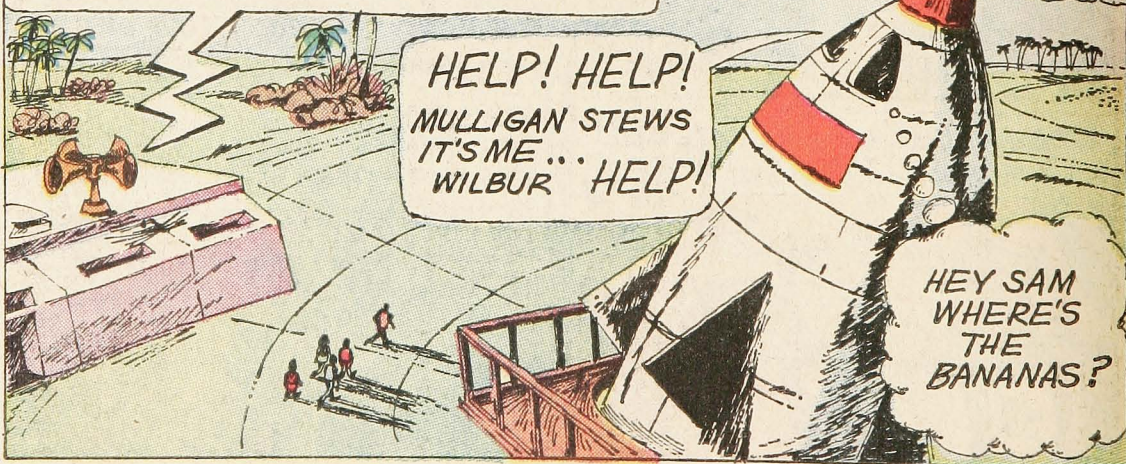


BOY, SAM MUST HAVE EATEN A LOT OF BANANAS, I CAN HARDLY CARRY HIM.



DID I HEAR SAM TALKING? THAT'S STRANGE.

CLEAR THE AREA FOR THE 10 SECOND COUNT-DOWN!

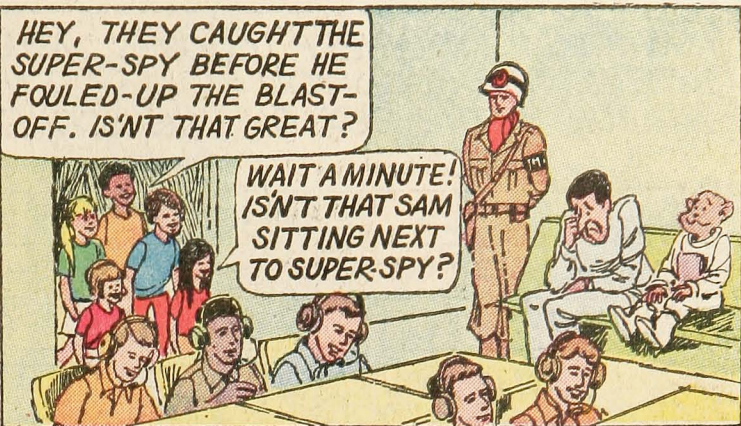


HELP! HELP!
MULLIGAN STEWS
IT'S ME... HELP!
WILBUR HELP!

HEY SAM
WHERE'S
THE
BANANAS?

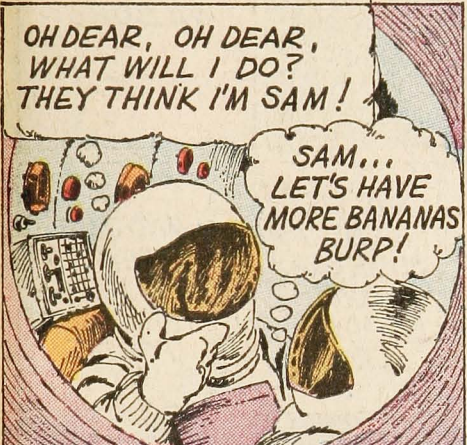


GOODBYE SAM AND MABEL - SEE YOU IN 3 YEARS.



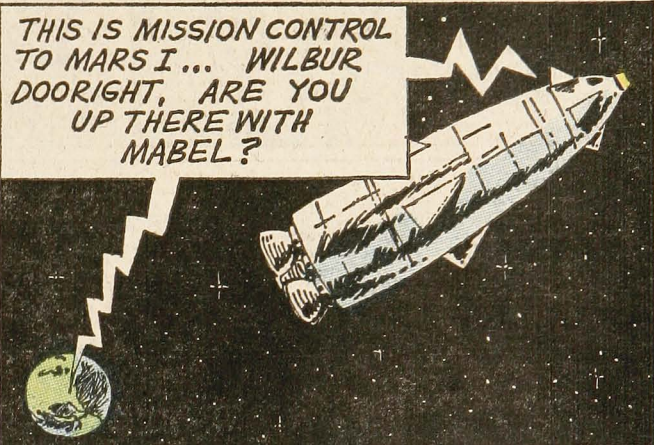
HEY, THEY CAUGHT THE SUPER-SPY BEFORE HE FOULED-UP THE BLAST-OFF. IS'NT THAT GREAT?

WAIT A MINUTE! IS'NT THAT SAM SITTING NEXT TO SUPER-SPY?



OH DEAR, OH DEAR, WHAT WILL I DO? THEY THINK I'M SAM!

SAM... LET'S HAVE MORE BANANAS BURP!

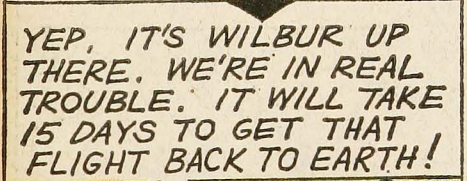


THIS IS MISSION CONTROL TO MARS I... WILBUR DOORIGHT, ARE YOU UP THERE WITH MABEL?

