



## Have You Heard?

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### Bigger Can Be Better

If queen size means more to you than petite or junior when you shop for clothes, what do you choose to look your best.

Certainly now just loose-fitting, dark-colored clothing. The days when the fashion industry ignored larger women are over. Manufacturers are making more styles—and more stylish clothing—for bigger women than ever before. Of course not everyone looks good in everything, and here are some pointers for looking better, not bigger!

- Avoid bulky fabrics. Choose smooth, natural-looking fabrics that stay pressed.

- All white — and that old standby, all black — can make you appear larger. Soft colors and jewel tones are flattering to full figures.

- Prints and plaids are okay, if colors are subtle and harmonizing, and you stay away from small-and-fussy- or large-and-bold patterns.

- Choose designs that lead the eye up and down—not around. If your dress doesn't have vertical lines, create them with a long scarf, or long heads, or a jacket

women open

• Choose simple, loose-fitting styles that suggest rather than define—the body shape. But avoid styles that are too loose—fullness exaggerates size.

### Children Can Learn Through Foods

The foods children eat have a direct effect on their growth, development, behavior, and ability to learn.

Early positive experiences with food lay a firm ground for future eating habits. It is important that children learn about nutrition and the role it plays in life. Children first need to realize that the energy they need to jump, run, prance, and grow comes from the foods they eat.

Stress the importance of foods at every opportunity. Expose children to a variety of foods, and explain why they need to eat many different foods to develop properly.

Food experiences at home can help develop a positive attitude toward foods. Food experiences also teach and reinforce many concepts.

For instance, letting children help buy and prepare foods can

give them a better understanding of quantities and measurements—a lesson in mathematics.

Children can also learn to distinguish colors, shapes, and textures using foods. Apples are red, bananas are yellow, and blueberries are blue—the three primary colors. Banana skins are smooth and uniform, while broccoli flowers are not.

Children can learn new language skills when preparing foods. A fruit

and vegetable smorgasbord can provide experiences that reinforce smells, tastes and terms such as sour lemons or tart apples, squeeze oranges or knead dough.

Children can learn good manners and consideration of others at the table. As children observe adult behavior while eating they too learn to share with and to respect others. Food experiences can provide a wide variety range of learning activities for children every day.



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