

FOODS

Milk And Cheese Help You Grow And Glow

YOUTH PROJECT



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

MILK AND CHEESE HELP YOU GROW AND GLOW

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MILK - CHEESE

MILK HELPS
BUILD



SOUND BONES
AND TEETH



HEALTHY EYES



STRONG MUSCLES



These foods taste good and are good for you. Milk and cheese have some of the things in them that you need to grow and to look your best—(Glow)

Everyone needs to drink milk or eat cheese every day. When you are growing fast — in your teens, 13 to 19 years — you need more.

Milk has calcium in it. Sometimes calcium is called lime. It makes bones and teeth hard.

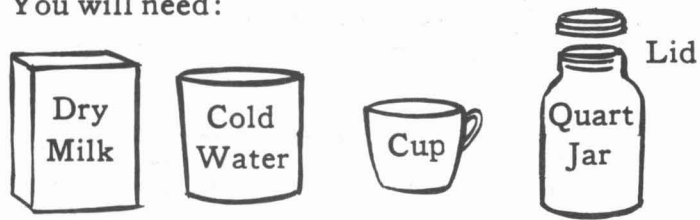
All kinds of milk has about the same amount of calcium. In dry milk the fat is taken out.

You can drink some milk and use some milk and cheese in the foods you cook. It doesn't matter whether milk is fresh, or buttermilk, or canned or dry milk. It is all good.

Some Ways to Use Milk

Sweet Milk

You will need:



Put 1 cup  dry milk in a jar. 

Add 2 cups cold water.  

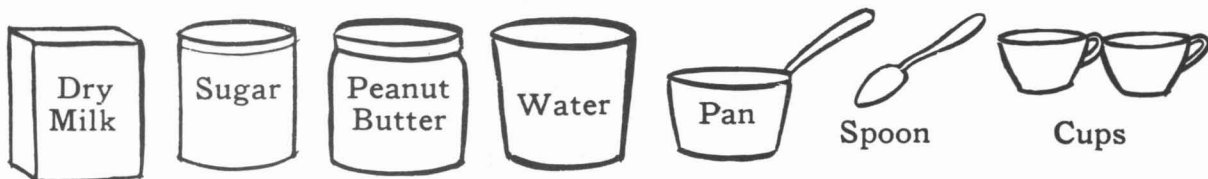
Put lid  on the jar and shake, until

there are no lumps. Fill jar full of water.






Peanut Butter Milk



You will need:



Make one quart of sweet milk or use fresh milk.

Put $\frac{1}{4}$ cup  peanut butter and 2 tablespoons  sugar

in pan. Pour 1 cup  milk in pan with peanut butter and

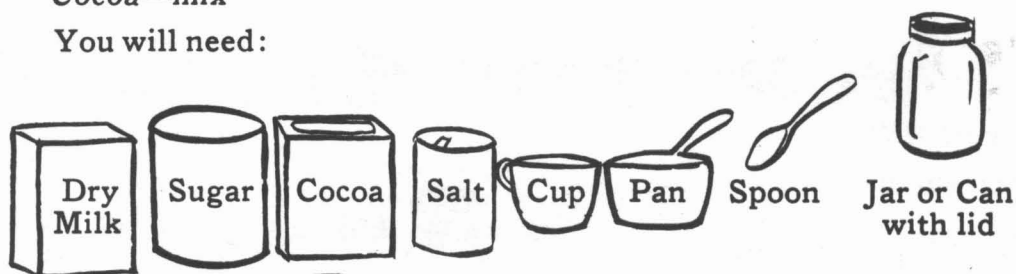
sugar.  Stir until well mixed.  Then pour in

the rest of the milk.

Pour in glasses  or cup  and drink.

Cocoa—mix

You will need:



In the pan put 4 cups of dry milk.



1 cup cocoa, 1 cup sugar, and a pinch of salt.



Stir until well mixed.



Pour mix into a jar or can with lid.



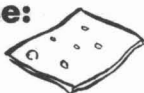
When ready to use:

Fill a cup or glass about $\frac{1}{4}$ full of cocoa mix. Pour hot or cold water over cocoa and stir until mixed.



Use cheese:

Put a slice of cheese on



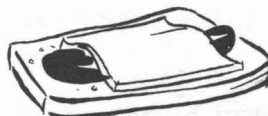
a hamburger



in hot biscuits



on a hot weiner



in gravy



In case of disaster (floods, tornadoes or bombing) food in jars, cans, bottles or packages, that are not broken or open, are safe to eat.

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