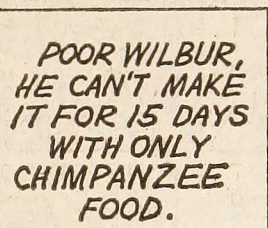


YES, YES, HELP! 3 YEARS WITH ONLY BANANAS... HELP!

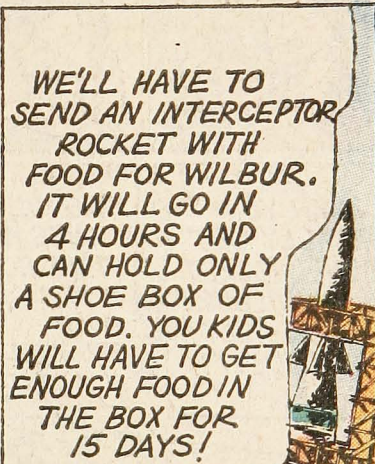
BURP... MORE BANANAS SAM - HURRY.



YEP, IT'S WILBUR UP THERE. WE'RE IN REAL TROUBLE. IT WILL TAKE 15 DAYS TO GET THAT FLIGHT BACK TO EARTH!



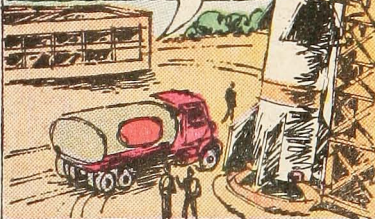
POOR WILBUR, HE CAN'T MAKE IT FOR 15 DAYS WITH ONLY CHIMPANZEE FOOD.



WE'LL HAVE TO SEND AN INTERCEPTOR ROCKET WITH FOOD FOR WILBUR. IT WILL GO IN 4 HOURS AND CAN HOLD ONLY A SHOE BOX OF FOOD. YOU KIDS WILL HAVE TO GET ENOUGH FOOD IN THE BOX FOR 15 DAYS!



WHAT CAN WE DO? HE NEEDS US.



NOW KIDS, YOU HELP US OUT. MAKE A LIST OF THE FOOD YOU WOULD SEND TO WILBUR IN THE BOX ON THE ROCKET...



NOW SEE HOW YOUR FOOD LIST COMPARES TO SOME FOODS THE GANG CHOSE TO SEND TO WILBUR.



I'LL SEND SOME DRIED BEEF FROM THE MEAT GROUP!

AND HERE'S SOME POWDERED MILK AND CHEESE FROM THE MILK GROUP!

AND HOW ABOUT SOME POWDERED ORANGE JUICE FROM THE FRUIT & VEGETABLE GROUP!

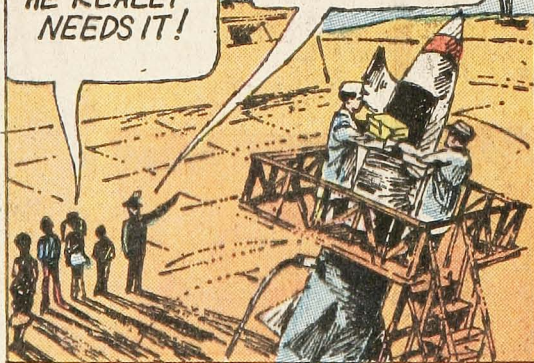
AND WE CAN SEND HIM SOME CRACKERS FROM THE BREAD & CEREAL GROUP!

AND SOME WATER TO MIX WITH THE DRIED FOODS.

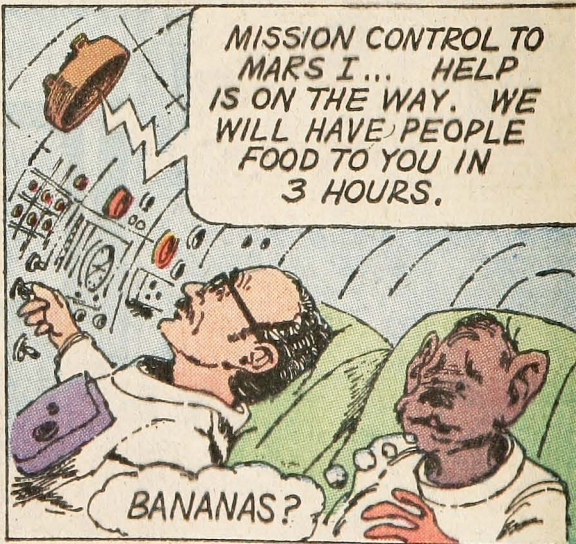


CAN YOU REALLY GET THIS ROCKET TO WILBUR? HE REALLY NEEDS IT!

WE NEVER MISS WITH THIS ROCKET, IT'S GREAT.



