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ABSTRACT

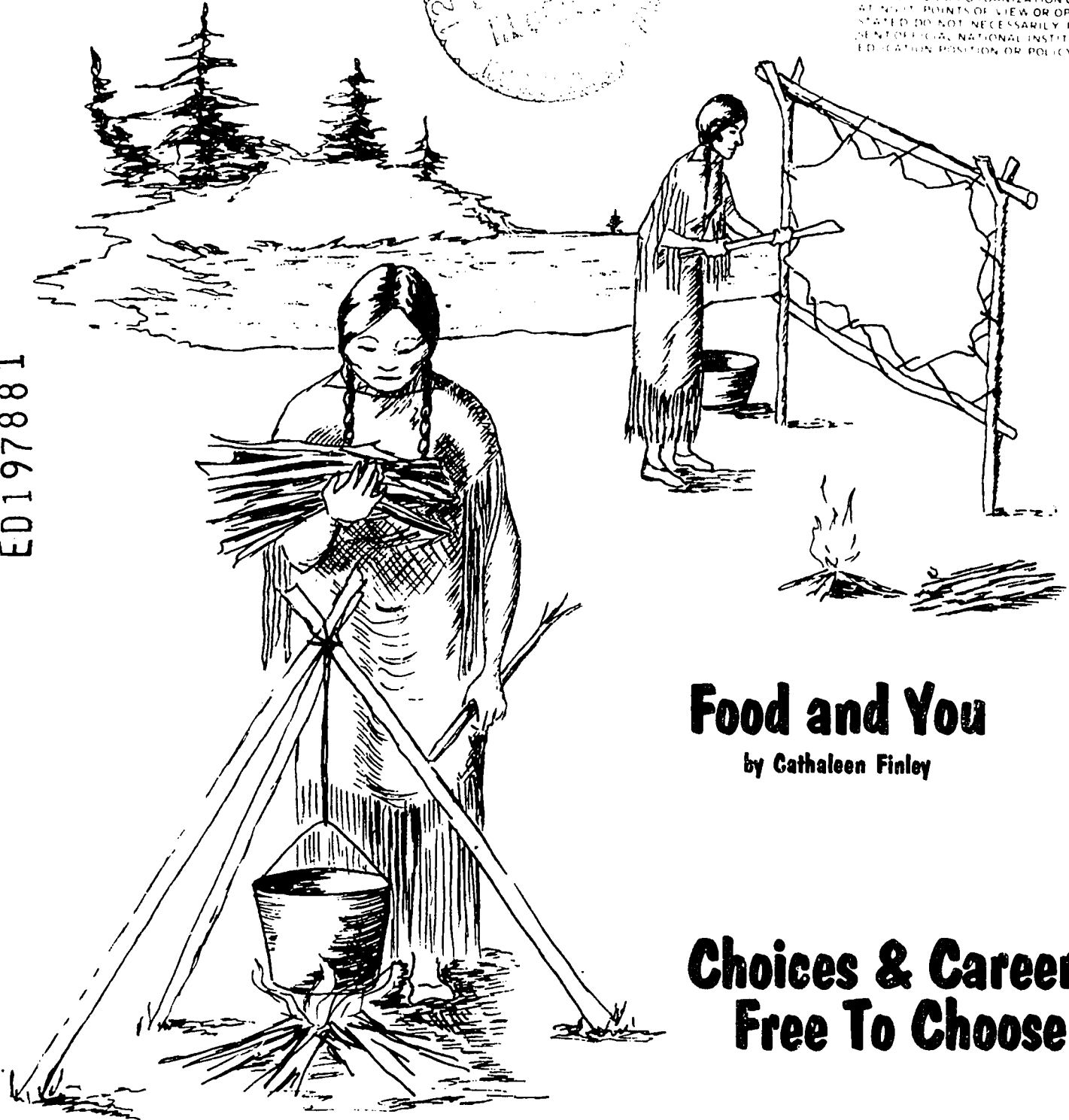
Because teenage girls often have the poorest eating practices of any age group, and because they need more essential nutrients than at any other time of their lives except during pregnancy and lactation, the purpose of the unit, intended for American Indian girls, is to instill in them the rules of good nutrition and good eating habits. The unit stresses the following concepts: (1) nutrition affects a girl's health; (2) long ago tribal people probably had good diets; (3) fruits and vegetables, grains, and milk are important parts of a person's diet; (4) one must have a well balanced diet when dieting; (5) breakfast is an important meal; (6) snack foods can be healthful or they can be empty-caloried; and (7) school breakfast programs and lunch programs can help girls have good nutrition. The unit includes books for girls 9 to 11, 12 to 14, and 15 to 18. Background information for all ages is in the book for 15 to 18 year olds. Because long ago tribal diets were probably very healthful, some of the learning activities emphasize traditional tribal foods. The game "Bingo Lingo" is written in the Chippewa language. It may be necessary to re-write the game if the girls speak a different tribal language. The unit also includes posters and games and directions for ordering supplemental material. The leaders' guide contains additional learning activities as well as instructions for teaching the concepts contained in the girls' books. (Author/CM)

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Food and You

by Cathaleen Finley

Choices & Careers Free To Choose

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Food and You

Book I

by Cathaleen Finley

illustrated by Amy Martin

About The Author

Cathaleen Finley is an associate professor in the Department of Family Development at the University of Wisconsin—Extension. Amy Martin illustrated the unit.

