Starter Survey

These questions will help your teacher know which topics to include in your school-aged parent nutrition class. Below are statements about food and nutrition during pregnancy. In each statement, circle the answer in parentheses you think is the best one.

1. Each day, the pregnant teenager needs about (300, 500, 1000) calories more each day for her own growth and for the development of her baby.

2. During an uncomplicated pregnancy, a good, normal weight gain is about (10-15, 25-35, 40-45) pounds.

3. The extra food needed during pregnancy maintains the health of (the mother only, the baby only, both the mother and the baby).

4. Excess dietary protein (can, cannot) be stored in the body and should be eaten every day.

5. An example of combining vegetable proteins wisely is (rice and beans, lettuce and tomatoes, ketchup and french fries).

6. The pregnant teenager needs at least (4, 6, 8) servings of calcium-rich foods each day.

7. Nonmilk sources of calcium include (collards and fish with edible bones, chocolate and peanuts, kidney and lima beans).

8. Table salt (should, should not) generally be restricted during pregnancy.

9. (Calcium, Iron, Sodium) is a mineral needed during pregnancy to help produce blood for both baby and mother.

10. For proper growth of the baby's nerves and skeleton, the mother should have an adequate amount of the mineral (iron, sodium, zinc) in her diet.

11. (Seafoods, fruits, vegetables) are a good food source of iodine.

12. Vitamin D and (vitamin A, niacin, riboflavin) help maintain the health of the pregnant teenager and are especially important for her baby's developing body cells.

13. (Carrots and dark yellow squash, Celery and cucumbers, Eggplant and tomatoes) are very rich in vitamin A.

14. (Broccoli and leafy green vegetables, milk and cheese, nuts and raisins) supply folacin, a B-vitamin.

15. If the pregnant teenager needs to increase her intake of vitamin C, she should eat more (green peppers and oranges, whole grains, carrots and liver).

16. A good food source of vitamin D is (green and yellow vegetables, fortified milk, red meats).

17. Alcohol, caffeine, and nicotine (are not, are) dangerous substances to use during pregnancy.

18. A baby with Fetal Alcohol Syndrome may be (mentally retarded, tall for its age, very strong) and have unusual facial features.

19. Vitamin and mineral supplements are (always necessary, sometimes useful, never needed) during pregnancy.

20. Smoking (is dangerous, is not dangerous) for the developing baby.

21. Morning sickness during early pregnancy may be helped by eating a number of smaller meals and by (eating more spicy foods, drinking fluids with meals, avoiding greasy or fried foods).

22. Constipation may be relieved by including more fiber in the diet, by exercising regularly, and by (drinking more water, eating enriched breads, peeling fruits and vegetables).

23. Eating nonfood items such as ashes, laundry starch, or clay during pregnancy (is not dangerous, is rarely dangerous, is dangerous) to the developing baby.

24. Fast foods (are dangerous, can be eaten occasionally, are fine for a steady diet) during pregnancy.

25. Select the beverage that gives this menu a food item from each of the five food groups: ham salad sandwich on whole wheat bread, carrot and celery sticks, a banana, and (tomato juice, low-fat milk, soft drink).

26. To help keep your grocery bill low, you should (shop while hungry, buy only specials, make and use a grocery list).

27. Nutrition labels on food (are required on all foods, help in choosing the most nutritious foods for your money, contain the manufacturer's name and address).

28. By adding about three cups of (fruit juice, milk, water) to your diet each day while nursing, your increased nutritional needs could be met.

29. Drugs taken by the mother while nursing (can, cannot) enter her milk.

30. For the teenaged mother, the choice of bottle- or breastfeeding depends upon (only the mother's feelings, only the infant's needs, both mother's feelings and infant's needs).

31. Vitamin and mineral supplements are (always necessary, sometimes necessary, never necessary) for both bottle-fed and breast-fed babies.

32. Solid foods should be introduced into your infant's diet no earlier than (2-3, 4-5, 8-9) months of age.

33. Sugar and (water, salt, flour) are unnecessary additives to any baby food.

Suggested Activities

1. Making Menus

PREPARATION. Collect several weeks' worth of grocery store or supermarket food advertisements. Sources may include newspapers and promotional flyers. This collection will be used again in activity 3, below.