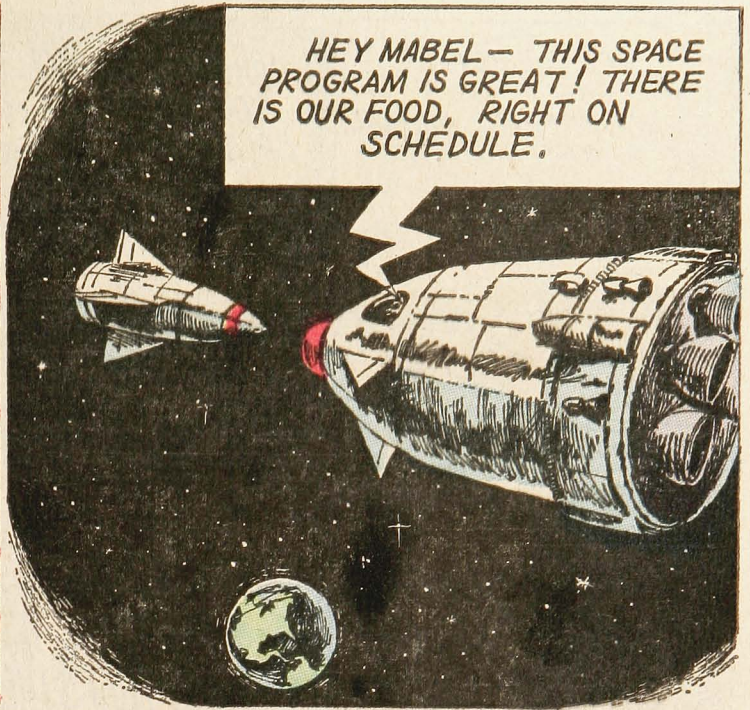
MISSION CONTROL TO MARS I... HELP IS ON THE WAY. WE WILL HAVE PEOPLE FOOD TO YOU IN 3 HOURS.



BANANAS?



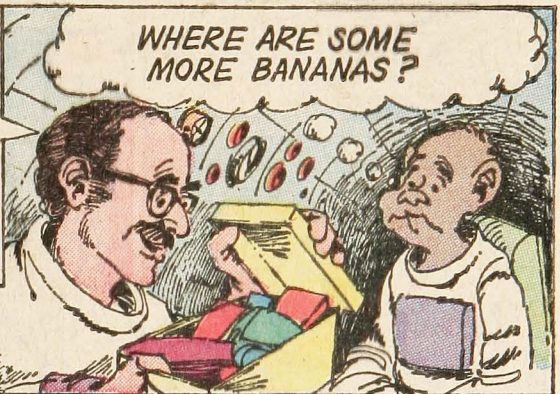
MISSION CONTROL
TO MARS I...
DINNER IS ON
IT'S WAY!



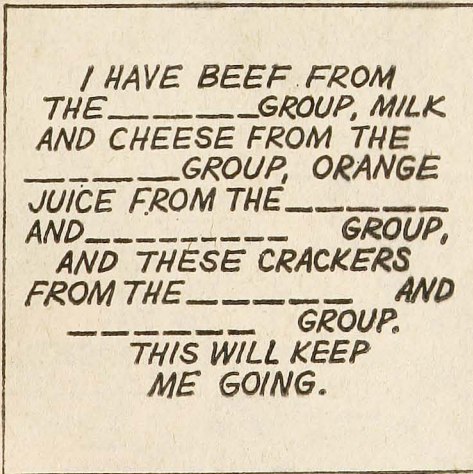
HEY MABEL — THIS SPACE
PROGRAM IS GREAT! THERE
IS OUR FOOD, RIGHT ON
SCHEDULE.



THE MULLIGAN STEWS ARE
GREAT TOO. THEY SURE
KNOW ABOUT GOOD NUTRITION.
THEY HAVE SENT FOOD
FROM ALL 4 FOOD
GROUPS.



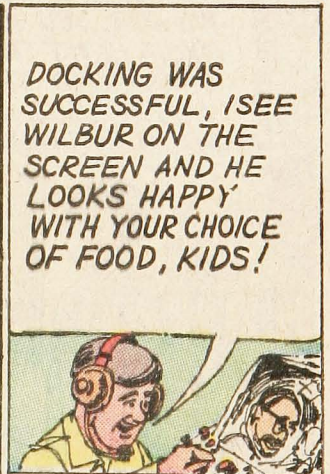
WHERE ARE SOME
MORE BANANAS?