1978

About The Program

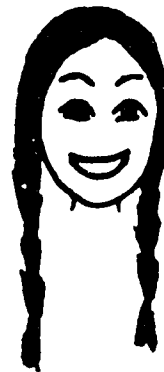
"Food and You" has been developed as part of the project Choices & Careers, Free to Choose, a career development project for tribal girls. The project was developed with the assistance of tribal women in Wisconsin and was funded with special needs funds from Extension Service-USDA.

W3GY14

Fact Sheet

Food and You – Unit For Girls

Choices and Careers Free To Choose



Teenage girls often have the poorest eating practices of any age group, according to many dietary studies. Girls are increasingly figure-conscious and apt to skip or skimp on nourishing foods. Breakfast is often neglected. "Crash" diets should be avoided as they may injure health. Since teen-age bodies are in an important period of development, girls as teen-agers need more essential nutrients than at any other time of their lives except during pregnancy and during lactation.

Teen-age pregnancies make nutrition doubly important for the girls. Pregnancy puts an extra stress on the teen-age mother-to-be, since she must provide nutrients for her own continued development as well as for her baby.

In this unit there has been an effort to emphasize traditional tribal foods. Long ago tribal groups probably had very good diets.

The following concepts are dealt with in the unit:

- Nutrition affects a girl's health.
- Long ago tribal people probably had very good diets.
- Fruits and vegetables are an important part of a girl's diet.
- Grains are an important part of a person's diet.
- Milk is an important part of a person's diet.
- One must have a well balanced diet when she is dieting.
- Breakfast is an important meal.
- Snack foods can be healthful or they can be empty-caloried.
- School breakfast programs and school lunch programs can help girls have good nutrition.

Use the booklet "Nutrition, Food at Work for You" and the booklet "Food and

You" (W3G014) for girls 15 to 18 years old as background material for the unit. The leaders guide W2GX14 provides further help for teaching.

The unit consists of the following materials:

- "Food and You" (W3GY14) Book I for girls 9 to 11
- "Food and You" (W3GM14) Book II for girls 12 to 14
- "Food and You" (W3G014) Book III for girls 15 to 18
- "Key Nutrients" (WKGX14-1-11), a series of sketches illustrating good nutrition
- "Daily Food Guide" (WKGX14a), a poster
- "Follow the Food Guide" (WKGX14b), a poster
- "Bingo-Lingo" (WTGX14a), a game consisting of many call cards and boards
- "Vita O" (WTGX14b), a game consisting of a set of call cards and boards

The girls materials include some Chippewa language. You may want to help the girls rewrite the material if they speak a different tribal language.

The Nutritional Adequacy Record may be ordered from Community Programs if your program is located in Wisconsin. Each girl may use the Record to record the food she eats for one day. When the form is submitted to Community Programs, 401 Extension Building, 432 N. Lake Street, Madison, Wisconsin 53706, the record will be tabulated by computer and returned for each girl to use.

The Booklet, "Food at Work for You" and posters on nutrition may be ordered from your county Extension office.

About The Author

Cathaleen Finley is an associate professor in the Department of Family Development at University of Wisconsin—Extension. Phyllis Ford, a Program Assistant for the Expanded Food and Nutrition Program in Jackson County, assisted in the development of the unit. Amy Martin did the illustrations for the unit.

About The Program

"Food and You" has been developed as part of the project Choices & Careers, Free to Choose, a career development project for tribal girls. The project was developed with the assistance of tribal women in Wisconsin and was funded with special needs funds from Extension Service—USDA.

FOOD AND YOU

What You Are

Nutrition can help make you what you want to be. If you want to do well with your schoolwork and if you want to have pep and energy, then you must eat the right foods.

Traditional Foods

Long ago many tribal groups probably had very good diets. They probably had lots of Vitamin A in their diets. Following are the Chippewa names for some Vitamin A foods of long ago:

- Oquin (liver)
- Oqocseman (squash)
- Ogwissiman (pumpkin)
- Ocheebik (roots)
- Ojwashkwabaga (green leaves)
- Masquaconeg (dandelion greens)
- Keche-ahneebish (swamp cabbage)



No doubt your ancestors got lots of Vitamin C from all the berries they used, such as blueberries, currants, strawberries, raspberries, and gooseberries. They also got some Vitamin C from wild potatoes and green leaves such as dandelion greens.