ACTIVITY. Review the five food groups with the students, as necessary. (See lessons 14 through 18.) Have students work individually or in small groups. Ask them to use the ads from one week to devise economical menus. Each menu should include one food from the first four food groups.

Then, ask each student or work group to summarize why they picked particular foods. Coach them to emphasize points that review material covered in this lesson.

- Price is an important consideration, but may not be the only, or even the major, one. Personal likes and dislikes, the size or amount of an item on sale, and the distance to the store or easy transportation access to it may be important factors in food choices.
- The cost per serving of and need for each food are things to think about. Two questions that summarize these considerations are: "What does it cost?" and "Will it be used up?"
- Availability of other services at the same location might influence where to shop and even what to buy; the presence of an in-store bakery, a delicatessen, or shoppers' services such as carry-out and bagging all may influence shopping habits.
- Ease of preparation and time involved in preparation should be balanced against the use of convenience foods, which are generally more expensive than unprepared foods.
- Cents-off coupons can add to savings, but only if the item will be used or is normally purchased. Using discount coupons to purchase empty-calorie foods or to buy a product on impulse can disrupt a food budget.

2. Learning from Labels

PREPARATION. Show the students a label from a food product and a nutrition information label. Ask them to bring to class several examples of each from various products. Or, the instructor can collect a variety of these labels for classroom use.

ACTIVITY. Have students examine labels and nutrition information panels. Ask them to identify the various features of each mentioned in the summary. Discuss how to use this information in making food choices.

3. Cooking for Economy

PREPARATION. This activity uses the collection of grocery ads in Activity 1. Ask each student to bring to class one or several recipes or a cookbook which emphasizes cooking for economy. Sources for these recipes can include newspaper or magazine food columns, home, or the school or public library.

ACTIVITY. The students will scan the advertisements and choose one or two that contain foods they would like to serve and eat. Have them find a tempting recipe in the books or clippings that uses one or more of the featured foods. They can choose several main products (such as meat or meat substitute, dairy product, fruit and/or vegetable) and use the cookbook's index to find recipe ideas for these ingredients.

After everyone has found at least one recipe using their chosen sale items, have the students share the recipes they have chosen and explain why they chose it. Discuss the selections, highlighting their nutritional content and cost savings.

Related Activities

B-right Ideas: Menu Planning and Smart Shopping

The Shopping Game

Smart food shopping is like a game. If you follow a few simple rules, it's easy to win! Rules for the food shopping game help you save money. You can have fun figuring out the best buys.

Hints to Follow at Home

1. Look in the newspaper for food sale ads. Use sale foods by planning menus a few days in advance.
2. Make a shopping list.
3. Eat something. This helps you avoid buying things you might not really need. If you shop while hungry, everything will look good, even things you won't use.

Hints to Follow at the Store

1. Buy only what's on your list.
2. If unit pricing is available, use it to help decide which food items are your best buys. Unit prices tell you how much a food costs for a certain amount. For example, if there are two brands of spaghetti, one might cost more per ounce. Unit pricing will tell you how much each brand costs per unit so you can compare.
3. Buy appropriate-sized packages of food. If you can't use the giant economy size or repackage it into smaller amounts, don't buy it. Sometimes you can buy extra and freeze what you won't use right away. This works well with meats. Extra meat can be saved in meal-size portions. Freeze, label, and date these portions for future use.
4. Save money on protein sources. Use less expensive cuts of meat. Or combine meat with non-meat proteins. Or use complementary vegetable proteins.
5. Use store brands, generic foods, or bulk foods as much as possible.
6. Use coupons only if you'd buy the product anyway. Make sure the cost of the item with the coupon is less than the store brand, generic foods, or bulk foods.
7. Put frozen and fresh foods in your cart last. This preserves their freshness. Spoiled food wastes money.
8. Request "rain checks" when a sale item is no longer available.

Hints to Follow in General

Make it a habit to look in newspapers and magazines for coupons you can use and for economy recipes. Keep these ideas handy. When you read food ads and make up your menus and grocery list, look over these ideas.

Convenience foods—packaged ones or take-out—are generally more expensive than those you make at home. You have to decide whether the time you save is worth the price you pay.