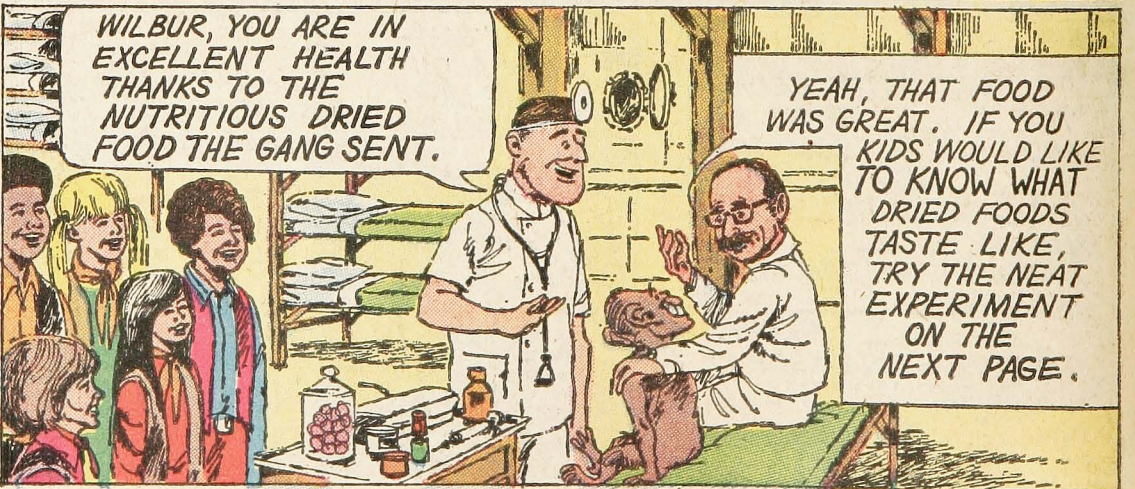
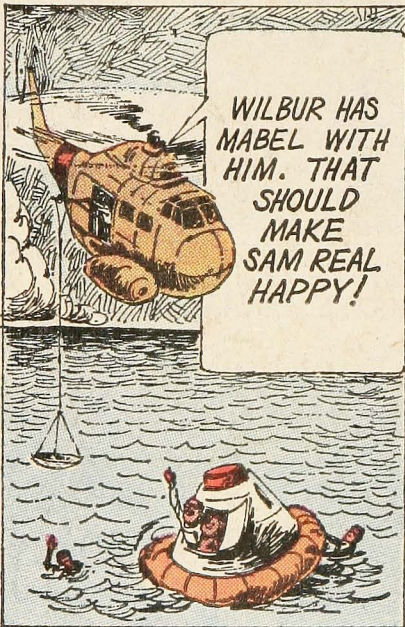
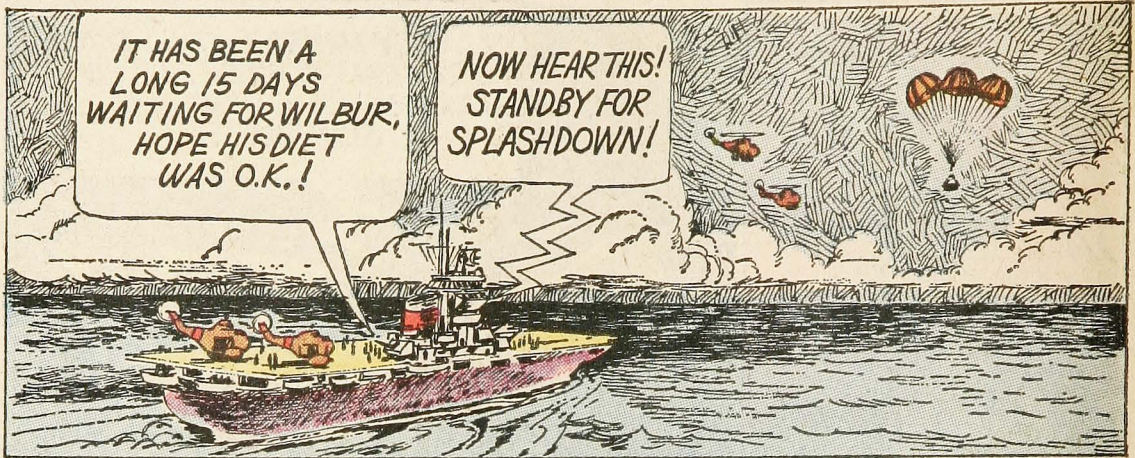
I HAVE BEEF FROM
THE _____ GROUP, MILK
AND CHEESE FROM THE
_____ GROUP, ORANGE
JUICE FROM THE _____
AND _____ GROUP,
AND THESE CRACKERS
FROM THE _____ AND
_____ GROUP.
THIS WILL KEEP
ME GOING.



HEY SAM—
HOW ABOUT
SOME MORE
BANANAS?



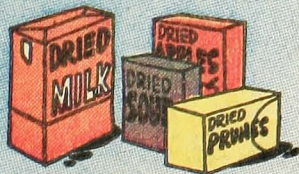
DOCKING WAS
SUCCESSFUL, I SEE
WILBUR ON THE
SCREEN AND HE
LOOKS HAPPY
WITH YOUR CHOICE
OF FOOD, KIDS!



DRIED FOODS EXPERIMENT

1

GET DRIED MILK, DRIED APPLES, DRIED APRICOTS, PRUNES, DRIED SOUP, OR OTHER DRIED FOOD.



2

FOLLOW DIRECTIONS ON THE PACKAGE.



3

TASTE!



4

ANSWER THESE QUESTIONS.



A

DO YOU LIKE THE FOODS?
WHICH ONES DID YOU LIKE BEST?

B

WERE THEY EASY TO FIX?

C

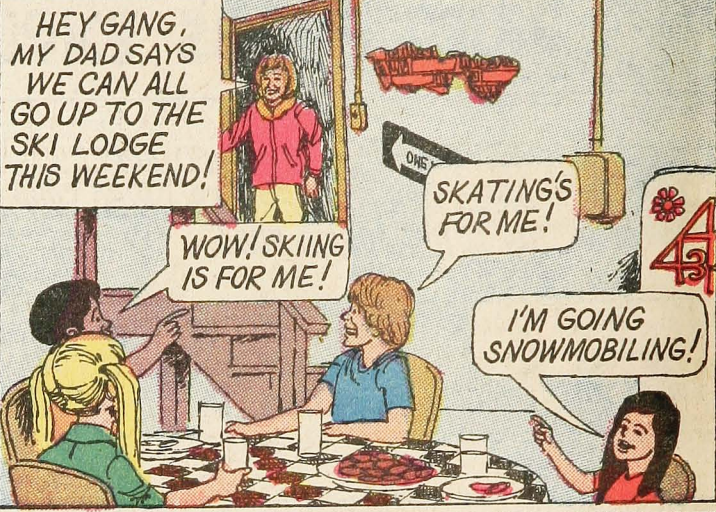
WHEN COULD YOU USE DRIED FOODS?

D

WHAT ARE THE ADVANTAGES OF DRIED FOODS?

The racer that lost his edge

HERE



HEY GANG,
MY DAD SAYS
WE CAN ALL
GO UP TO THE
SKI LODGE
THIS WEEKEND!

WOW! SKIING
IS FOR ME!

SKATING'S
FOR ME!

I'M GOING
SNOWMOBILING!

4
3
2

HI GANG - SAY,
WHERE ARE
WE GOING NOW?

ALL OF US KIDS ARE
LEAVING FOR A FUN-WEEK-
END AT THE SKI LODGE. IT
WILL BE GREAT!

TERRIFIC!
WHEN ARE
WE LEAVING?



WE?

