

Ida's Notebook

Ida Risser

ed a week and we got to know their small children better. Some are quiet and some are boisterous. They all enjoyed visiting on the farm. Here they chased cows and played with the dogs. They did not talk very much about the calves or the two little pigs.

One day on their vacation, we had a picnic at French Creek State Park. Most of the group went swimming but some of the boys wanted to go with their grandfather in his boat. They tried their hand at rowing and he said that they zigzagged across the lake.

One grandson from Virginia stayed with us for a few days too. He helped on the farm and his uncle taught him to drive a tractor. When he gets home, he will have a

lot to tell his family. He was very well behaved and acted quite grown-up.

We even drove to New Jersey to visit another daughter and her family. I thoroughly enjoyed their large in-ground swimming pool and teasingly told my husband

that we should have one too. Now it is time to tackle all those towels in the clothes hamper. And, those chicken bones in the refrigerator must be cleaned off as we roasted several for one last meal before they all flew home.

Kids Eat Up Nutrition

ROSEMONT, Ill. — The National Dairy Council® (NDC) has released Eat the Five Food Group Way!, a full-color, graphic guide to nutritious eating for children 6 to 10 years old. Using colorful,

cartoon-like characters and whimsical drawings of food choices, the poster, educational hand-out and 24-page teacher's guide is a complete teaching tool which emphasizes the importance of variety in a healthy diet.

"Eat the Five Food Group Way! is a simple, visual way to introduce the Five Food Groups and kid-appealing foods in each category," explains Tab Forgac, vice president of Nutrition Services for NDC. "The lesson plans and teaching suggestions include 12 terrific hands-on activities for helping kids learn the names of the Five Food Groups, the foods included in each of them and their health benefits."

Children also learn the minimum number of servings from each group that make up a nutritious daily diet.

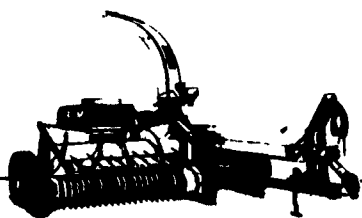
Eat the Five Food Group Way! was designed to be used by elementary schools, scouting and community groups, dietitians and a wide variety of health care organizations and professionals. To obtain a copy of the guide and accompanying materials, contact your local Dairy Council® or call (800) 426-8271 for the Dairy Council nearest you.

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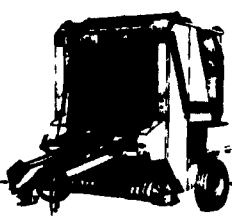
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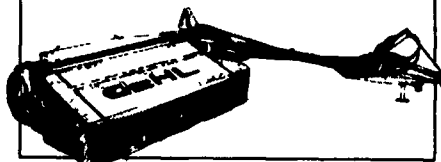
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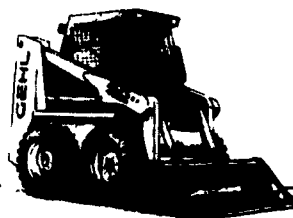
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