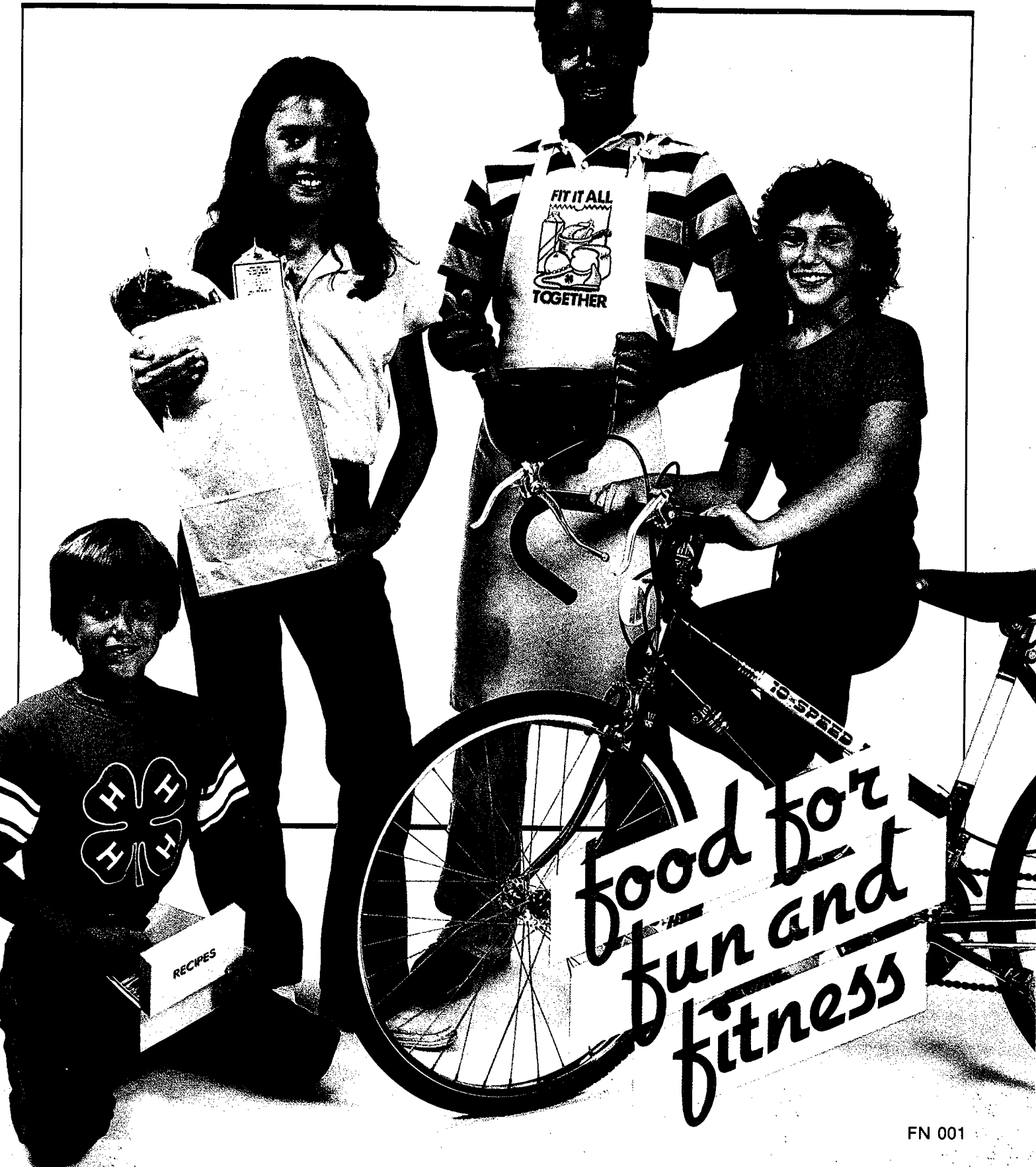


# FIT IT ALL TOGETHER

NAME \_\_\_\_\_  
CLUB \_\_\_\_\_  
BIRTHDATE \_\_\_\_\_  
YEARS IN PROJECT \_\_\_\_\_  
YEARS IN 4-H \_\_\_\_\_



food for  
fun and  
fitness

**I**f you're like most kids, you probably like to eat. And you're probably pretty active. But maybe there are some questions that are puzzling you.