The Smart Shopper's Checklist

Before shopping:
- ☐ **Look for ads.**
- ☐ **Make a list.**
- ☐ **Eat.**

At the store:
- ☐ **Buy only what's on the list.**
- ☐ **Use unit pricing.**
- ☐ **Buy only what you need.**
- ☐ **Use complementary proteins.**
- ☐ **Use store, generic, or bulk items.**
- ☐ **Use coupons wisely.**
- ☐ **Put perishables in the cart last.**
- ☐ **Ask for "rain checks."**

In general:
- ☐ **Keep a coupon file.**
- ☐ **Keep a recipe file.**

Consumer's Guide to Food Labels

Label Information

Certain basic information must appear on a food label.
- the name of the product
- the net volume or net weight of the contents
- the name and address of the manufacturer, packer, or distributor
- a list of the product's ingredients

— The first listed ingredient is present in the largest amount. The last listed is present in the smallest amount.
— Additives must be listed. However, colors and flavors need not be listed by name. "Artificial colors" or "artificial flavors" may be all the label indicates.
— "Standardized foods" (such as mayonnaise, catsup, and ice cream) do not have to display a list of ingredients.

Nutrition Information

Nutrition information must appear if a nutrient has been added or if there is a nutritional claim for the food. Nutrition information must list
- calories, protein, carbohydrate, and fat per serving.
- percentages of U.S. Recommended Daily Allowances (U. S. RDAs) of selected nutrients.
- the size of one serving and the number of servings of food in the container.

Things to Know About Labeling Information

U.S. RDAs are the approximate amounts of protein, vitamins, and minerals that an average adult should eat every day to keep healthy. The U.S. RDAs on food labels do not make allowances for the increases needed in pregnancy.

Certain packaging standards apply. The product must be called by the "common or usual" name. Each ingredient must appear in the list of ingredients in descending order by weight. The food to be prepared from the package must be identified. And the foods or ingredients that must be added to complete the recipe must be stated, such as "eggs and oil" on a cake mix package. The word "imitation" must appear on the label when the product is not as nutritious as the product it resembles or for which it is a substitute.

Grades of food, such as meat and milk, are not based on their nutrient content. They indicate the quality of a product based on established USDA standards. Thus, Grade A and Grade AA eggs are not necessarily more or less nutritious than each other.

Manufacturers may "open date" their products to help consumers obtain fresh and wholesome food. Several kinds of dating are used: packing date, which is the date the food was placed in its package; pull or sell date, which is the recommended date for it to be removed from the shelves if not sold; and expiration or freshness date which indicates the length of a product's freshness.

All infant formula products must bear an expiration date. Mothers who plan to feed their babies these formulas should always check the expiration date. It helps ensure a safe product.

B-right Ideas: Gaining is a Real Plus!

A weight gain of 25 to 35 pounds sounds like a lot when a healthy baby weighs only seven or eight pounds. But, remember—parts of your body must grow to help a healthy baby develop.

You gain weight in different ways. Look at the chart on the right

If you add these up and then add the baby's weight, 25 to 35 pounds makes sense for a healthy baby, doesn't it?

Where You Gain	How Much You Gain
Your breasts and uterus	2-6
The placenta, or afterbirth, and its fluids	4-6
Increases in your blood, body fluids, and body stores	12-15

When You Gain

You gain this weight at different times in preganancy.

During the first three months, the two to four pounds you gain comes from increases in your uterus and your blood supply to nourish the growing tissues.

During the second three months, your body lays in stores, including fat for nursing.

How to Gain

You need to gain 3/4 to one pound per week during the last six or seven months of your pregnancy. To gain that weight each week, you need to eat about 300 extra calories per day throughout pregnancy.

You can get the extra calories you need in many ways, with lots of different combinations of nutritious foods such as

- two extra glasses of whole milk, or
- cheese, fruit, and crackers, or
- orange juice and half of a waffle sandwich. (See the recipe on page 19.)

Not Gaining is Dangerous

While the baby is developing, your body continues to grow if you haven't reached your adult height and weight. If you have reached adult size, you must keep your body healthy. Either way, if you don't eat enough nutritious food during pregnancy, it can contribute to complications.

Low weight gain during pregnancy can be dangerous for both you and your baby. Doctors now say it is not safe to diet during pregnancy. Most of the extra weight will be lost by about three months postpartum (after the birth). Nursing is one way those extra stores laid in during pregnancy are used up.