Some Chippewa Vitamin C foods follow:

- Penig (potatoes)
- Menon (blueberries)
- Meshejeemin (currants)
- Odeimin (strawberries)
- Misquemin (raspberries)
- Shaubominin (gooseberries)
- Ojawashkwabaga (green leaves)
- Masquaconeg (dandelion greens)
- Keche-ahneebish (swamp cabbage)



Chances are that long ago Indians stored a lot of iron in their bodies because they ate wild game, fowl, and fish. Wild berries also supplied some iron, and when people dried fruit for the winter, it provided them with iron. The tribes who had wild rice had another good source of iron. These are some sources of iron.

Gigo (fish)
Weas (meat)
Oquin (liver)
Odeima (heart)
Minun (berries)
Pakaakwe (fowl)
Manomin (wild rice)
Ojawashkwabaga (green leaves)
Keche-ahneebish (swamp cabbage)
Pahta meenewin (dried fruit)
Masquaconeg (dandelion greens)



Even though most tribes did not have milk to drink, they did have ferns and green leaves for food. Such foods provided the calcium they needed. Some Chippewa foods that provided calcium are these:

Weewaugagon (ferns)
Ojawashkwabaga (green leaves)
Masquaconeg (dandelion greens)
Keche-ahneebish (swamp cabbage)
Wagemindjig toodoo shahbo
(mother's milk)

Of course Indian people long ago got plenty of protein by eating wild game, wild fowl from the forests, and fish from the lakes and rivers.

Following are some of those protein foods:

Gigo (fish)
Weas (meat)
Mons (moose)
Bagan (nuts)
Nika (geese)
Oquin (liver)



Neegig (otters)
Ahmik (beavers)
Waboos (rabbits)
Asebun (raccoons)
Kag (porcupines)
Shesheeb (ducks)
Megekan (turtles)
Misissay (turkeys)
Panay (partridges)
Wawashkeshi (deer)
Atchitamo (squirrels)
Akugejesha (woodchucks)
Ocsenahquig (blackbirds)



As the white people began to take over the land and as tribal groups were placed on reservations foods such as the above became scarcer and scarcer. People began using fewer fruits and vegetables, and less meat and fish.

Today you might want to think of those foods of long ago as you decide what foods you want to eat.

A Balanced Diet

To have good nutrition you must eat meat, or peanut butter, or baked beans twice a day. Those are protein foods and they help build strong muscles and repair tissues.

For good nutrition you must eat four servings of fruits and vegetables each day. Fruits and vegetables help you to be healthy. They provide a lot of Vitamin A and Vitamin C.

Breads and cereals are important too. They give you energy and iron.

Milk isn't just for babies. It's for everybody. If you're 9-12 years old, you need three glasses a day, and if you're



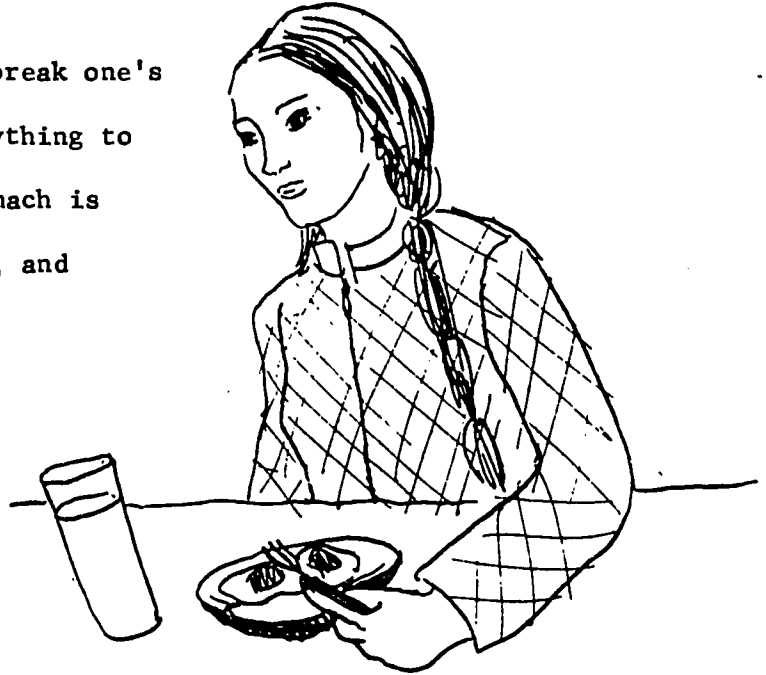
a teenager, you need four glasses a day. It's milk that helps you have strong bones and teeth.