*Is it hard to learn to cook?*

*Are there foods you can eat to help make your muscles stronger?*

*Do you have to spend a lot of money to eat food that's good for you?*

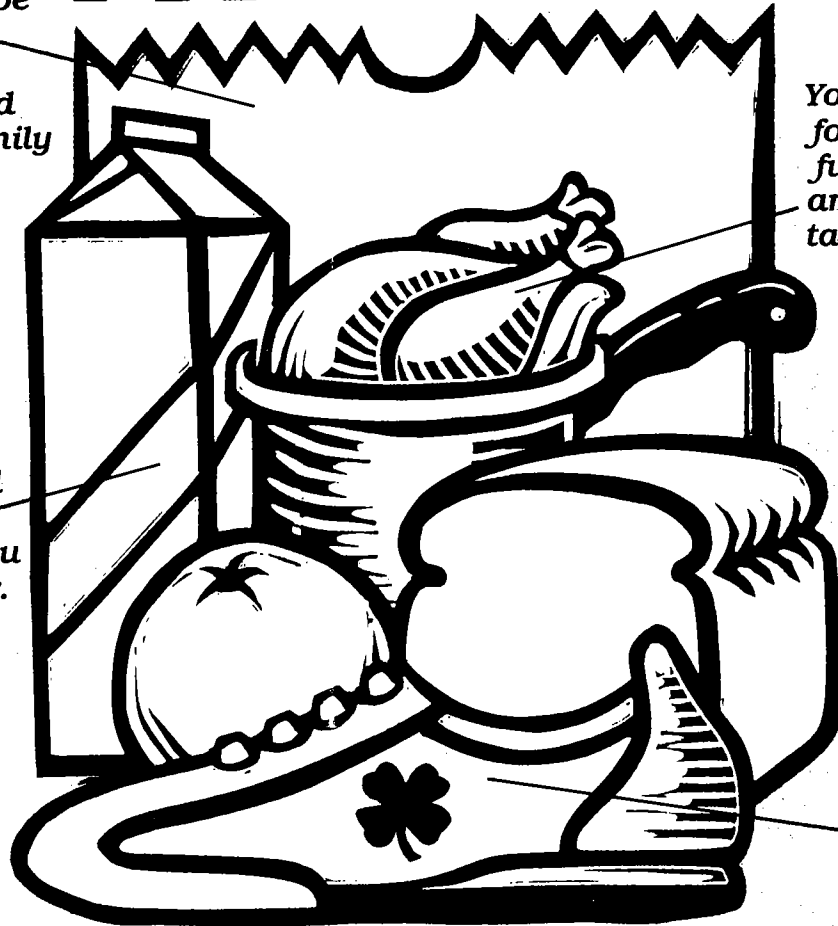
*This book will help you find answers to those puzzling questions. In this project we're going to fit together cooking, nutrition, consumer skills and fitness.*

# **FIT IT ALL**

*You'll learn how to be a better consumer. Some of the things you'll discover could help your whole family save money.*

*You'll learn to prepare food. This book is full of recipes that are fun to cook and taste great, too.*

*You'll learn about nutrition. You'll find out how the food you eat can help you feel and look better.*



*You'll learn about fitness. There are lots of fun ways to make your body stronger and healthier.*

# **TOGETHER**

*So let's get started learning about food for fun and fitness. Turn the page and we'll start to FIT IT ALL TOGETHER.*

# FIT IT ALL TOGETHER

This introductory unit on food and nutrition has been prepared in consultation with the National 4-H Food & Nutrition Developmental Committee composed of representatives of Extension Service, U.S. Department of Agriculture and the Cooperative Extension Services of the State Land-Grant Universities.

