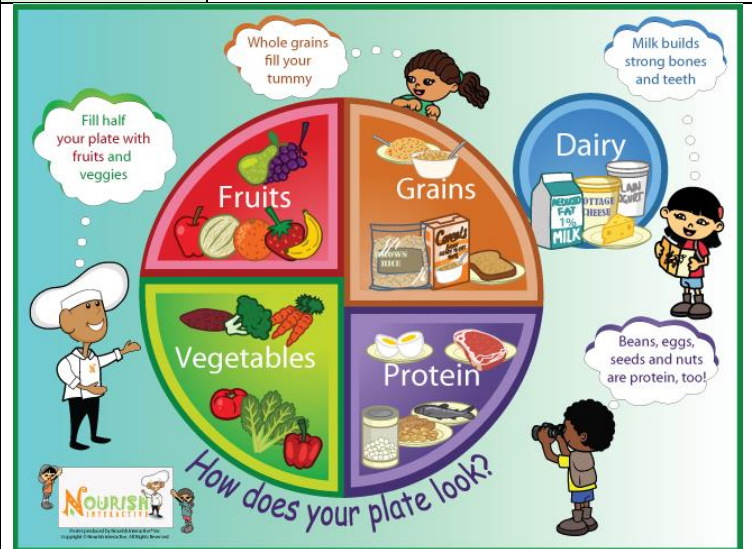
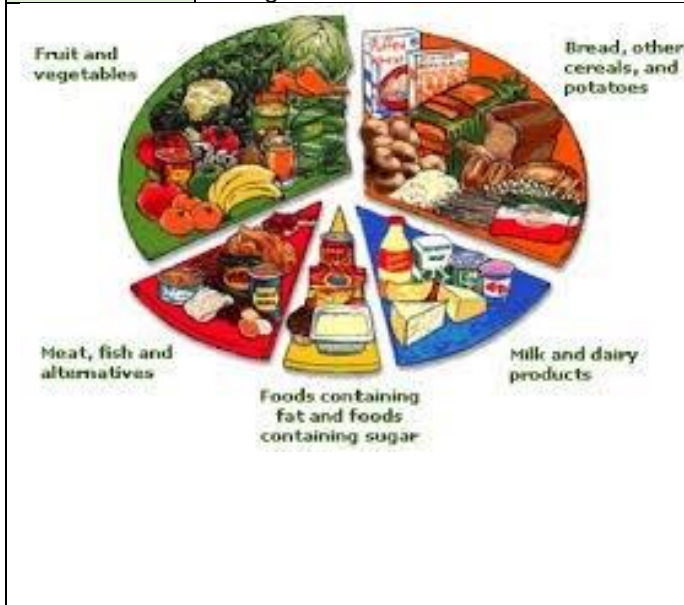


Vocabulary

<b>Dairy</b>	All dairy products come from milk. Dairy products include <b>milk</b> , cheese, and <b>yogurt</b> .: Dairy products provide calcium.	<b>Protein</b>	<b>Protein builds, maintains, and replaces the tissues in your body.</b> Your muscles, your organs, and your immune system are made up mostly of protein.
<b>Fruit</b>	The sweet and fleshy product of a tree or other plant that contains seed and can be eaten as food	<b>Vegetables</b>	A plant or part of a plant used as food, such as a cabbage, potato, turnip, or bean.
<b>Grains</b>	Grains are <b>types of grass that produce seeds that can be eaten.</b> Grains are also called cereals. Wheat, rice, and corn are the most commonly grown grains. Other important grains include barley, oats, rye, millet, and sorghum	<b>Vitamins</b>	Vitamins are <b>nutrients that humans need in order to grow, reproduce, and be healthy</b>



**Eating Your A, B, C's...** You don't need much of them, but you can't live without them. Vitamins are a group of 13 substances that the body needs. For the most part, you get vitamins and minerals from the food you eat.

**Vitamin A** is also called retinol. It is necessary for healthy vision and also helps create strong bones and teeth, as well as a strong immune system.

**Vitamin B** is a group of vitamins that help the body turn food into energy. They are also needed to make red blood cells and the genetic materials DNA and RNA.

The vitamin B group includes:  
 • B1 (thiamin)  
 • B2 (riboflavin)  
 • B3 (niacin)  
 • B5 (pantothenic acid)  
 • B6 (pyridoxine)  
 • B9 (folic acid)  
 • B12 (cobalamin)  
 • BIOTIN

**Vitamin C**, also called ascorbic acid, is necessary for making collagen, which holds body cells together. It also aids in the healing of wounds and burns and helps build strong teeth and bones.

**Vitamin D** is made by the body when it is exposed to the sun. The vitamin is also found in certain foods. Vitamin D helps the body absorb the mineral calcium. It also helps build strong bones and teeth.

**Vitamin E** helps maintain healthy red blood cells and muscle tissue.

**Vitamin K** is necessary for blood to clot when you get a cut. Half of the vitamin comes from the food you eat; the other half is manufactured by bacteria in your intestines.

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**KITCHEN SAFETY**  
FOOD SAFETY

**Wash Hands & Kitchen Surfaces**

**Scrub-A-Dub...**  
Wash hands for at least 20 seconds, singing the ABC song. Use hot water and soap. Rinse off with cooler water.  
 Always do this:  
 • Before cooking  
 • After using the bathroom  
 • After handling raw meat.

**A Clean Start...**  
Wash counters top with hot soapy water to kill bacteria.

**Keep Foods Out of the "Danger Zone"**

**Keep hot foods hot (above 140°F)**

**Keep cold foods cold (below 40°F)**

**Save Some...**  
Cover and refrigerate or freeze leftovers within 2 hours after they are cooked.

**A Safe Bite...**  
When eating, food always use a clean utensil.

**Avoid Cross-Contamination**  
Avoid combining raw and cooked foods.