Eat plenty of nutritious food throughout pregnancy so you have a healthy weight gain. If you don't, it can contribute to the following complications:

- toxemia, or "blood poisoning"
- premature birth
- prolonged and difficult labor
- anemia
- an underweight baby
- death of mother
- death of baby

B-right Ideas: Proteins—The Foods with Grow Power

Protein foods have grow power. During pregnancy, you need extra protein foods for growth of new tissues for you and your baby. You also need extra protein for repair of your body cells. Later, if you nurse your baby, your body will make milk in part from the protein in the food you eat.

Some nutrients can be stored in the body. Protein cannot. You need to eat protein foods every day. Protein is similar to a necklace with beads. Each bead is a chemical called an amino acid. Some amino acids, or beads of protein, cannot be made in your body. These are called "essential amino acids." Essential amino acids have to be supplied to your body already formed.

Protein is like a bead necklace. Each "bead" of protein is called an amino acid. Amino acids come from animal foods and vegetable (plant) foods.

Animal Foods
- beef, pork, lamb, pork, poultry, veal
- seafoods, shellfish, fish
- organ meats (liver, kidneys, etc.)
- eggs and dairy products

Plant or Vegetable Foods
- beans
- nuts, nut butters
- seeds (sesame, sunflower, rye, wheat, corn, oat, etc.)

You need 60 grams of protein per day while pregnant.

Animal vs. Vegetable Protein

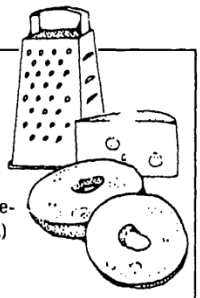
Both animal foods and plant foods contain protein. Animal protein has more essential amino acids than single vegetable proteins. Animal foods are considered higher quality protein than plant foods if eaten by themselves.

However, you can combine different incomplete or lower quality protein foods during the same day. Then the total protein you eat will approach the quality of complete proteins. Combinations and examples to remember appear below.

Combinations	Examples
Grains + Legumes*	wheat bread and baked beans corn tortillas and beans wheat/soy or corn/soy bread blackeyed peas and grits or corn bread
Legumes + Seeds	roasted soybean/sunflower seed snack peanut butter on sunflower seed bread
Animal Protein + Grains	beef taco (beef and corn) milk and breakfast cereal cheese and meat pizza cheese and macaroni casserole
Animal Protein + Legumes	chili beans with beef split pea or navy bean soup with ham

*Legumes are vegetables of the bean and pea family, like soybeans, split peas, lentils, and black beans.

Bagel Pizzas



Equipment needed:
knife
baking sheet
large spoons and spatula
grater for cheese
oven
paper plates for serving

Ingredients:
6 whole bagels, sliced (whole wheat or enriched)
1 jar (8-12 oz.) spaghetti sauce or home-made sauce (with or without meat)
1 lb. Mozzarella cheese

Instructions:
Shred the cheese. Place each bagel half, split-end up, on a large baking sheet. Cover each half with 1-2 Tbsp. of the sauce. Divide the shredded cheese evenly over the twelve halves.
Heat oven to 325°F. Bake the pizzas about 15 minutes, until the bagel is well-heated and the cheese is bubbly. Eat immediately or cool quickly for storage. Each bagel pizza is about 260 calories.

Suggestions: These reheat well and could be frozen before or after the initial heating.

Appetizing Bean Dip *

Equipment needed:
grater for cheese
sharp knife
stove
mixing spoon
measuring cup and spoons
sauce pan
candle warmer (optional)

Ingredients:
1 can (1 lb.) refried beans
1 cup shredded Cheddar cheese
1/2 cup chopped green onion, including tops
2-3 Tbsp. taco sauce (optional)

Instructions:
Shred the cheese and chop the green onions. Mix all ingredients in the sauce pan; warm over low heat, mixing well. Keep warm over very low heat on the stove or over a candle warmer.
Serve with "dippers": corn chips, tortilla chips, whole wheat bread cubes, or crisp vegetable slices.
This recipe makes about 3 cups of dip. Each 1/2 cup supplies about 185 Calories.

*revised from: *Sunset's Mexican Cook Book*, Lane Books, Menlo Park, CA.