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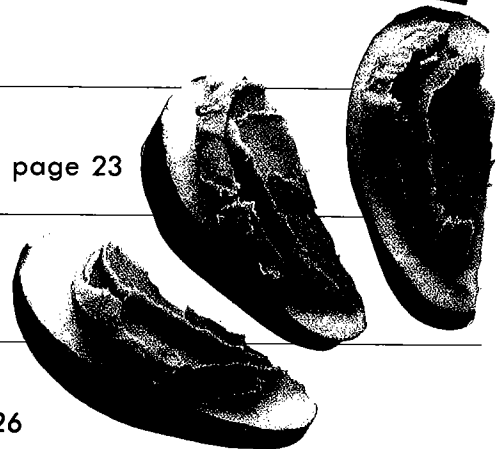
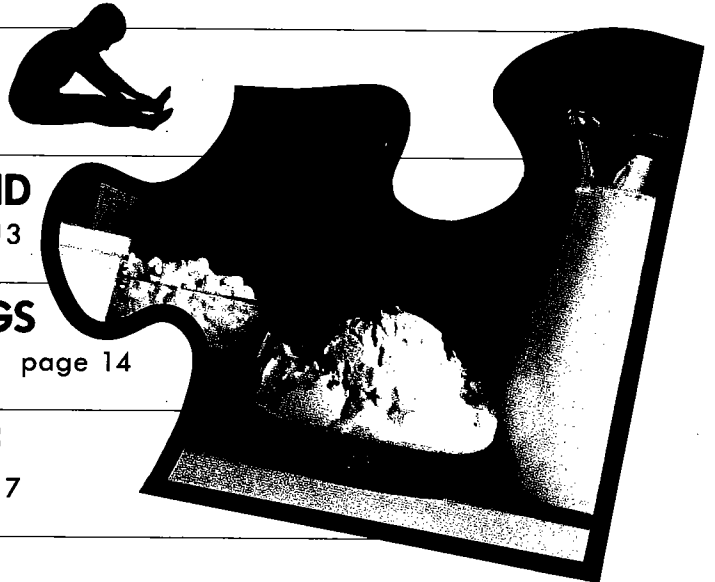
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# PIECE TOGETHER

**H**ave you ever heard people say "You are what you eat"? Well, it's true. Food helps you grow and stay healthy. Food gives you energy to play, run, study, breathe and even sleep. Even the strongest person in the world could live for only about 7 or 8 weeks without food.

But how does food do all those things? After you eat food, your body digests it. This breaks the food down into **nutrients** your body can use. There are more than 50 different nutrients, and your body needs each of them. They work as a team to keep your body healthy. (We've listed some of the nutrients and told you what they do in the picture.) Your blood carries the nutrients to your cells, and that is where they do their work.

All living things are made up of cells — plants, animals and you. How many cells do you think are in your body?

- 100
- 1,000
- 100,000
- 1,000,000
- 100,000,000
- 100,000,000,000
- 100,000,000,000,000

The right answer is (g) — a hundred trillion cells. Millions of cells could fit inside a marble! Different kinds of cells make up the different parts of your body — your bones, your brains, your muscles and your skin. And they all need nutrients to do their work. Where do they get these nutrients? From the food you eat.

So, the protein from the egg you eat for breakfast may help you grow taller. Calcium from your milk will make your bones stronger. If you get a cut, the vitamin C from your orange juice will help your body heal itself. The vitamin A from your broccoli will help your eyes stay healthy. Carbohydrates from your potato and your breakfast cereal give you energy.

## CALCIUM

**Found in:** milk and other dairy products

**How it helps your body**

- helps form healthy bones and teeth
- helps blood clot
- makes nerves and muscles react normally

## VITAMIN D

**Found in:** fatty fish, liver, eggs, butter. Usually added to milk. Your body produces it when you're in sunshine.

**How it helps your body**

- needed for using calcium and phosphorus
- helps build strong bones and teeth

## FATS

**Found in:** oil, butter, margarine, nuts and seeds, poultry skin, salad dressing, some meats and cheeses

**How it helps your body**

- carries some vitamins (A, D, E and K) to your cells
- supplies energy

## PROTEIN

**Found in:** cheese, meat, fish, nuts, eggs, peanut butter, grains, dried beans

**How it helps your body**

- sometimes called "your body's building blocks"
- aids growth
- replaces worn-out cells
- helps resist diseases