Time for Breakfast

It's very easy for some girls to sleep "a little bit longer" and forget about breakfast. If you go without breakfast, you feel tired and run down before lunch.

The word "breakfast" means to break one's fast. You probably have not had anything to eat for about 12 hours, so your stomach is empty. A car can't run without gas, and you can't run without fuel.

A breakfast doesn't need to be elaborate. A glass of milk and a peanut butter sandwich can do very well for breakfast.





Activity Section

Score With the Basic Four

Fill in as many different foods under each BASIC FOUR FOOD GROUP as you can think of in _____ minutes (fill in number of minutes before you start).

MILK GROUP

MEAT GROUP

VEGETABLE-FRUIT GROUP

BREAD-CEREAL GROUP



Tribal Food Scramble

Unscramble the words.



quassh

atem

rveil

shif

rttule

kucd

liwd ceir

mupkpin

grasusapa

ronc

apmel syupr

soeom

ntsu

toatosep

naesb

breirsesogeo

toros

enegr vaelse

nrfes

limkdewe

delnoinad egress

rcuartns

koech rcherseis

belubreirse

berseirarps

rechcseir

aebr

eder

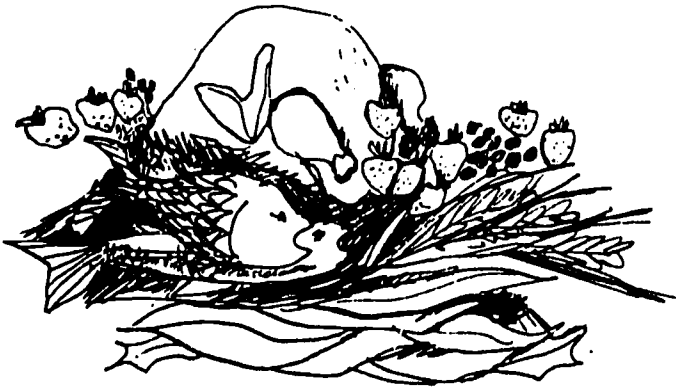
Tribal Food Scramble



Which of the foods in the
Tribal Food Scramble have calcium?

Which of the foods in the
Tribal Food Scramble have Vitamin C?

Which of the foods in the
Tribal Food Scramble have iron?



Which of the foods in the
Tribal Food Scramble have protein?

Which of the foods in the
Tribal Food Scramble have Vitamin A?



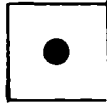
Food and Health of Long Ago

Equipment needed: pencils, dice and paper.

Object of the game: To find out how the foods your people used to eat made them healthy and strong.

Rules:

One
Must
have
to
start



= Berries, leafy greens,
dried fruit, wild game,
fish, fowl, and wild
rice.

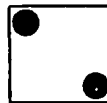
= 1 roll for body

= 1 roll for head

These gave your ancestors
lots of iron.

With that much iron they
had good red blood.

Two



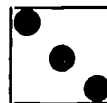
= Your ancestors ate many foods
with protein such as fish,
fowl, and wild game.

= 1 roll for each
leg

With that much protein
they had strong muscles
and good healthy cells.

Protein twice a day for
you.

Three



= Lots of leafy greens like
ferns, swamp cabbage, and
dandelion greens were
eaten by your ancestors.

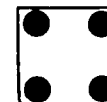
= 1 roll for each
arm

= 1 roll for teeth

With that much calcium
they had strong bones and
teeth.

Calcium three times a day
for you.

Four



= Leafy greens, squash and
pumpkin, some roots too,
along with liver, gave
your ancestors lots of
Vitamin A.

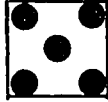
= 1 roll for hair

= 1 roll for each
eye

With that much Vitamin A
they stayed healthy and
saw in the dark.

Some Vitamin A every other day for you.

Five



= Berries, berries, and more berries plus leafy greens gave your ancestors lots of Vitamin C.

= 1 roll for each ear

With that much Vitamin C they had fast-healing wounds and could fight sickness too.

Some Vitamin C every day for you.



Vegetable Scramble



Scrambled Word	Correct	A Vitamin A Food	A Traditional Food
pasrasug			
snbea			
etbes			
cobroil			
abrusles stsopru			
gacbsbae			
rcartos			
lifluacreow			
lecrey			
rnoc			
ionnos			
Ideniaodn egersn			
eaps			
toposeta			
npiscah			
ewstw ptotaseo			
maottsoe			
tpnrui egrns			
kinppum			

Fruit Scramble

Scrambled Word	Correct	A Vitamin C Food	A Traditional Food
plesap			
trasrrwbies			
sprbarresi			
seogorbersie			
greaps			
belubreiesr			
bnracreeisr			
rchersie			
mlups			
lemnos			
ricpoats			
rapes			
onegsar			
fepragiurt			
moelsn			
rucantrs			
nbanasa			
nepipapel			
bruahrb			





The Fruit Tree Scramble

Most fruits come from trees. Fruits are rich in vitamins necessary to our diet. Can you unscramble the words below? Each one is the name of a fruit.

