

FOODS

Help Your Self To Good Looks And Good Health



— TEXAS A&M UNIVERSITY —
TEXAS AGRICULTURAL EXTENSION SERVICE
J. E. HUTCHISON, DIRECTOR, COLLEGE STATION, TEXAS

YOUTH PROJECT

HELP YOUR SELF TO GOOD LOOKS AND GOOD HEALTH



by
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Fruits and vegetables are glow foods. They will help you come alive and sparkle. These foods have the magic vitamins in them.

Do you like turnip greens, collards, carrots, sweet potatoes? If your answer is "yes" there is an A for you. A is the vitamin found in green and yellow vegetables and fruit. Why give it an A? Because it keeps the skin soft and healthy and helps you see better in the dark. You can always tell the "A" foods by their color. For a nice healthy skin on your face and in your throat, eat these whenever you can.



When you get a cut or sore on your hand does it heal fast? There is another vitamin called "C". This is also found in raw fruits and vegetables. Vitamin C speeds up healing, cements the body together and tightens the blood vessels. If your gums bleed, Vitamin C can tighten up the blood vessels so the bleeding will stop.



Try to eat some raw fruit or vegetable every day. A raw turnip, piece of cabbage or potato are good, in the winter time. The water—pot liquor—where vegetables are cooked is chuck-full of vitamins. Always drink it. Canned tomatoes have Vitamin C, so do oranges and lemonade.

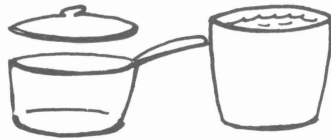
Try cooking these:

Boiled potatoes

You will need—



Potatoes

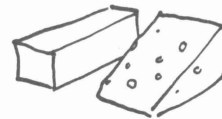


Pan with lid

Water



Fork and knife



Butter or cheese



Salt

Wash potatoes. Do not peel.

Put potatoes in a pan and cover with water.

Put lid on pan and boil gently until a fork will go into potato easily (about 30 min.).

Drain the water from the potatoes.

Pull the skin off while the potatoes are warm.

Split the potato and put butter or cheese on it.



Panned cabbage

You will need—



Skillet



Knife and spoon



Cabbage



Grease



Salt



Water

Wash cabbage and cut head in 4 wedges.

Cut wedges of cabbage into smaller pieces.

Melt 3 tablespoons of grease in skillet.

Add cabbage, salt and $\frac{1}{2}$ cup of water.

Set a pan or lid over the skillet.

Cook about 10 minutes.



Try—

Cooking a cut-up onion with the cabbage.

Sprinkling cheese over hot cabbage.

Using milk instead of water to cook cabbage.



Keep canned fruits and tomatoes on hand. In case of emergencies they are ready to be opened to eat without being heated.

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