## CARBOHYDRATES

**Found in:** breads, cereals, fruits, vegetables, sugar, potatoes

**How it helps your body**

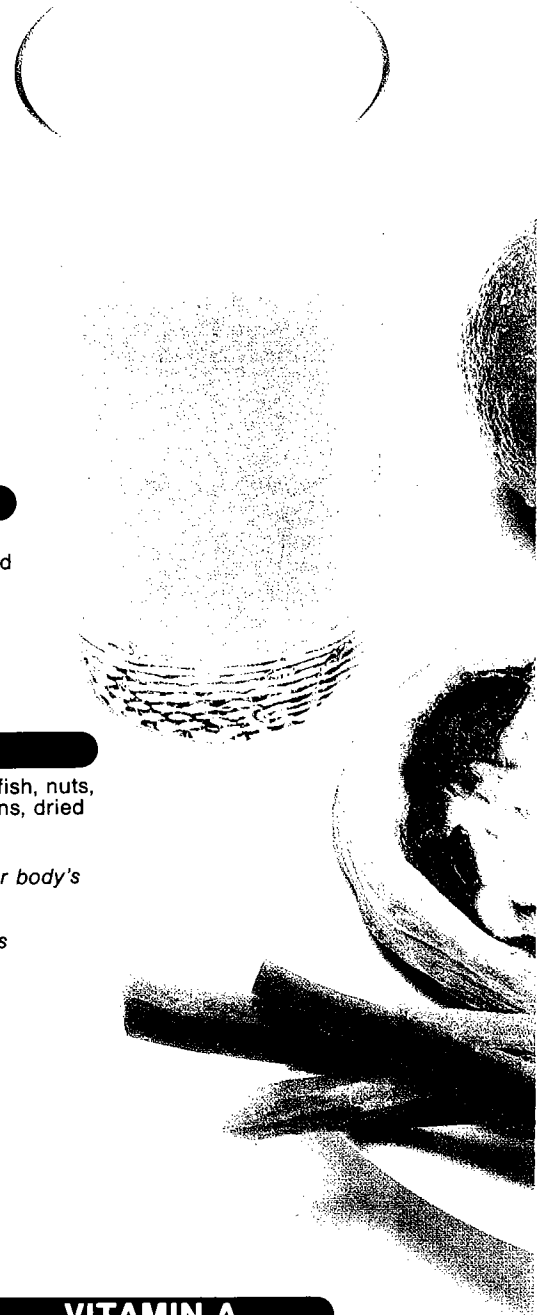
- good source of energy
- fiber in fruits and vegetables aids in eliminating wastes from the body

## VITAMIN A

**Found in:** Yellow, orange and green vegetables, yellow fruits, fat of some animals, fish, milk, eggs, liver

**How it helps your body**

- protects eyes, helps night vision
- helps keep skin healthy
- heals wounds



# R A P I Z Z A

## VITAMIN C

**Found in:** citrus fruits (oranges), melons, green leafy vegetables (broccoli, spinach) and cabbage

**How it helps your body**

- helps heal wounds and broken bones
- helps the body make blood vessels, bones, teeth
- helps keep body cells and tissues strong and healthy

## VITAMIN B

**Found in:** meats and beans, whole grain, enriched breads and cereals

**How it helps your body**

- keeps eyes, skin, and mouth healthy
- helps keep appetite and digestion in working order
- helps use protein, fat, carbohydrates
- helps develop brain and nervous system

## IRON

**Found in:** Dark green leafy vegetables, liver, meat, egg yolks, dry beans

**How it helps your body**

- helps blood cells carry oxygen to all parts of the body
- protects against some forms of anemia

You need energy to work, play, blink and breathe. Your body gets that energy by using food as fuel.

What happens if your body doesn't get these nutrients? Well, you probably won't feel as good as you could if your diet included all of them. You could get sick. And you might not be able to get well as fast.

So it's important to take care of your body. After all, it's the only one you get, and you want it to work for you all your life. Since food provides the nutrients your body needs, it's important that you give your body the right foods — in the right amounts.

It sure would be hard to remember all those different long names of nutrients, wouldn't it? Can you imagine saying, "Mom, I'd like some riboflavin and magnesium on toast, please." Luckily, you don't have to. Nutrition experts have said that all you have to do is eat a "balanced diet." (Your dad or mom probably says that a lot, too.) What does that mean?