PLAPE 1. _____

CAPEH 2. _____

NELMO 3. _____

ERAP 4. _____

RAGENO 5. _____

ELMI 6. _____

NABAAN 7. _____

MLUP 8. _____

RYHECR 9. _____

GFI 10. _____

The Matching Game

Matching the Vitamin C Foods

Draw a line to the food that is described on the left.

- | | |
|--|---------------------|
| 1. Tastes good in the morning and is good for you too. | Strawberries |
| 2. Are a sure sign of summer and make for good health. | Orange Juice |
| 3. Blood cells together come from eating red jewels. | Brussels
Sprouts |
| 4. Crunchy or creamy it fights the winter woes. | Tomatoes |
| 5. A vegetable to explore so good health is yours. | Cabbage |
-

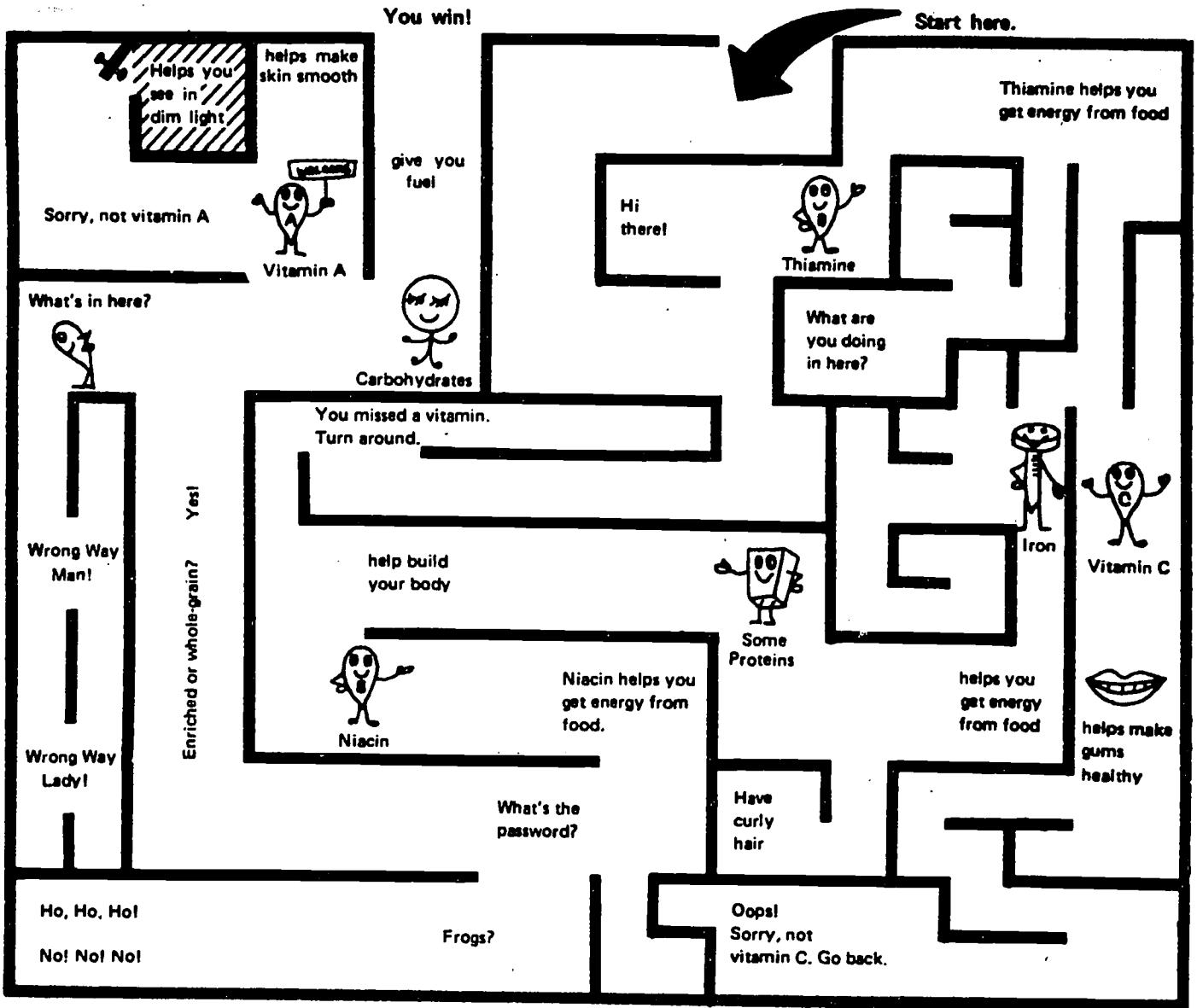
Matching the Vitamin A Foods

Draw a line to the food that is described on the left.

