

ALL ABOARD — THE TEXAS 4

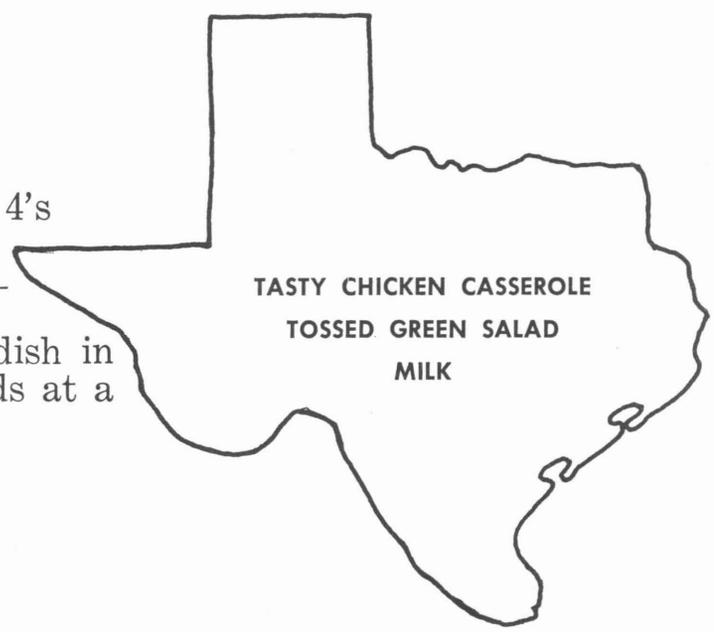
Guillermina Valdez and Dorthy Schertz*

As you sail into meal time, check the deck for the Texas 4. The Texas 4 guide shows the foods that you should eat daily for good health. To help you remember these foods, the Texas 4 guide shows them in groups. How many servings should you have from each of these groups daily? Fruit and vegetable____, meat____, milk____, bread and cereal_____.

WHAT DO YOU THINK ABOUT THIS MEAL?

Would you say that the Texas 4's are aboard? Yes_____ No_____

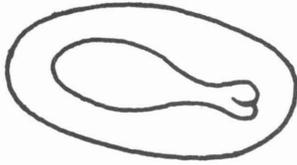
We think of a casserole as a dish in which we can cook several foods at a time.



In the TASTY CHICKEN CASSEROLE you'll find chicken rich in protein for building and repairing body tissue. Rice is an energy food and supplies your body with needed B vitamins. Cheese is a good calcium food.

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TASTY CHICKEN CASSEROLE



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|-------------------------------|---------------------------------|
| 1 onion | 1/2 cup uncooked rice |
| 1 tablespoon fat | 1 1/2 cups diced cooked chicken |
| 1/2 teaspoon salt | 1/2 cup grated cheese |
| 2 cups water or chicken broth | |



Chop onion and lightly brown in fat; add salt and water or broth. Heat to boiling and add rice slowly. Cover pan tightly and cook over low heat for 20 minutes. Turn off heat and let stand 10 minutes, covered, so rice can finish cooking.

Add chicken to rice. Sprinkle with cheese on each serving. Makes 4 servings.

Plan food for a day. Be sure to include foods from the Texas 4.

Is it "full sail ahead" with the Texas 4?

<u>Food group</u>	<u>No. of servings</u>
Meat	_____
Milk	_____
Bread and Cereal	_____
Fruit and Vegetable	_____

The authors express appreciation to the Texas Agricultural Extension Service foods and nutrition specialists for their cooperation in preparing this Expanded Nutrition Program leaflet.