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FOODS

Good Looks And Good Food Go Hand In Hand



— TEXAS A&M UNIVERSITY —
TEXAS AGRICULTURAL EXTENSION SERVICE
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YOUTH PROJECT

GOOD LOOKS AND GOOD HEALTH GO HAND IN HAND

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HELLO, GOODLOOKING!
HOW DID YOU GET
THAT WAY?



BY EATING
THESE FOODS
EVERY DAY

MILK AND CHEESE



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

AND TEETH
TO GIVE YOU
THAT NICE
SMILE



BREADS AND CEREALS



THESE GIVE YOU
PEP AND GO

AND ARE THE
FOODS MADE
FROM OATMEAL
OR DOUGH



MEAT, FISH, CHICKEN, EGGS



BEANS, PEAS, PEANUT BUTTER

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



FRUITS AND VEGETABLES



SOME GREEN AND YELLOW, SOME RAW
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





ADD SOME FATS AND SWEETS



LET'S:

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?



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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