- Some foods made from grains, like bread or cereal.
- A variety of vegetables and fruits.
- Some milk, cheese or other dairy foods.
- Some meats, poultry, fish or beans.
- Not too much sugar, heavily sweetened foods, fat or fatty foods or salt.

Eating a balanced diet also means that you should eat only enough calories to keep your weight where it should be.

It is important to remember that no one food can possibly provide you with all the nutrients your body needs. You have to put together a variety of foods. It's a lot like putting together a jigsaw puzzle. Each basic food listed above gives your body some of the nutrients you need. When you fit them together — in the right amounts — you can see the whole nutrition picture. And what you'll see is a healthier YOU!

The first food we're going to cook is probably one of your favorites — pizza. It really is good for you. It contains some foods

Discover  
Nutrients

Can you match the  
nutrients to the food  
in this meal?

from each of the basic food groups. But before we piece together this pizza, there are a few rules of the game. Check these off before you start:

- Have you read the recipe before you start? Make sure you have everything you'll need.
- Are your hands clean? Otherwise, you could spread germs.
- Could your hair get into the food? Pin or hold back your hair.
- Are your clothes protected? This is why famous chefs wear aprons.

## RECIPE SNACK PIZZAS

### You need

- oil
- 1 package flaky refrigerator biscuits
- ½ cup tomato sauce
- 1 teaspoon oregano
- 1/3 cup chopped fresh or canned mushrooms, drained
- sliced pepperoni or salami
- grated cheese — mozzarella or cheddar

### Equipment

- baking sheet
- 1 liquid measuring cup

1. Check to make sure the oven racks are in the middle of the oven. Preheat the oven to 400°.
2. Put a little grease or oil on the baking sheet.
3. Pat each biscuit into a 4-inch circle. Put each circle on the baking sheet.
4. Mix the tomato sauce and the oregano in a measuring cup. Spoon some on each biscuit.
5. Spoon the mushrooms over the tomato sauce.
6. Put a few slices of the meat on top of the mushrooms.
7. Sprinkle with the cheese.
8. Bake about 8 minutes, or until the crust is light brown. USE A POTHOLDER TO TAKE THE BAKING SHEET OUT OF THE OVEN.

- measuring spoons

These pizzas contain some food from each of the five food groups. All the food we eat can be put into one of these groups. We need to eat certain amounts of these foods every day. The food groups are:

1. Milk and Cheese Group. (You need 3 daily servings.) The food from this group was \_\_\_\_\_.
2. Bread and Cereal Group. (You need 4 daily servings.) The food from this group was \_\_\_\_\_.
3. Vegetable and Fruit Group. (You need 4 daily servings.) The foods from this group were \_\_\_\_\_.

4. Meat, Poultry, Fish and Beans Group. (You need 2 daily servings.) The food from this group was \_\_\_\_\_.

5. The Fats and Sweets Group. (Caution: Don't eat too much or too often.) The food from this group was \_\_\_\_\_.

### Answers:

1. cheese, 2. biscuit, 3. tomatoes  
and mushrooms, 4. pepperoni or salami, 5. oil to grease the pan — There is also a lot of fat in the pepperoni and salami. The fats we eat are often parts of other foods.

## What's a Serving?

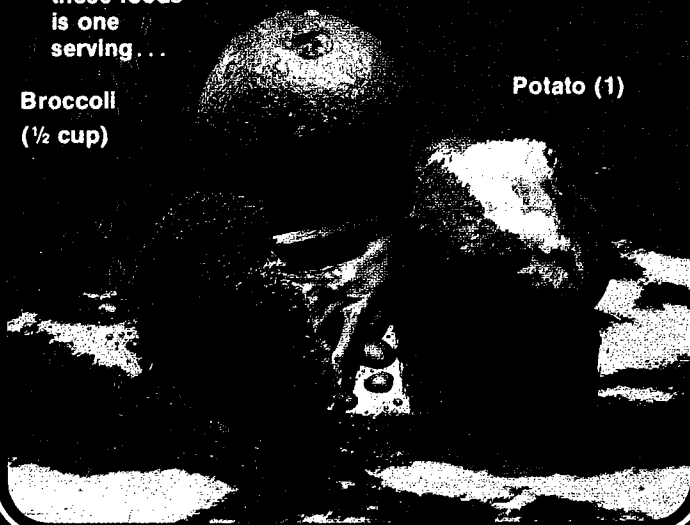
**4** SERVINGS  
EVERY DAY

Each of  
these foods  
is one  
serving...

