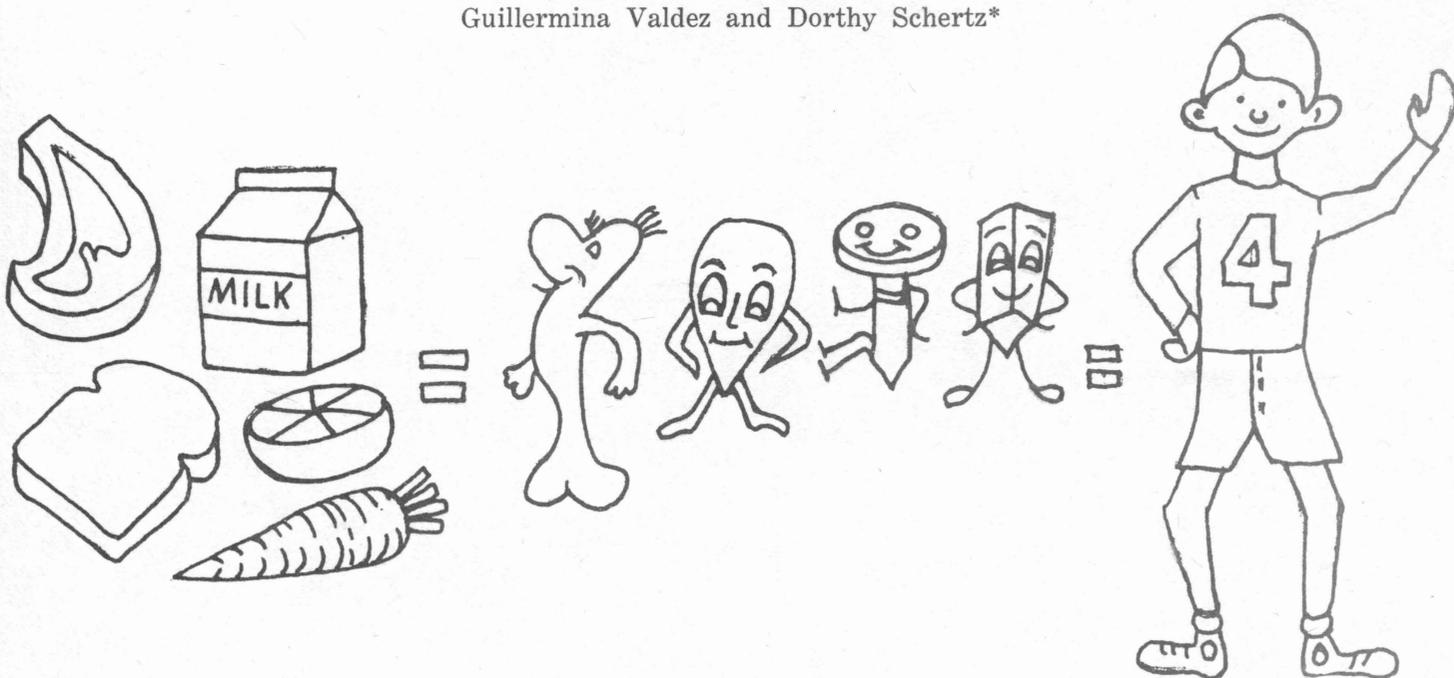


## FOOD "BECOMES" YOU

Guillermina Valdez and Dorthy Schertz\*



FOOD is made up of many tiny parts — called NUTRIENTS.

Different nutrients are found in different foods. You cannot depend on one food to provide all the nutrients your body needs. You must eat different foods during the day.

Do you like Mexican food? Chalupas (cha-loo'-pahs) are a Mexican food. CHALUPAS are made from different foods and will provide your body with many nutrients.

To make CHALUPAS you will need:

- |                                                                     |                                     |
|---------------------------------------------------------------------|-------------------------------------|
| $\frac{1}{4}$ cup fat                                               | 1 cup grated cheese                 |
| 10 corn tortillas                                                   | 1 large diced tomato                |
| 2 cups cooked mashed pinto beans (about 1 cup uncooked pinto beans) | $\frac{1}{2}$ head shredded lettuce |
|                                                                     | Salt and pepper to taste            |

Fry the tortillas flat in hot fat until lightly browned and crisp. Do this very carefully so that the hot grease won't pop out of the skillet and burn you. Arrange tortillas on large cookie sheet or baking pan; on each tortilla place 2 heaping tablespoons beans and 1 tablespoon cheese.

Bake in very hot oven at 500 degrees or broil until cheese melts. Remove from oven; add diced tomato and lettuce. Serves 5.

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Have you been eating by the groovy TEXAS 4 lately?\_\_\_\_\_

CHALUPAS win the TEXAS 4 BRAND.

Why? \_\_\_\_\_

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You may want to serve your chalupas with carrot or celery sticks and a glass of Tango milk. Set the table for this meal.

Did you like the CHALUPAS? Can you think of some ways to make them taste or look different?\_\_\_\_\_

You are what you eat. The kinds and amounts of food you eat have lots to do with the way you grow, the way you work or play, the way you feel and the way you look.

Remember: Eating a variety of foods will help you to look and feel better.

**NUTRITION IS THE FOOD YOU EAT AND HOW YOUR BODY USES IT.**

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