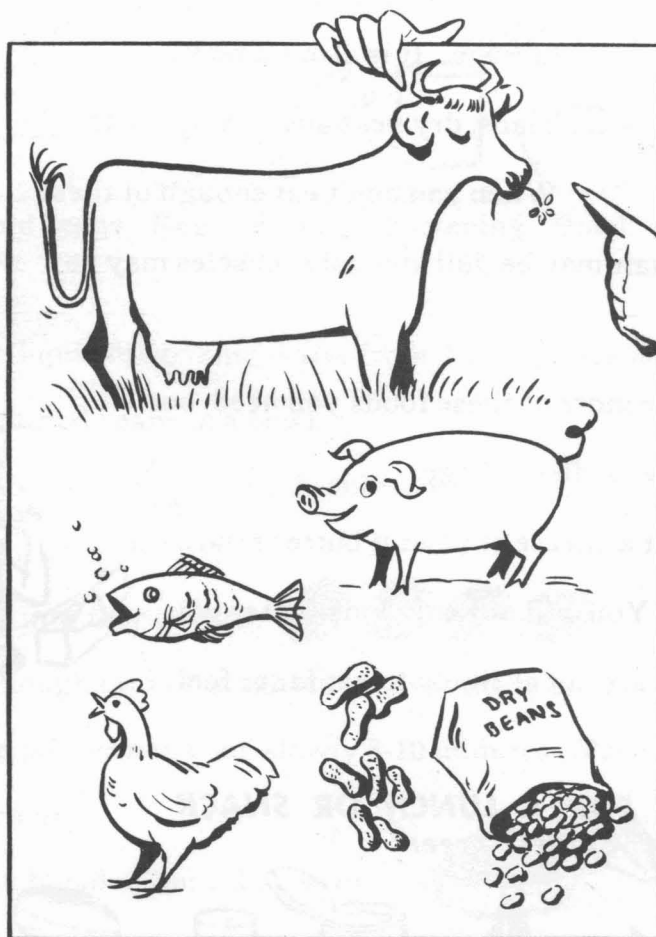


FOODS

YOUTH PROJECT

*What Do You Know...
These Help You
Grow And Glow!*



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

WHAT DO YOU KNOW THESE MAKE YOU GROW AND GLOW

by
Blanche Randolph
Extension Nutritionist



Look in your mirror.

What do you see? Soft shiny hair?

Strong well shaped nails? Skin
firm and healthy?

Much of the material that makes
these comes from meat. You eat
all kinds of meat. Meat has protein
in it. Eggs and cheese have protein
in them. It is also found in dry
beans, dry peas and peanut butter.

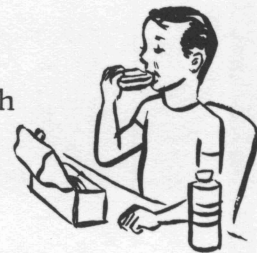
When you don't eat enough of these

you may be pale, your hair may be dull and your muscles may be
flabby.



The faster you grow the more of these foods you need, but
every one needs them regardless of age.

For a lunch or snack eat a cheese or peanut butter sandwich
instead of a candy bar. You will not only look better you
will feel better and you are not as likely to get fat or feel
hungry.



TRY THESE FOR A LUNCH OR SNACK

Skillet Burgers

You will need:



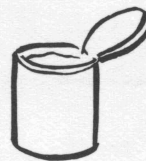
Hamburger or
chopped meat



Onion



Catsup



Lard




Salt




Buns

Skillet



Put  2 tablespoons fat in a skillet and heat.

Chop onion  Put in skillet and cook until yellow. Add hamburger and salt.

Stir and cook until red color is gone from meat.

Add $\frac{1}{2}$ bottle of catsup.

Cook about 10 minutes.

Use cup or big spoon to put meat mixture on bread or buns.



Beanburgers

You will need:



Cooked beans
2 cups



Egg
1



Flour
2 tbsps.



Lard or
Shortening
 $\frac{1}{4}$ cup



Bowl




Cup



Skillet

Drain liquid or cooking water from 2 cups of beans. Put the drained beans in a bowl.

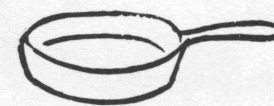
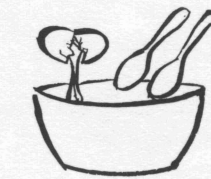
Add the egg  and 2 tablespoons flour.

Stir until well mixed.

Shape into four patties.

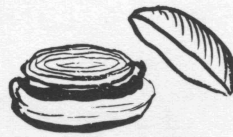


Put enough fat in the skillet to cover the bottom.



Put in patties and cook slowly 8-10 minutes. Turn and cook other side.

Put on bread or bun. Top with pickle, onion or catsup.





Canned meats, beans and peanut butter are good to have in case of disaster. They can be eaten without heating.

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