Broccoli  
(½ cup)

Orange (1)

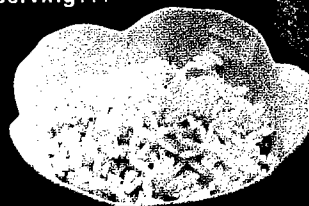
Potato (1)



VEGETABLE & FRUIT GROUP

**4** SERVINGS  
EVERY DAY

Each of  
these foods  
is one  
serving...



Rice (½ cup)

Bread (1 slice)

Cereal (¼ to ¾ cup)

BREAD & CEREAL GROUP

# HOW TO: work with your oven

Ovens are different. Get to know yours before you start cooking.

**1. Where are the dials?** Most ovens have a temperature dial and a dial that tells the oven whether to bake or broil. In some ovens one dial gives both instructions. Baking means that the whole oven is heated up and kept at one even temperature. Broiling means that the heat comes down from the top onto the food. Some ovens bake only and have a separate broiler.

**2. Oven racks.** Ovens have racks that can be placed high, middle or low in the oven. Practice moving the racks when the oven is cool. Read recipes first to see where the oven racks should be placed. Put the racks in place before you start the oven. Never move hot oven racks! And when you put food in a preheated oven or pull out racks to take out the food, always use potholders.

**3. Preheating the oven.** Many recipes tell you to preheat the oven. That's so the temperature will be

correct as soon as the food is put into the oven, and so the food will cook evenly and not burn. Ovens usually have a light that goes off when the oven is preheated to the temperature you have set on the dial.

**4. Saving energy.** Time it so your food will be ready to put in as soon as the oven is preheated. An empty oven wastes energy. To be able to do this, first test your oven to see how long it takes to heat to 350°. Ovens vary greatly. Some newer ones take less than 5 minutes to preheat, while some older models take as long as 15 minutes.

Try not to open the oven door during cooking. It wastes energy and makes the cooking uneven. Many ovens have a see-through door and an oven light. Get used to looking through the door to check the food. Be sure to turn off your oven when you're done.

My oven takes \_\_\_\_\_ minutes to preheat to 350°.

# HOW DID IT ALL FIT TOGETHER?

## Did you

- wash your hands before beginning?
- pin or hold back your hair?
- protect your clothes?
- read the recipe before beginning?
- get to know your oven?
- preheat your oven?
- use your oven safely?

## Were your pizzas

- good tasting?
- evenly cooked?

Today I ate these foods:  
Milk and Cheese Group:

\_\_\_\_\_

Bread and Cereal Group:

\_\_\_\_\_

Vegetable and Fruit Group:

\_\_\_\_\_

Meat, Poultry, Fish and Beans Group:

\_\_\_\_\_

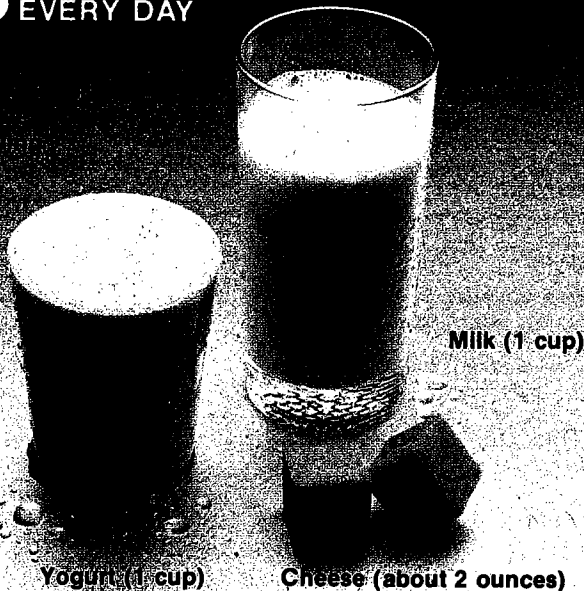
Fats and Sweets Group:

\_\_\_\_\_

How much food is there in a serving? Well, the tablespoon or so of tomato sauce on one snack pizza is *not* a whole serving of vegetables, but about a half cup would be. The biscuit that made

the pizza crust is one full serving from the bread and cereal group. Here are some other amounts of food that will help you start thinking about serving sizes for kids your age.

