

Correspondence

Courses



MORE PEP FROM YOUR FOOD DOLLARS

You'll find life is more fun when you feel happy and gay. That happy, full of pep and energy feeling radiates and you help others attain a fuller, freer and happier life.

Closely related to energy and a feeling of well-being is the diet or foods eaten daily. There is a home study course offered by the correspondence courses office of The Pennsylvania State University on "Food — Selection and Preparation," to guide you in basic food facts. The course helps you to plan better menus, to determine which grade, cut and how much meat to buy, and how to get the most protective foods from your food dollars.

Your family can study the course together. After completing the lessons on Food for Growth and Maintenance, Child's and Teen's Diets, Kinds and Amounts of Food Needed, (to maintain health and correct weight) you can make menu planning a family project.

Learn how to eat a well rounded diet by sending for your copy of "Food — Selection and Preparation." Send \$2.50 to Correspondence Courses, 202 Agricultural Education Bldg., University Park, Pennsylvania 16802. Make your check or money order payable to The Pennsylvania State University.

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