Good Looks And Good Food Go Hand In Hand
GOOD LOOKS AND GOOD HEALTH GO HAND IN HAND

HELLO, GOODLOOKING! HOW DID YOU GET THAT WAY?

BY EATING THESE FOODS EVERY DAY

MILK AND CHEESE

INSTANT MILK
EGGNOG MILK
FRESH MILK
CHEESE

THOSE FOR THE BONES THAT MAKE YOU STRONG, STRAIGHT AND TALL

AND TEETH TO GIVE YOU THAT NICE SMILE

BREADS AND CEREALS

FRESH MILK
EAT CHICKEN, EGGS
MEAT, FISH, CHICKEN, EGGS

YOU NEED THESE FOR MUSCLES FIRM AND STRONG-TO HELP KEEP YOU WELL THE WHOLE YEAR LONG

AND FOR SHINY HAIR AND SKIN THAT'S NICE

BEANS, PEAS, PEANUT BUTTER

SOME GREEN AND YELLOW, SOME RAW

FRUITS AND VEGETABLES

EAT THEM RAW AND YOU WILL FIND YOUR GUMS STAY HARD AND CUTS HEAL RIGHT AWAY

 THESE HELP YOU SEE AT NIGHT—KEEP YOUR SKIN SOFT AND YOUR EYES BRIGHT

HELLO, GOODLOOKING! HOW DID YOU GET THAT WAY?

HELLO, GOODLOOKING! HOW DID YOU GET THAT WAY?
IS THIS ALL? MILK AND MEAT BREAD AND FRUIT?

OH, NO! YOU CAN EAT SOME CANDY AND FRENCH FRIES

ADD SOME FATS AND SWEETS

JAM MELON JAM TEA

THESE MAKE FOODS TASTE BETTER.

BUT IF YOU HAVE A BAD SKIN—LEAVE OFF GREASY FOODS AND CUT OUT SWEETS

LETS:
1. WATCH AND SEE HOW WE EAT FOR A WEEK
2. WATCH HOW OTHER KIDS EAT
   MILK        GOOD      BAD
   MEAT, BEANS GOOD      BAD
   BREADS      GOOD      BAD
   FRUITS      GOOD      BAD
3. TASTE ONE NEW FOOD EVERY WEEK

BUT WHAT IF YOU DON'T LIKE ALL THESE FOODS?

YOU CAN LEARN BY EATING JUST A LITTLE. FIRST THING YOU KNOW YOU'LL LIKE IT

I GET IT! WE LEARN TO EAT THE SAME AS WE LEARN OUR LESSONS

WHAT I DID:
IN CASE OF DISASTER (FIRE, FLOOD, TORNADO)-
DON'T WORRY ABOUT WHAT YOU EAT
ANY KIND OF FOOD TO KEEP YOU ALIVE
IS ALL RIGHT FOR A SHORT TIME.

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