**3** SERVINGS EVERY DAY

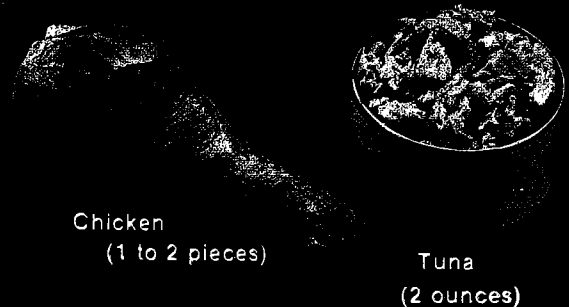


**MILK & CHEESE GROUP**

**2** SERVINGS EVERY DAY

Beans (1/2 to 3/4 cup)

Each of these foods is one serving...



**MEAT, POULTRY, FISH & BEANS GROUP**

# LIFESTYLE QUIZ

**healthy lifestyle is feeling better, looking better, and starting habits that will help you live a longer, healthier life. It means being able to do things without getting tired. To have a healthy lifestyle, you have to fit together good diet, regular exercise, the right weight and some basic good health habits. Take this quiz to see how you're doing.**

## MY DIET

- |   | Always                     | Sometimes                  | Never                      |
|---|----------------------------|----------------------------|----------------------------|
| 1. I eat a variety of foods each day. I have fruits and vegetables, breads or cereals, lean meats, milk and other dairy products. | <input type="checkbox"/> 4 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 |
| 2. I try to limit the sweets I eat. (Not too many candy bars, cakes and soda pop.)  | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 |
| 3. I try to limit the fatty or greasy foods I eat (not too much butter, potato chips, greasy meats and fried foods.)              | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 |
| 4. I eat some fresh fruits and vegetables almost every day (like an apple, carrot sticks or a salad.)                             | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 |
| <b>TOTAL</b>  | _____                      |                            |                            |

## MY FITNESS

- |   | Always                     | Sometimes                  | Never                      |
|---|----------------------------|----------------------------|----------------------------|
| 1. I stay about the right weight.   | <input type="checkbox"/> 3 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 |
| 2. I exercise hard for 15-30 minutes at least 3 times a week (running, swimming, dancing, working, playing ball, walking fast). | <input type="checkbox"/> 3 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 |
| 3. I walk instead of asking for a ride.   | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 |
| 4. After school, I play or work outside instead of watching TV.   | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 |
| <b>TOTAL</b>  | _____                      |                            |                            |

**Answer these questions HONESTLY. If your scores aren't too good, remember that you can start today to change them.**

**Check the box that describes what you do. At the end of each section, add up the numbers next to the boxes you checked. Write this on the line marked "TOTAL."**

## MY HABITS

- |  | Always                     | Sometimes                  | Never                      |
|--|----------------------------|----------------------------|----------------------------|
| 1. I brush my teeth after meals and after eating sticky sweet foods. | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 |
| 2. I wear my seat belt when I'm in a car.                            | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 |
| 3. I get enough sleep at night.                                      | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 |
| 4. I know and follow bike safety rules                               | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 |
|  | <i>Absolutely</i>          | <i>Think So</i>            | <i>No</i>                  |
| 5. I plan never to smoke.  | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 |
| <b>TOTAL</b>   | _____                      |                            |                            |

How did you do?

Put your score for each section here:

**Section 1, My diet** \_\_\_\_\_

**Section 2, My fitness** \_\_\_\_\_

**Section 3, My habits** \_\_\_\_\_

**9-10 Great**

**6-8 Good, but could be better**

**3-5 You need work here**

**0-2 You're taking risks with your health.**

**So remember, to put together the pieces of a healthy lifestyle:**

**1. Eat a variety of foods. And be sure to include some fresh vegetables and fruits.**

**2. Keep fit. That means keep moving. If you're fit, you'll feel better and be able to do more all your life.**

**3. Follow good health habits. You know how hard habits are to break. So why not start some good habits that will improve your health? Good health isn't just your doctor's business. It's your business, too.**



