

Kids' KOrner

Snack Apple Tips

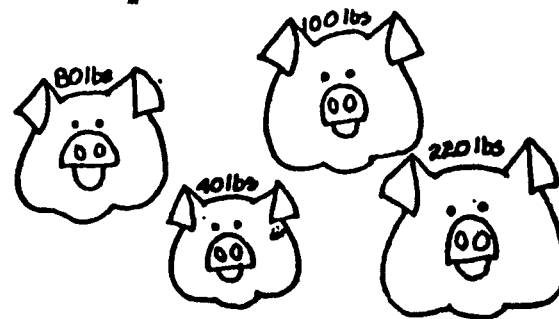
- A cored apple filled with peanut butter or chicken salad makes a great "walking" lunch.
- Freeze individual serving boxes of apple juice and put in a lunch bag to keep other food cool. The apple juice will thaw by lunch time.
- Substitute apple slices for jelly on peanut butter sandwiches.
- Mix fresh apple chunks or applesauce into hot oatmeal.
- Let your kids "dip" apple slices into peanut butter.
- Freeze apple juice for a naturally sweet juice pop.
- Freeze applesauce then whip it up in a blender for a spoon-em-up "slushie."
- Mix apple chunks into a favorite high-fiber breakfast cereal. The apple chunks add a sweet crunch and extra fiber.
- Don't forget apples at a salad bar. They're great tossed in both fruit and green salads.
- For a quick and easy lunch, layer apple slices in a cheese sandwich made with low-fat cheese, then toast it in the oven.
- Serve chicken salad on apple slices. Or mix chunks of apple into the salad for a colorful, flavorful crunch.
- For a quick, low-calorie dessert, microwave a cored apple in a little apple cider until tender.
- Apple slices, low-fat cheese and whole wheat crackers make a delicious snack or appetizer.

A Pig Grows Up

A pig is weaned (begins to eat other than from its mother) at approximately 4 to 7 weeks. After it is weaned; it is called a feeder pig.

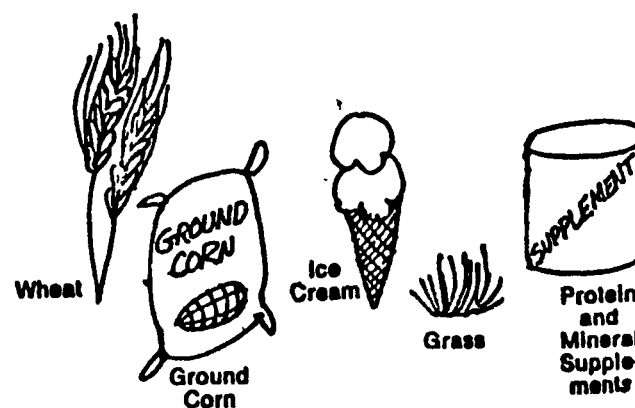
DIRECTIONS

Find and draw a circle around the pig that is just the right weight for market.



A pig eats ground corn, protein and mineral supplements. A farmer must be sure the pigs have water available at all times.

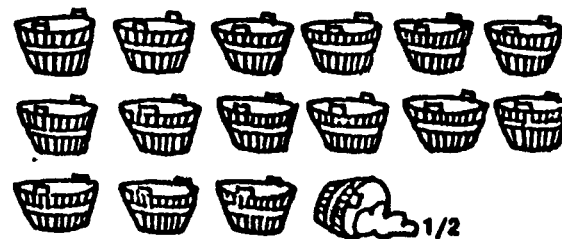
Circle the items the pig must have in its diet to make it the right market weight.



To reach a market weight of 220 pounds takes about 6 months.

To reach market weight, the pig must eat how many bushels of feed? COUNT THEM.

This equals approximately 870 pounds of feed — 750 pounds of corn and how many pounds of protein and mineral supplements? (Subtract the two figures to find that answer).



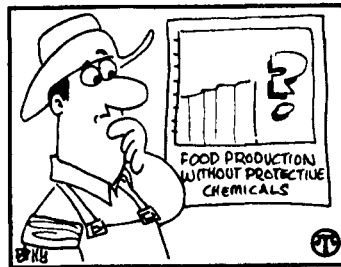
To reach market weight of 220 pounds takes about how many months?

QUICK

????????????????????

QUIZ

????????????????????



1. If American farmers stopped using crop protection chemicals, studies show, food production would (a) rise sharply (b) stay the same (c) fall dramatically?



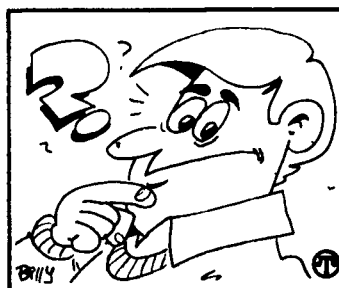
MANY KINDS OF APPLES ARE GROWN IN PENNSYLVANIA.



2. Consumer prices would likely (a) rise rapidly (b) stay the same (c) fall slightly if farmers stopped using crop protection chemicals?



3. Even without the food grown with the help of crop protection chemicals, the U.S. would still be a leader in the global agricultural market. (a) True (b) False?



4. The health of all Americans would improve if farmers stopped using crop protection chemicals. (a) True (b) False?

ANSWERS

1. (c) A recent study by an independent economics firm found there would be dramatic losses in food production if crop protection chemicals use was suspended. 2. (a) The study also predicted rapid increases in consumer prices 3. (b) The U.S. could be eliminated as a global competitor in agriculture markets but for crop protection chemicals. 4. (b) Because diets might tend to be poorer, health risks would increase, and agriculture would put greater pressure on the environment, risking our health and safety far into the future. You can learn more about it from a free booklet: "Doing Without." For a copy, write National Agricultural Chemicals Association, The Madison Building, 1155 Fifteenth Street, N.W., Washington, D.C. 20005.