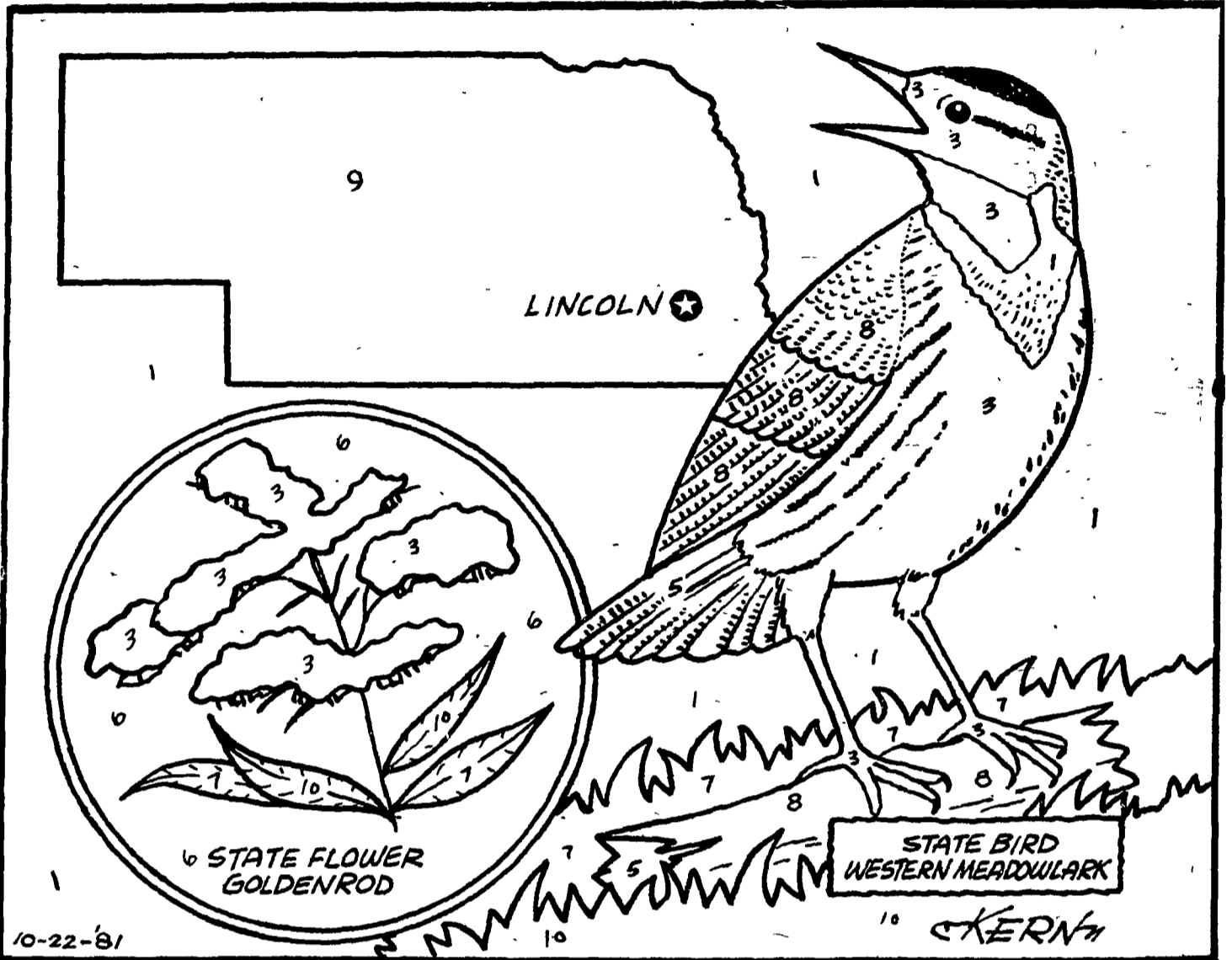


Kid's KOrner

COLOR THIS!

- | | |
|-----------|---------------|
| 1. PEACH | 6. ORANGE |
| 2. RED | 7. GREEN |
| 3. YELLOW | 8. LT. BROWN |
| 4. BLUE | 9. LT. BLUE |
| 5. BROWN | 10. LT. GREEN |

NEBRASKA IS A LEADING FARM STATE. ITS BIGGEST CROP IS CORN. ITS NAME COMES FROM AN INDIAN WORD "NEBRATHKA" MEANING "RIVER OF FLATNESS". THE SOUTHERN FARMS PRODUCE WHEAT, CATTLE, CORN AND HOGS. THESE ARE THE BIG MONEY MAKERS IN THE STATE. AT LEAST 1 MILLION ACRES OF THE FARMLANDS ARE IRRIGATED. NEBRASKA CAME INTO THE UNION IN 1867 AS THE 37th STATE.



Horses need regular exercise

SCHUYLKILL HAVEN — Proper winter care of saddle horses includes daily exercise, a good diet of hay, and protection from rain, snow, drafts, and strong winds, says James P. Gallagher, Extension animal scientist at Penn State University.

Regular daily exercise is especially important if horses are stabled. Serious foot and leg troubles can develop during long periods of inactivity.

Space and a light rope will do much to solve the exercise problem. The rope may be attached to the horse by knotting one end loosely around the horse's neck, or to a ring in the noseband of a loneing halter (cavesson).