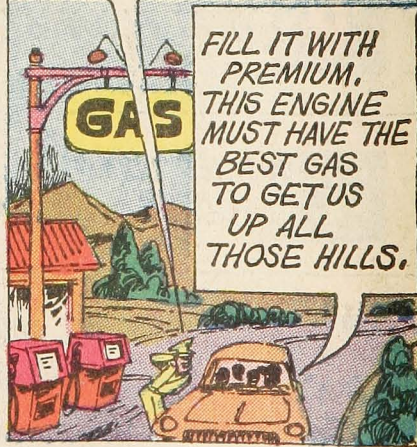
I'LL DRIVE
AND EVEN
BRING THE
LUNCHES.
O.K.??

O.K.
BUT REMEMBER

4-4-3-2

PREMIUM OR REGULAR
SIR?

FILL IT WITH
PREMIUM.
THIS ENGINE
MUST HAVE THE
BEST GAS
TO GET US
UP ALL
THOSE HILLS.



HEY, MY TANK IS GETTING EMPTY! WHERE'S LUNCH?

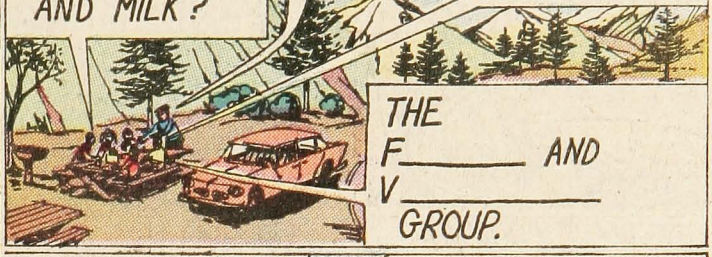
PREMIUM OR REGULAR, SIR?

GIMME PREMIUM-A PEANUT BUTTER AND CARROT SANDWICH.

WILBUR- WHY DO YOU ALWAYS BRING PEANUT BUTTER AND CARROT SANDWICHES AND MILK?

REMEMBER THE FOUR FOOD GROUPS!

THE B _____ AND C _____ GROUP.



THE F _____ AND V _____ GROUP.

THE M _____ T GROUP.

RIGHT! THE FOUR FOOD GROUPS ARE BREAD AND CEREAL, FRUIT AND VEGETABLE, MEAT AND MILK, A PEANUT BUTTER AND CARROT SANDWICH AND MILK HAVE FOOD FROM WHICH GROUPS?

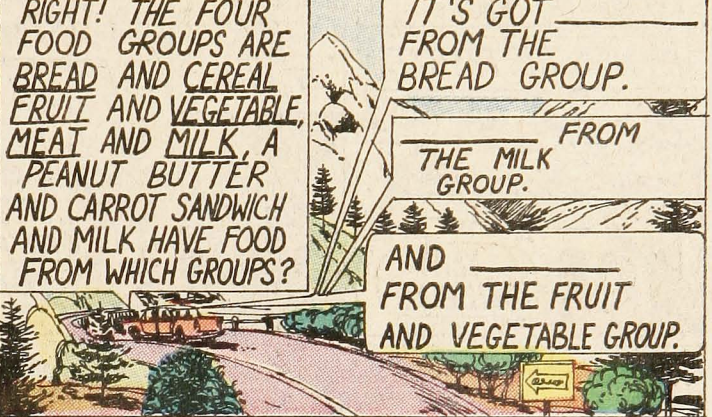
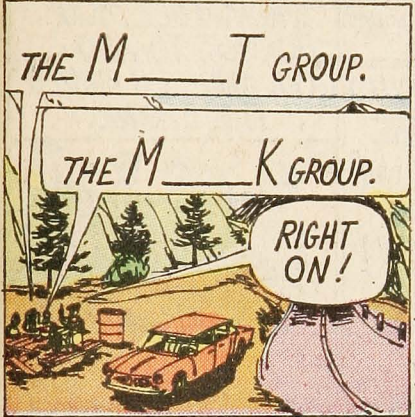
IT'S GOT _____ FROM THE BREAD GROUP.

THE M _____ K GROUP.

RIGHT ON!

_____ FROM THE MILK GROUP.

AND _____ FROM THE FRUIT AND VEGETABLE GROUP.



AND NOTHING FROM THE MEAT GROUP?

YEAH, PEANUT BUTTER GIVES PROTEIN, JUST LIKE FOOD FROM THE MEAT GROUP.



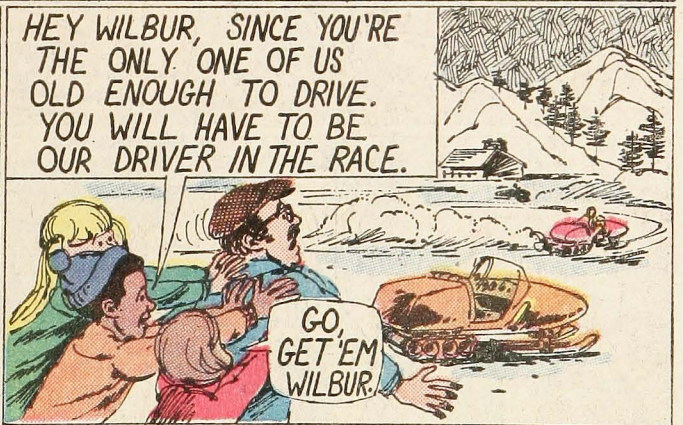
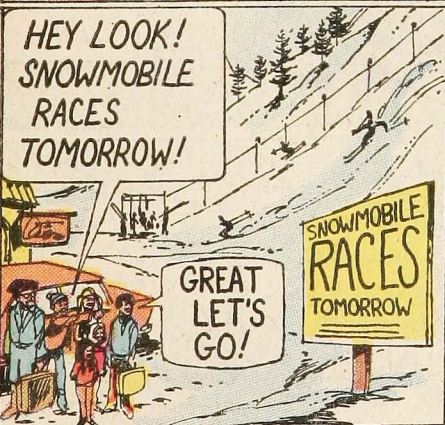
HEY LOOK! SNOWMOBILE RACES TOMORROW!