B-right Ideas: Calcium Needs During Pregnancy

Growing a healthy baby is like building a strong house. The best materials have to be available at the right times. One of the most important building blocks of your baby's body is the mineral calcium. You also need calcium. It keeps your body healthy and strong.

Why Calcium?

You and your baby need calcium for many reasons. You both need it throughout the pregnancy for proper bone growth. If you have not yet reached your adult height and weight, you need it to keep growing. Your baby needs calcium so its teeth develop properly before birth. And calcium also keeps your teeth strong and healthy.

In the U.S., milk and milk products are the main source of calcium for many people. These foods include the following:
- cheese
- yogurt
- ice cream, ice milk
- cottage cheese
- all kinds of milk

Certain dark green vegetables contain a lot of calcium.
- broccoli, spinach, kale
- greens including collards, dandelion, turnip, mustard, and beet

Another good source of calcium is fish canned with the bones, such as herring, sardines, salmon, or kippers.

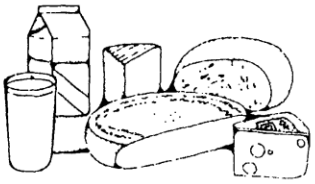
You and your baby need calcium for many reasons.
- You need calcium
  - —for proper bone growth, if you haven't reached your adult height and weight,
  - —to keep your teeth strong and healthy,
  - —to help your blood clot, and
  - —to keep your nerves and muscles strong and sound.
- Your baby needs calcium for these things, too, as he or she develops!

Lactose Intolerance

Some people cannot get their calcium from milk or milk products. They get nausea and diarrhea if they eat or drink these foods. This is because they cannot digest the kind of sugar that is found in milk. This sugar is called lactose, and the condition is called lactose intolerance.

Lactose intolerance is genetic. That means it is passed down from your ancestors. It is often a problem for people whose ancestors were African, Eastern Mediterranean, Asian, or Ashkenazic Jewish. These cultures don't use milk as a food after infancy. If people from these cultures eat milk or milk products, their bodies cannot tolerate the lactose.

Sometimes people from these cultures can eat milk products like cheese or yogurt. Cheese and yogurt have been fermented. The bacteria that make the cheese or yogurt have changed the lactose into another form. The people can then eat these foods without problems.



Pregnant women and all teenagers need 1,200 milligrams of calcium per day. You should eat four to five servings of calcium-rich foods each day.

Worksheet

The Puzzle Page

Below is a list of foods rich in calcium. But their letters are jumbled up. Can you figure them out? The difficult ones have clues. You might want to work in pairs or teams to solve the puzzle.

After you have unscrambled the words, put a star by those you have never tried. Put a circle next to those you have tried. Of the ones you have never tried, marked with a star, which would you like to try? Of the ones you have eaten, marked with a circle, which did you like? How was it prepared? Write the answers to these questions on the line next to the name of the food.

1. SCHEEE _____
2. LAEK _____
3. EIC KLMI _____
4. NOILDNADE RGNEES (a wild plant) _____
5. LKIM _____
6. LLODRSAC (greeny) _____
7. YOTGRU _____
8. TSRADMU SGRNEE (two colors) _____
9. CEI MEARC _____
10. LMASNO with NOBSE _____
11. TTAOGEC ESEEHC _____
12. NRTUPI GNEERS (*not* turned down) _____
13. IKRTULMETB (starts with "B") _____
14. DARINESS (little fish) _____
15. COOLCHETA LIMK (brown cow) _____

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Cheese Party Tray

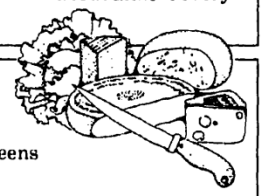
Equipment needed:
sharp knife
toothpicks
cutting board
small serving plates
large platter (optional)

Ingredients:
Select several kinds of cheeses from the following list, allowing about 2-3 ounces total for each student:

Gouda	Brick
Swiss	Colby
Cheddar (mild)	Monterey Jack
Farmer's cheese	Processed American or other mild processed cheese

Instructions:
Remove covering and cube the cheese into bite-sized chunks. Have a supply of toothpicks available. Serve cheese cubes on a tray or platter, the labels visible.

