

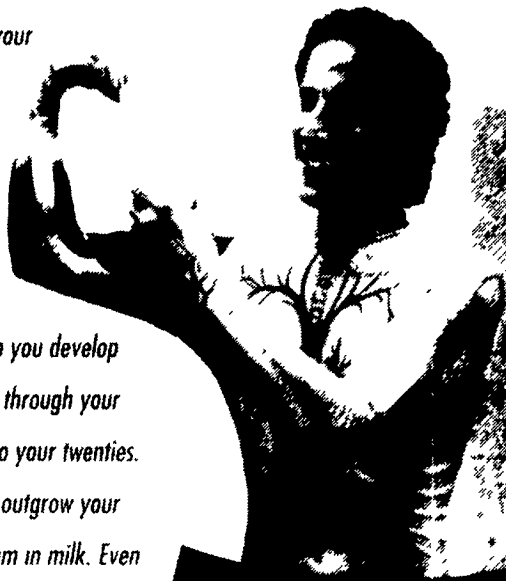
# Kids Korner

## HOW BONY ARE YOU?

### DID YOU KNOW THAT...

Without your bones, you couldn't stand.  
 Wouldn't have much shape at all  
 Like a lump of clay, or a jelly fish  
 Or a flattened rubber ball!  
 So... "Bony Boy" and I are here to say,  
 You can have strong bones the easy way.  
 Exercise, go out and play  
 And drink your milk everyday!

**Milk** has lots of good nutrition to keep your body healthy. Its most important nutrient is calcium. The calcium in milk works hard to help you develop strong bones right through your teen years and into your twenties. In fact, you never outgrow your need for the calcium in milk. Even grown-ups need it to maintain strong bones and help prevent fractures and breaks.



## THESE FUN RECIPES GIVE YOU LOTS OF CALCIUM AND ARE EASY TO MAKE.

- 1 cup milk
- 2 tablespoons creamy peanut butter
- 1 tablespoon strawberry jam
- 2 scoops vanilla ice cream or frozen yogurt

- In the container of an electric blender combine milk, peanut butter, jam and ice cream.
- Cover; whirl until smooth.
- Serve immediately.

YIELD: 2 cups • 2 portions

- 1 package (3 ounces) "berry blue" gelatin dessert mix
- 1/2 cup boiling water
- 1-1/2 cups milk

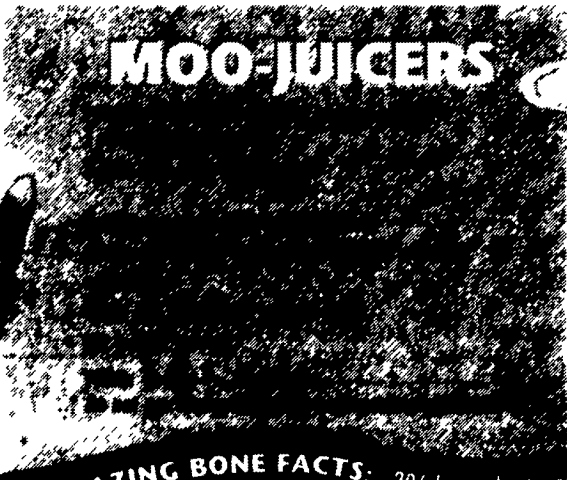
In a 1-cup glass measuring cup pour gelatin mix. Add boiling water; stir until gelatin is completely dissolved, 3 to 5 minutes. Pour into a medium mixing bowl; stir in milk.

Cover and refrigerate until nearly set, about 1 hour.

Using a wire whisk, rotary beater or an electric mixer set at low speed, beat gelatin mixture until it doubles in volume, 3 to 5 minutes.

Serve immediately or cover and refrigerate until ready to serve.

## MOO-JUICERS



**SLIM GOODBODY'S AMAZING BONE FACTS:** 206 long, short, round, flat, big and little bones make up your skeleton • Half the bones in your body are in your hands and feet • When you lift a glass of milk and take a sip over 30 joints move in your fingers, wrist, arm and shoulder • Joints are where bones meet • A baby may have as many as 350 bones, but as the child grows older many of these grow together and form single bones, especially in the skull

## SOUP-ER DOG

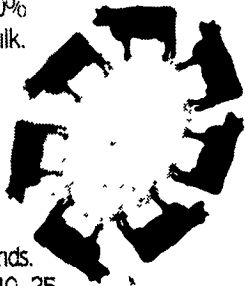
- 2 cups milk
- 1 can (16-1/2 ounces) cream-style corn
- 1 cup frozen peas and carrots, slightly thawed
- 2 hot dogs, sliced 1/4-inch thick

- In a medium saucepan combine milk, corn, peas and carrots and hot dogs.
- Bring to a boil, stirring frequently; reduce heat; simmer for 5 minutes, stirring occasionally.

YIELD: 4 cups • 4 portions

## Incredible Facts...

- All cows are females (The males are called bulls)
- Cows have four stomachs (You have just one)
- Cows often have their ears pierced—with ID tags
- A cow can't give milk until she's given birth to a calf
- The average cow produces 90 glasses of milk each day. That's enough for 30 children to have 3 glasses of milk a day
- Cows provide 90% of the world's milk. Water buffalo, camels, goats, sheep, horses, and reindeer are also milked.
- A cow weighs about 1400 pounds. That's probably 10-25 times what you weigh!
- A cow's udder can hold 25-50 pounds of milk. No wonder she's so eager to be milked!
- A Holstein's spots are like a fingerprint or snowflake. No two cows have exactly the same pattern of spots.
- A cow gives nearly 200,000 glasses of milk in her lifetime



## Orange Cow

An "udderly" delicious drink!

- 1 cup milk
- 1 scoop vanilla ice cream or frozen yogurt
- 1/2 cup orange juice

Mix together until smooth. Share with a friend or two.