- | | |
|--|-------------------|
| 1. Are dark yellow and taste sweet too. | Carrots |
| 2. Helps to fight colds and is dark green too. | Cantaloupe |
| 3. Help you to see at night and are crunchy too. | Spinach |
| 4. Helps you to grow and are special potatoes. | Apricots |
| 5. Is a summer treat and is good for you too. | Sweet
Potatoes |
-

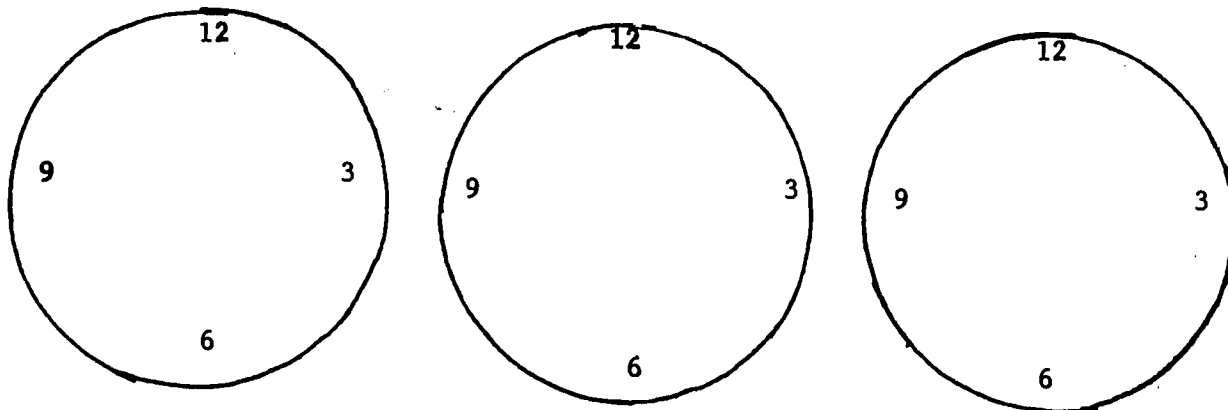
The Maze with Grain

Draw a path through the maze. Nutrients in the Bread and Cereal Group will be your guides. Don't let other nutrients trick you.



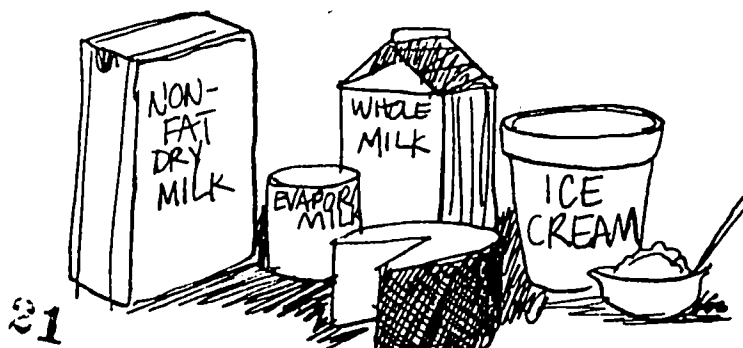
Time For Breakfast

Count the hours from breakfast to lunch, from lunch to dinner, from dinner to breakfast. When is the longest time without food during the day? Make clocks to show this. Shade in the time between meals.



Alice feels cranky and tired most of the time. She is doing poorly in school. She has no interest in playing on the local basketball team. She doesn't have the pep and energy that it takes. Alice skips breakfast so she can get a bit more sleep. She doesn't like the hot lunch at school so doesn't eat much of it.

Could Alice's problem be what she doesn't eat? Why? What would be better eating habits for Alice?



Food and You

Book II

by Cathaleen Finley

illustrated by Amy Martin

About The Author

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W3GM14

FOOD AND YOU

What You Are

Nutrition can help make you what you want to be. If you want to do well with your schoolwork so you can have the kind of job that you want, if you want to have pep and energy so you can have fun with your friends, if you want clear skin and shiny hair so you can have natural beauty, then you must have good nutrition.