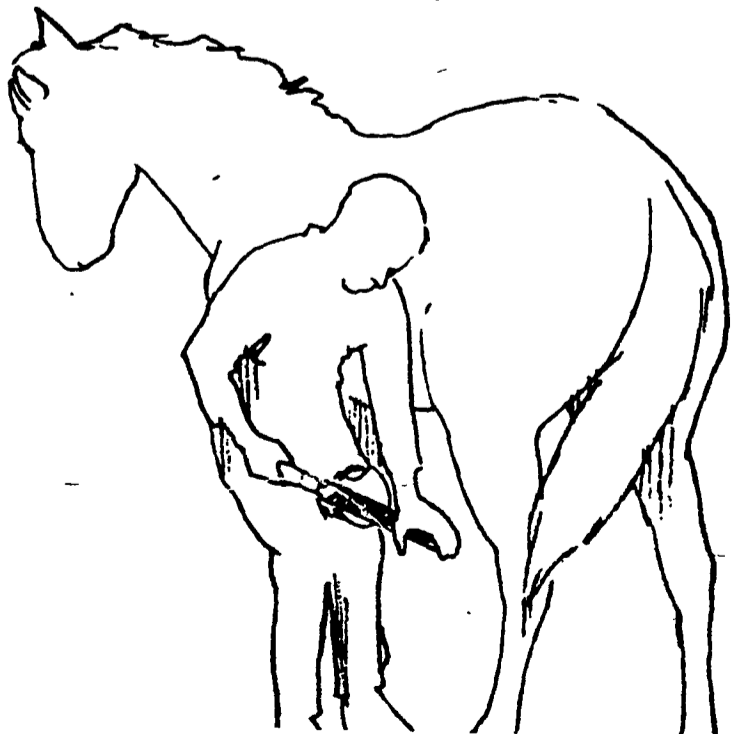
The trainer stands in one place and lets the horse run in a circle around him. Fifteen or twenty minutes of this exercise daily will

help keep the horse in good shape, explains Gallagher.

It is also a good idea to take off the horse's shoes and let the horse run barefoot during the winter, says Gallagher. If the horse is ridden regularly during the winter, leave the shoes on. In either case, his feet should be trimmed about every six weeks.

Horses develop a thick coat of hair in the wintertime and do not need to be kept in a tight barn or closed shed. They do, however, need a dry place where they can get out of the rain and snow and also shelter from drafts and cold winds.

Good quality hay meets most of a horse's nutrient requirements if worked little during the winter. Free access of salt and a mineral mixture should be available, adds Gallagher.



Words that are connected with Foods Nutrition can be found among these letters. The words are sometimes read forward, at other times backwards, up, down or diagonally. Draw a circle around the word and check it off at the bottom of the page. Some of the words overlap.

N O I T A Z I N E G O M O H A B Y S C E M D R
 I N G R E D I E N T S C F H I G J R K E E L E
 F H I O R Q R S X V C E G M R N O O P Y U A Q C
 G J L N O I T A R O P A V E S U W T Y L S A O
 K M N A P T U L Z A B S N R T U X A Z A U M N
 L S T N E I R T U N D E B S C E F L G V R O S
 T U H I J R K L M M M T O G P Q F U R D E I T
 I O S G T H E U I W A X G Y Z R G A O M T I
 S I B N C T D C A L O R I E E F O E G O M E K T
 S T H I I L J K L K M D E I F I T R O F N R U
 U I N Y O A P G R S A Y T U U W E X Y Z T O T
 E R A U B E C D Y E F H G F R U I T S H S P E
 S T I B A H I T R T J O I L S K N L M U O A D
 U U P Q R S I B T A U B V A W X Y Z A B C O D
 R N E F G L H Y T E I R A V E G E T A B L E S
 O I J K A L M M O M P A Q O R S N E T U V Y L
 H W X T Y Z A M B C D C E R F G O G H I J T A
 P K I L M S E A S O N M N U O P I D R Q S I R
 S V R S T A U F V W X Y Z A O B T T U E A U L E
 O C I D L N E F S D I U L F G H A B F R P A N
 H H F T I J O K L R O L O C M G R K R E P T I
 P N I C A L C I U M O P Q I R I A S I N L I M
 T M S R U M V S T A P L E S W E P X G T I P Y
 E K H L O R I M A S X Y E A R W E F E E S V
 L H S P R N U N Y N E P H B P U R C R E R O S
 A I M A S T A I S A I G I M Q V P D A W S H T
 B J N Q L C V W Z C B E I E G A R O T S K O U
 E K L I K E S X E K C F J D R W Z E I H L P V
 L L O S T A F R A S D G K N S X A F O I M Q W
 S U B S T I T U T I O N L O T Y B C N J N R X

- | | | | |
|-------------------|-------------------|------------------|--------------------|
| 1. nutritious | 15. cereal | 29. season | 43. hospitality |
| 2. nutrients | 16. fruits | 30. sale | 44. breakfast |
| 3. snacks | 17. vegetables | 31. labels | 45. basic four |
| 4. protein | 18. minerals | 32. staples | 46. measurements |
| 5. meat | 19. calcium | 33. substitution | 47. regulators |
| 6. eggs | 20. phosphorus | 34. evaporation | 48. health |
| 7. fish | 21. iron | 35. storage | 49. habits |
| 8. milk | 22. vitamins | 36. fortified | 50. fluids |
| 9. digestion | 23. tissues | 37. ingredients | 51. weight |
| 10. carbohydrates | 24. mealtime | 38. variety | 52. suppliers |
| 11. fats | 25. likes | 39. oils | 53. vitality |
| 12. energy | 26. budget | 40. food value | 54. preparation |
| 13. calorie | 27. buying | 41. color | 55. flavor |
| 14. bread | 28. refrigeration | 42. recipes | 56. homogenization |