HEY WILBUR, SINCE YOU'RE THE ONLY ONE OF US OLD ENOUGH TO DRIVE. YOU WILL HAVE TO BE OUR DRIVER IN THE RACE.

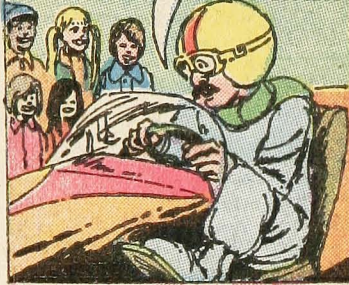
GREAT LET'S GO!

SNOWMOBILE RACES TOMORROW

GO, GET 'EM WILBUR.



ALL RIGHT, I'LL GO THE FASTEST AND WIN FOR THE MULLIGAN STEW.



WHAT HAPPENED?



IT STOPPED IT MUST NEED GAS.

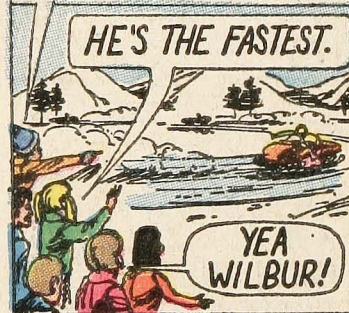
WHAT KIND OF GAS SHOULD WE USE?

HERE'S SOME PREMIUM FROM WILBUR'S CAR.



HERE, LET ME HELP YOU PUT IT IN.

WOW! LOOK AT WILBUR GO NOW!



HE'S THE FASTEST.

YEA WILBUR!

OH DEAR OH DEAR OH DEAR I BLEW IT UP!



WHAT DID WE DO WRONG?



WE FILLED UP THE TANK WITH YOUR PREMIUM GAS.

YOU KIDS PUT IN THE WRONG FUEL. YOU FORGOT TO ADD OIL AND YOU RUINED THE ENGINE.



HEY, SNOWMOBILES ARE LIKE OUR BODIES-YOU HAVE TO PUT IN THE RIGHT AMOUNT OF THE RIGHT FUEL OR YOU WILL HAVE TROUBLE.



YOU'RE RIGHT. THAT MEANS BALANCING CALORIES AND 4-4-3-2.



NOW YOU KIDS, LET'S GET IN A LOT OF EXTRA OIL - WE DON'T WANT TO BURN UP ANOTHER ENGINE.



I'LL PUT IN AN EXTRA CAN OF OIL.



I'M NOT SURE WE SHOULD BE DOING THIS.

WHAT'S ALL THE SMOKE?



WILBUR'S SO SLOW!

TOO MUCH OIL, I'LL BET.

WELL, BACK TO THE SHOP.



YOU GUYS USED TOO MUCH OIL THIS TIME. DON'T YOU REMEMBER? YOU HAVE TO MIX THE FUEL RIGHT! IT'S UP TO YOU.

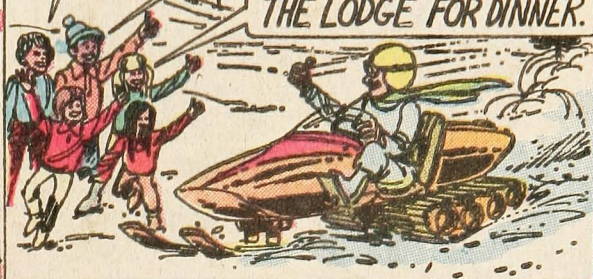
YEA WILBUR!

WILBUR'S TIME IS THE FASTEST. WE'RE READY FOR THE RACES.

NOW LET'S GO TO THE LODGE FOR DINNER.



IT'S JUST LIKE I TOLD YOU. JUST LIKE 4-4-3-2



WOW — LOOK AT ALL THAT FOOD. HOW AM I EVER GOING TO CHOOSE WHAT TO EAT?

I AM GOING TO HAVE THREE PIECES OF CAKE.

STOP!! YOU'RE DOING JUST WHAT WE DID WHEN WE RUINED THE SNOWMOBILE.



IT'S A DOUBLE HOT FUDGE SUNDAE FOR ME!



WHY, WE'LL GET LOTS OF CALORIES?

IT'S NOT JUST GETTING CALORIES THAT'S IMPORTANT. IT'S GETTING A BALANCED DIET. REMEMBER THE SNOWMOBILE.

I'M GOING TO HAVE SOME CHICKEN FROM THE _____ GROUP.

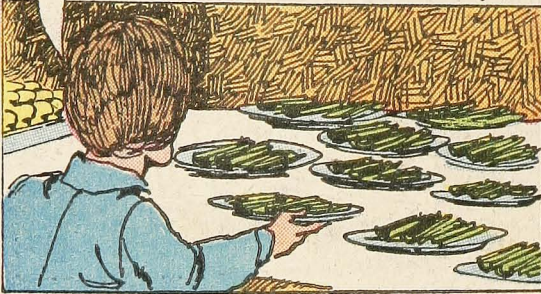
WHAT'S WRONG WITH THAT?