Suggestions:
Refer to *Completely Cheese* by Anita May Pearl (New York: Warner, 1979) for an interesting coverage of the history of cheese and for information about almost every kind of cheese produced.



Great Greens

Equipment needed:
stove
large heavy saucepan
cooking fork
knife

Ingredients:
1 1/2 pounds collard or other greens
3 or 4 strips bacon
1 clove garlic, minced
1/2 cup canned chicken broth
salt and pepper to taste

Instructions:
Rinse the greens and cut them into strips. Set aside. Cook the bacon till crisp. Remove it from pan, drain fat off (carefully!) and reserve 2 tablespoons for cooking, crumble the bacon, and set it aside.

Cook the greens, garlic and broth in the reserved bacon drippings for two minutes, stirring the whole time. Cover and cook another 15 minutes, stirring often, until greens are tender. Drain if necessary. Season to taste with salt and pepper. Top with crumbled bacon.

Suggestions:
Substitute frozen greens for fresh. Use other combinations of spices, or substitute onion or hot pepper (jalapeno, hot wax, etc.) for the garlic. These greens are great served with roast pork, ham, or sausages.

B-right Ideas: Minerals—ZIIS for Zest and Zip

Z:	**Zinc**
I:	**Iodine**
I:	**Iron**
S:	**Sodium**

Zinc, iodine, iron, and sodium are four important minerals during pregnancy. A word to help you remember them is "ZIIS," which is formed by the first letter of each mineral.

Zinc

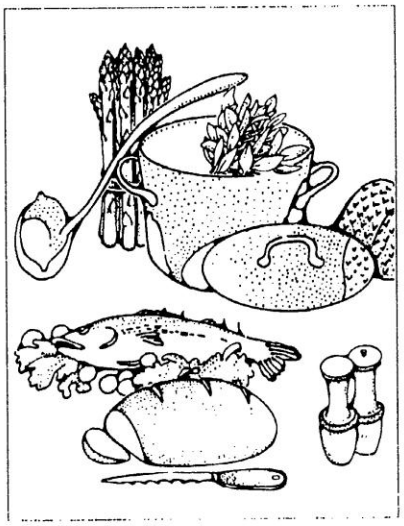
Zinc helps your baby's bones and nerves develop properly. It is found in

- liver and meat,
- eggs,
- shellfish (crabs, clams, scallops, etc.), and
- whole grain products.

Iron

Iron is very important in pregnancy. It helps you produce extra red blood cells. Red blood cells carry oxygen to you and your baby. These foods contain iron:

- red meats,
- spinach, asparagus, and collards,
- dried beans and peas, and
- some dried fruits: raisins and prunes.



Your doctor may prescribe iron supplements for you and your baby. If so, take them as directed: they're important! If your body doesn't get enough iron, you may get anemia. Anemia is when the number of red blood cells in your blood is too low.

Your body absorbs more of the iron in an iron-rich food if you combine it with a vitamin C food.

So, if you eat broccoli with your beef, your body absorbs more of the meat's iron thanks to the vitamin C in the broccoli!

Iodine

Iodine regulates the growth of your baby's body. It also regulates your own body's growth, if you are still growing. You get it in

- iodized table salt,
- seafoods, and
- plants grown in iodine-rich soil.

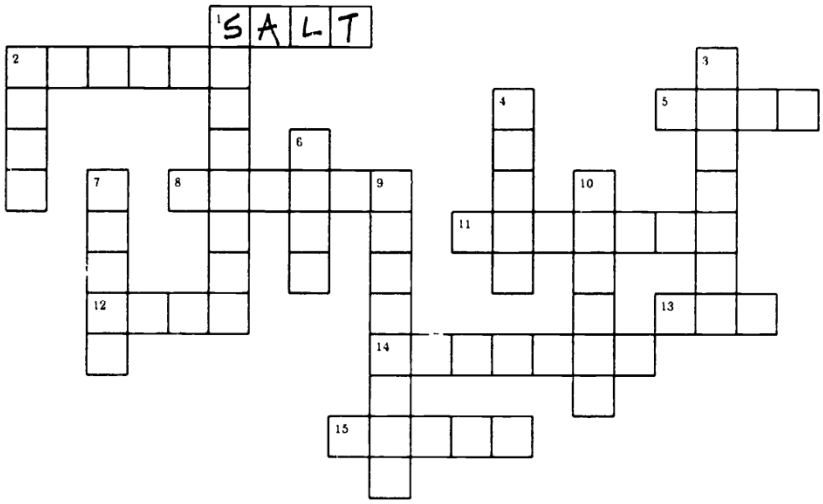
Sodium

Sodium is everywhere in the American diet. It occurs naturally in most foods. You need it to balance the extra fluid your body retains during pregnancy. It is present in

- table salt,
- baking soda,
- baking powder, and
- many food additives.