Traditional Foods

Long ago many tribal groups probably had very good diets. They probably had lots of Vitamin A in their diets from eating dark yellow foods such as squash and pumpkin, and from dark leafy foods such as dandelion greens. Another source of Vitamin A foods was liver from various fish and animals. Following are the Chippewa names for some Vitamin A foods of long ago:

Oquin (liver)
Ogocseman (squash)
Ogwissiman (pumpkin)
Ocheebik (roots)
Ojashkwabaga (green leaves)
Masquaoneg (dandelion greens)
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No doubt your ancestors got lots of Vitamin C from all the berries they used, such as blueberries, currants, strawberries, raspberries, and gooseberries. They also got some Vitamin C from wild potatoes and green leaves such as dandelion greens. Some Chippewa Vitamin C foods are:

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Odeimin (strawberries)
Misquemin (raspberries)
Shaubominin (gooseberries)
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Masquaconeg (dandelion greens)
Keché-ahneebish (swamp cabbage)



Chances are that long ago Indians stored a lot of iron in their bodies because they ate wild game, fowl, and fish. Wild berries also supplied some iron; and when people dried fruit for the winter, it provided them with iron. The tribes who had wild rice had another good source of iron. These are some good sources of iron:

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Weas (meat)
Oquin (liver)
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Wagemindjig toodoo shahbo
(mother's milk)

Of course Indian people long ago got plenty of protein from eating wild game, wild fowl from the forests, and fish from the lakes and rivers.



Following are some of these
protein foods:

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Ahmik (beavers)
Waboos (rabbits)
Asebun (raccoons)
Kag (porcupines)
Shesheeb (ducks)
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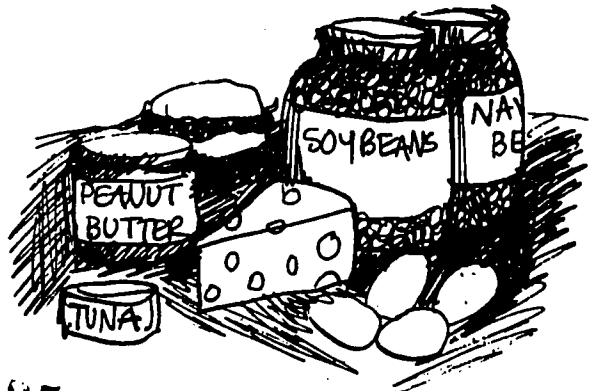
As the white people began to take over the land, and as tribal groups were placed on reservations, foods such as the above became scarcer and scarcer. When this happened, it's likely that people gradually had poorer diets and began using fewer fruits and vegetables and less meat and fish.

Today you might want to think of those foods of long ago as you decide what foods you want to eat.

A Balanced Diet

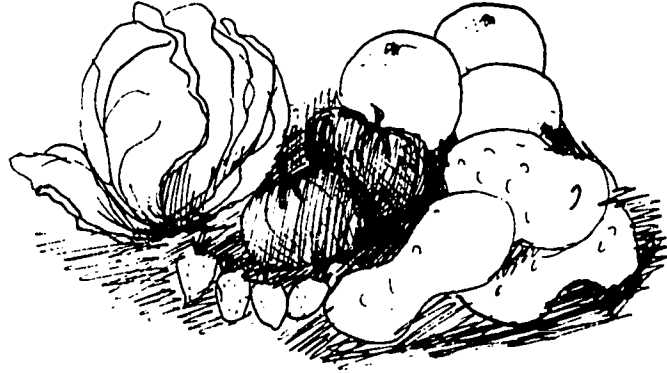
It can be difficult to understand all the details of nutrition, but there is one simple scheme that can help you keep track of what is good eating for you. It is called the Daily Food Guide.

Most girls get enough protein. Two servings a day are what you need. A serving is two or three ounces of



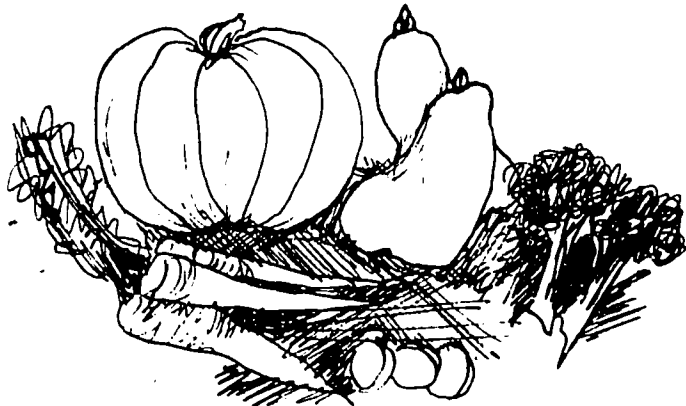
cooked meat, or two eggs, or a cup of baked beans, or four tablespoons of peanut butter. Protein foods help build strong muscles and repair tissues.

There are many girls who don't eat as many fruits and vegetables as they should. You need one serving of a food rich in Vitamin C each day. Good sources of Vitamin C are strawberries, oranges, grapefruit, broccoli, raw cabbage, and potatoes cooked in their jackets.



You need Vitamin C foods for strong blood vessels, fast-healing wounds, and fighting sickness.