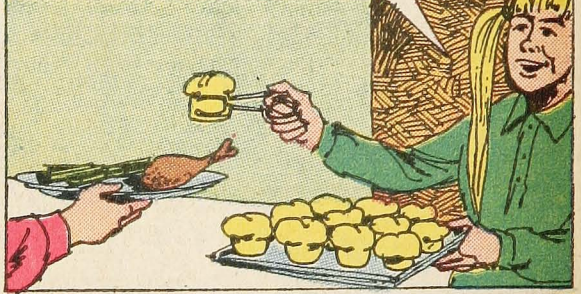
THAT'S RIGHT KIDS. NOW WHAT SHOULD WE EAT?



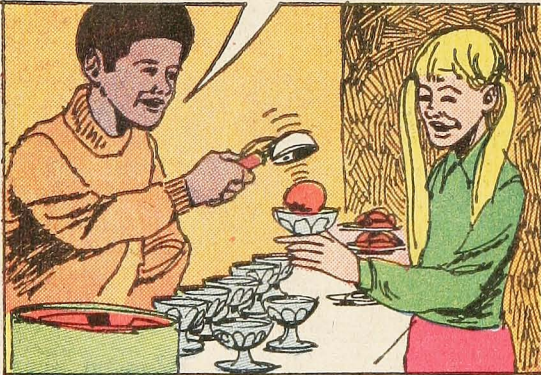
CARROTS AND CELERY STICKS
FROM THE _____ AND
_____ GROUP.



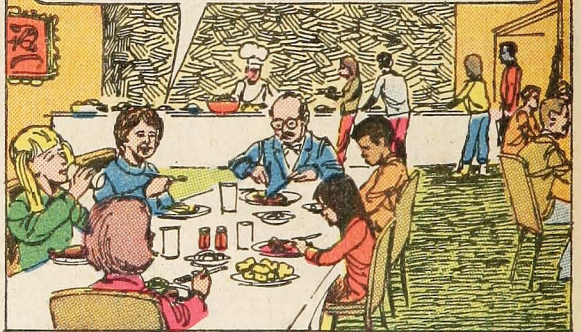
HERE'S SOME ROLLS
FROM THE _____
AND _____ GROUP.



AND FOR DESSERT
SOME ICE CREAM
FROM THE _____ GROUP.



NOW WE HAVE FOOD FROM
EVERY GROUP—MEAT,
FRUIT AND VEGETABLE,
BREAD AND CEREAL, MILK,
THIS HAS TO BE A GOOD MEAL!



AND REMEMBER
YOU MUST HAVE
THE RIGHT NUMBER
OF SERVINGS EACH
DAY AT LEAST
4-4-3-2
BALANCING CALORIES
IS IMPORTANT TOO.



- SERVINGS FROM THE
FRUIT AND VEGETABLE GROUP
- SERVINGS FROM THE
BREAD AND CEREAL GROUP
- SERVINGS FROM THE
MILK GROUP
- SERVINGS FROM THE
MEAT GROUP

4	FRUIT AND VEGETABLE
4	BREAD AND CEREAL
3	MILK
2	MEAT

THAT'S RIGHT FRUIT AND VEGETABLE HAS 4 SERVINGS, BREAD AND CEREAL HAS 4, MILK HAS 3, AND MEAT HAS 2. WE NEED 4-4-3-2 EACH DAY. THAT'S A BALANCED DIET AND WE NEED TO BALANCE CALORIES TOO.



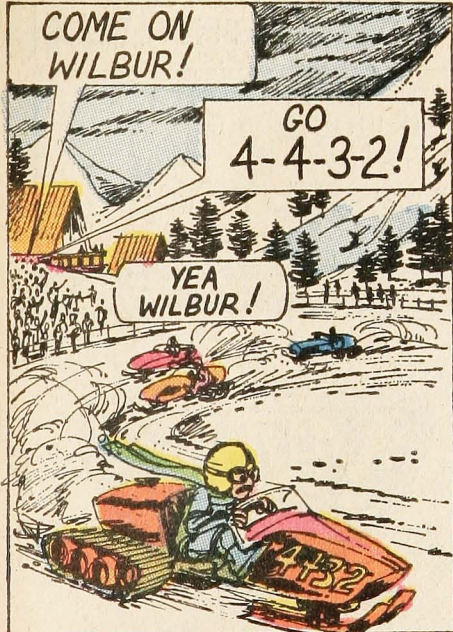
WITH THE RIGHT BALANCE OF GAS AND OIL. WILBUR WILL REALLY GO.



COME ON WILBUR!

GO 4-4-3-2!

YEA WILBUR!



YEA, WE WIN!

4-4-3-2 WINS AGAIN.

HEY, LET'S MAKE SOME MULLIGAN STEW.

THE RECIPE IS ON THE NEXT PAGE



MULLIGAN STEW

4-6 SERVINGS

EVERYBODY LIKES IT! IT'S EASY & FUN TO MAKE! HERE'S HOW:

USE A HEAVY PAN OR SKILLET, WITH LID

MELT



1 TABLESPOON SHORTENING

ADD



1 LB. BEEF, CUT INTO SMALL PIECES

BROWN OVER
MEDIUM HEAT



ADD

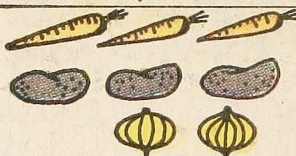


1 TEASPOON SALT
1 CAN TOMATO SOUP (10½oz.)
2 SOUP CANS WATER

COVER TIGHTLY AND LET COOK
SLOWLY UNTIL TENDER, ABOUT 1 HR.



ADD



3 CARROTS, SLICED
3 POTATOES, CUT INTO 4 PIECES
2 ONIONS, CUT INTO 4 PIECES

COVER AND CONTINUE COOKING SLOWLY, ABOUT THIRTY
MINUTES. IF THERE IS NOT ENOUGH LIQUID, ADD
MORE WATER DURING COOKING. IF STEW IS
TOO THIN, REMOVE LID AND COOK UNTIL THICKENED.