You need sodium in your body during pregnancy. Do not take water pills (diuretics) while pregnant. Water pills remove fluid and sodium. You need both.

The Puzzle Page



Directions: The missing words in the sentences below fit into the puzzle above. Printed under the blanks are numbers that tell you where the missing words go. One blank is already filled in to get you started.

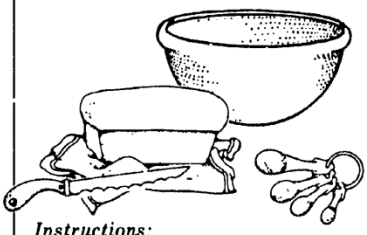
Zinc, _____ (2 across), iron, and sodium are very important _____ (9 down) in pregnancy. _____ (2 down) is needed to produce red _____ (15 across) cells. Good food sources are _____ (13 across) meat, organ meats such as _____ (7 down), dried beans and peas, and fruits like _____ (14 across) and prunes. Your body can absorb iron from your diet better if _____ (11 across) C-rich foods are eaten with the iron-rich foods.

_____ (8 across) is needed to maintain water _____ (3 down) in the extra fluids normally gained in pregnancy. The most common source of sodium in the U. S. diet is table SALT. _____ (10 down) powder also contains sodium. (1 across)

_____ (6 down) is important for your baby's bones and muscles. It can be found in _____ (12 across) and whole _____ (4 down) foods. Iodine can be found in iodized salt and in _____ (1 down). You and your baby need small amounts of iodine to regulate your _____ (5 across) of growth.

Zesty ZIIS Bread
(Irish Soda Bread in disguise)

Equipment needed:
large bowls (2)
large mixing spoon(s)
board or space for kneading bread
8" round cake pans (2)
sharp knife
oven
racks for cooling (optional)



Ingredients:
2 cups unsifted enriched white flour
2 cups whole wheat flour
1/2 teaspoon iodized salt
3 teaspoons baking powder
1 teaspoon baking soda
2 cups raisins or currants
1/4 cup honey
1/4 cup vegetable oil
1 egg
1 3/4 cups buttermilk, or whole milk with 1 teaspoon vinegar added to sour the milk
vegetable oil or shortening for greasing pans
butter or margarine

Instructions:
Preheat oven to 375°F. In a large bowl, combine flours, salt, baking powder, and baking soda. Mix. Stir in raisins or currants. In another large bowl, combine honey, oil, egg, and buttermilk. Mix. Add about 2/3 of the flour mixture to the liquid mixture, stirring to make a sticky dough.

Put the rest of the flour mixture on a board. Scoop the dough onto the board. Knead the dough about 2-3 minutes until smooth. Divide the dough in half, and pat each half into a round loaf.

Grease and flour two 8" cake pans. Place a loaf in each. They will expand to touch the sides while baking. With a sharp knife, cut slits about 1/2" deep in the loaves in the shape of an "X." Bake the loaves for about 35-40 minutes in the 375° oven, or until they sound "hollow" when tapped. Remove from pans and cool slightly on the racks. Slice and serve warm with butter or margarine.

P.B.R.'s

(Peanut butter and raisin sandwiches)

Equipment needed:
table knives
sharp knife
cutting board
plates or napkins for serving

Ingredients:
for each double sandwich:
- 2 pieces of whole wheat bread, toasted, if desired
- 1/4 cup peanut butter, if possible the chunky style
- 2 Tbsp. raisins

Instructions:
Spread the peanut butter generously on the bread or toast slice. Sprinkle on the raisins and top with second slice of bread or toast. Cut in quarters. Each quarter provides about 150 calories.

Suggestions:
Serve the sandwiches with orange or grapefruit juice. The vitamin C in the juice enhances your body's ability to absorb the iron in the whole wheat bread and raisins.