SAFETY TIP: STIR WITH A LONG HANDLED SPOON



IF YOU COOK OUTDOORS:
BEFORE COOKING, RUB SOAP
ON OUTSIDE OF PAN.
THIS MAKES YOUR CLEAN-UP
JOB EASY.

IF YOU COOK IN A CAN, USE
MORE WATER.



MORE SONGS



GOULASH, GARBANZA BEANS & GUACAMOLE

1. Goulash, Garbanza beans and Guacamole,
Romaine, rice and ravioli,
Spinach, sauerkraut and cold spumoni,
That's a delicious trip around the world.
 2. Whether you're from here or there,
Black or white,
Up or down, dark or fair,
Big or light,
We're all alike, we're all alike,
Cause we all like, we all like to eat.
- Repeat 1.
3. Kids are kids in Boston and Brussels,
Texas and Tahiti, Rhode Island and Russia,
Albany and Africa, Harlem and Holland,
Kids are kids, and kids all like to eat.
- Repeat 1.
4. You can get a balanced diet,
4 - 4 - 3 - 2,
Why don't you try it,
Let it happen for you,
In your home, in your neighborhood,
Cause we all like,
We all like to eat.

5. Goulash, Barbanza beans and Guacamole,
Romaine, rice and ravioli,
Spinach, sauerkraut and cold spumoni,
That's a delicious,
Nutritious
Delicious, trip around the world.

SHARE A SNACK WITH A FRIEND

1. When you're tired and you're taking a break,
Or when you've got some time to take,
Share a snack with a friend,
Smile a smile all the while,
And share a snack with a friend.
2. Afternoons when school is through,
And you'd like something to do,
Share a snack with a friend,
Smile a smile all the while,
And share a snack with a friend.
3. When you just don't care to be alone,
With a friend share an ice cream cone,
A peanut butter sandwich, a taco or two,
That's a nutritious snack for a friend and you.
4. In the morning or when day is done,
And you'd like to have some more fun,
Share a snack with a friend,
Smile a smile all the while,
And share a snack with a friend.
5. Doesn't matter where you happen to be,
Watching a game from the limb of a tree,
Baking in the kitchen, a cookie or two,
Making delicious snacks for a friend and you.
6. So share a snack with a friend,
Smile a smile all the while,
And share a snack with a friend.

IT'S UP TO YOU


1. Feeling al-right,
Looking good,
Wearing a smile,
All of the while,
Has a lot to do with Good Nutrition,
Good Nutrition,
And Baby, That's up to you.
 2. Gotta make sure,
You eat a balanced diet,
You gotta make sure,
You're getting 4-4-3-2,
Gotta make sure,
You eat a balanced diet,
And Baby, That's up to you.
 3. Walking tall,
Doing fine,
Knowing you're healthy,
All of the time,
Has a lot to do with Good Nutrition,
Good Nutrition,
And Baby, that's up to you.
- Repeat 2.
- Repeat 3.
- Has a lot to do with Good Nutrition,
Good Nutrition,
And Baby, that's up to you.
You've gotta make sure,
You eat a balanced diet,
And Baby, that's up to you.

YOU GOTTA EAT BREAKFAST

1. You gotta eat breakfast,
You gotta eat breakfast,
To keep you feeling fine,
All day long,
- Repeat 1.
2. You gotta start each day,
With fuel food to keep,
You're body running strong,
 3. You can go all the way,
With a good breakfast,
That'll last the whole day long.
- Repeat 1 and 2.
- Repeat 3 and 1.

MAGGIE AND ME

1. Maggi and me,
Micki and me,
We're alike as two,
People can be,
Though we're different,
On the outside,
The food that we eat,
Form the same kind of insides,
You'd get turned on,
If you found,
All of the foods that we put down,
Forms a part of the inside of me,
Inside Maggie, Micki and me.
2. Repeat with Manny and Mike
3. Repeat with Mulligan



MULLIGAN STEW THEME

1. GET IT ALL TOGETHER,
COME FROM NEAR AND FAR,
TELL ME WHAT YOU'RE EATING,
I'LL TELL YOU WHAT YOU ARE,
MULLIGAN STEW, MULLIGAN STEW, MULLIGAN STEW.
2. SOCK IT IN THE SUNSHINE,
SWING IT IN THE SNOW,
GROOVE DOWN BY THE SCHOOLYARD,
FOOD WILL MAKE YOU GROW.
MULLIGAN STEW, MULLIGAN STEW, MULLIGAN STEW.
3. YOU GOTTA LEARN A BRAND NEW ALPHABET,
A - B - C - D - E AND K,
CALCIUM AND IRON MINERALS,
THEN YOU'RE READY TO TAKE IT AWAY.
4. YOU CAN BE A STRONG MAN,
LOOK AND FEEL FINE,
EAT A BALANCED DIET,
GO TO THE HEAD OF THE LINE,
MULLIGAN STEW, MULLIGAN STEW, MULLIGAN STEW.
5. DON'T LISTEN TO THAT GUY WHO SAYS,
VITAMINS ARE NO GOOD,
YOU ARE MADE OF SKIN AND BONES,
HE IS MADE OF WOOD,
MULLIGAN STEW, MULLIGAN STEW, MULLIGAN STEW.
REPEAT 3.

MULLIGAN STEW, MULLIGAN STEW, MULLIGAN STEW,
MULLIGAN STEW, MULLIGAN STEW, MULLIGAN STEW.



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.

EDUCATIONAL AND PROMOTIONAL MATERIALS BY:
MICHIGAN STATE UNIVERSITY COOPERATIVE EXTENSION SERVICE.

ART BY:
CAMERA ROOM, INCORPORATED.