Vitamin A is often lacking in diets. If you eat a food rich in Vitamin A every other day, you'll have enough. Good sources of Vitamin A are dark green and deep yellow vegetables such as broccoli, carrots, pumpkin, sweet potatoes, and winter squash. Vitamin A is also found in liver, butter, and fortified margarine. You need Vitamin A foods for healthy body linings, growth, smooth skin, fighting germs, and seeing in the dark.

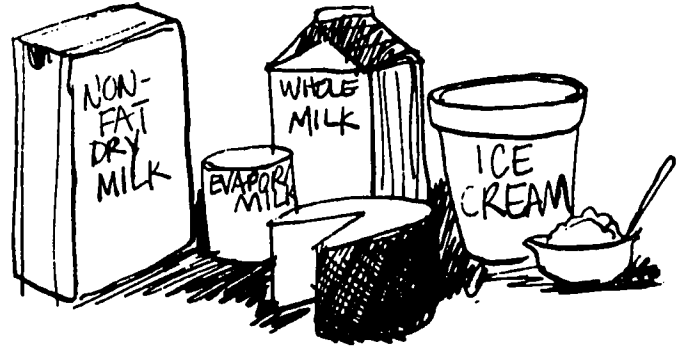


A girl really must eat at least four servings of fruits and vegetables a day.

Don't be afraid of breads and cereals. You need at least four servings a day. They are the foods which give you energy, iron, and B vitamins.

Milk isn't just for babies. It's for everybody. If you're 9-12

years old you need three glasses a day, and if you're a teenager you need four glasses a day. It's milk that helps you have strong bones and teeth.



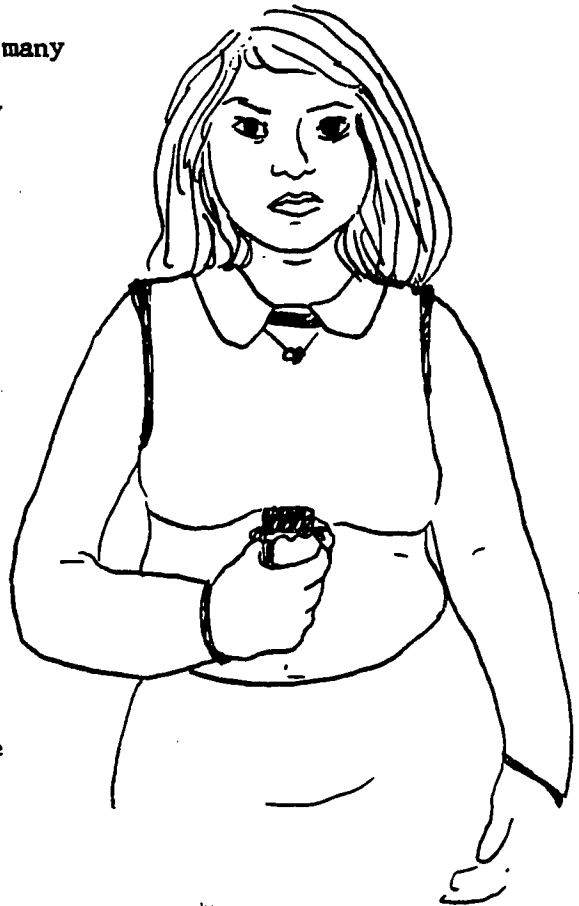
A Diet?

Being overweight is one of the things that often concerns teenage girls. While you shouldn't fuss about looking like a fashion plate (remember you are your own special person), being overweight can cause you health problems later on. Being overweight can cause you to have heart problems or to become diabetic when you are older.

While trying to fight a weight problem can be a real battle, it helps to understand why people are overweight. Most people are overweight because they eat too many calories. Either they eat too much or they eat high-calorie foods. It takes exercise and activity to use up calories. To control your weight, you must match your calorie intake with your exercise.

It is not just breads and cereals that can cause a weight problem. For example, a hamburger patty has 270 calories; a slice of raisin bread has 70 calories.

What we add to food makes a difference in the calorie content. Sauces, gravies, butter, and fat add calories. For example,



a half cup of applesauce has 50 calories, while a half cup of apple crisp has 170 calories.

How food is cooked also makes a difference. Frying foods adds calories. For example, one cup of boiled potatoes has 100 calories, but one cup of fried potatoes has 140 calories.

Beware of crash diets or fad diets. They may be harmful to your health. Frequently they don't give your body all the nutrients it needs.

Time for Breakfast

It's very easy for some girls to sleep "a little bit longer" and forget about breakfast. Such a habit can cause trouble for a couple of reasons. Some who go without breakfast get tired and feel run down by midmorning. Others get too hungry before lunch to really concentrate on their work.

Another problem is that when people go without breakfast, they get so hungry that they overeat at lunch or supper and really take in more calories than they need.

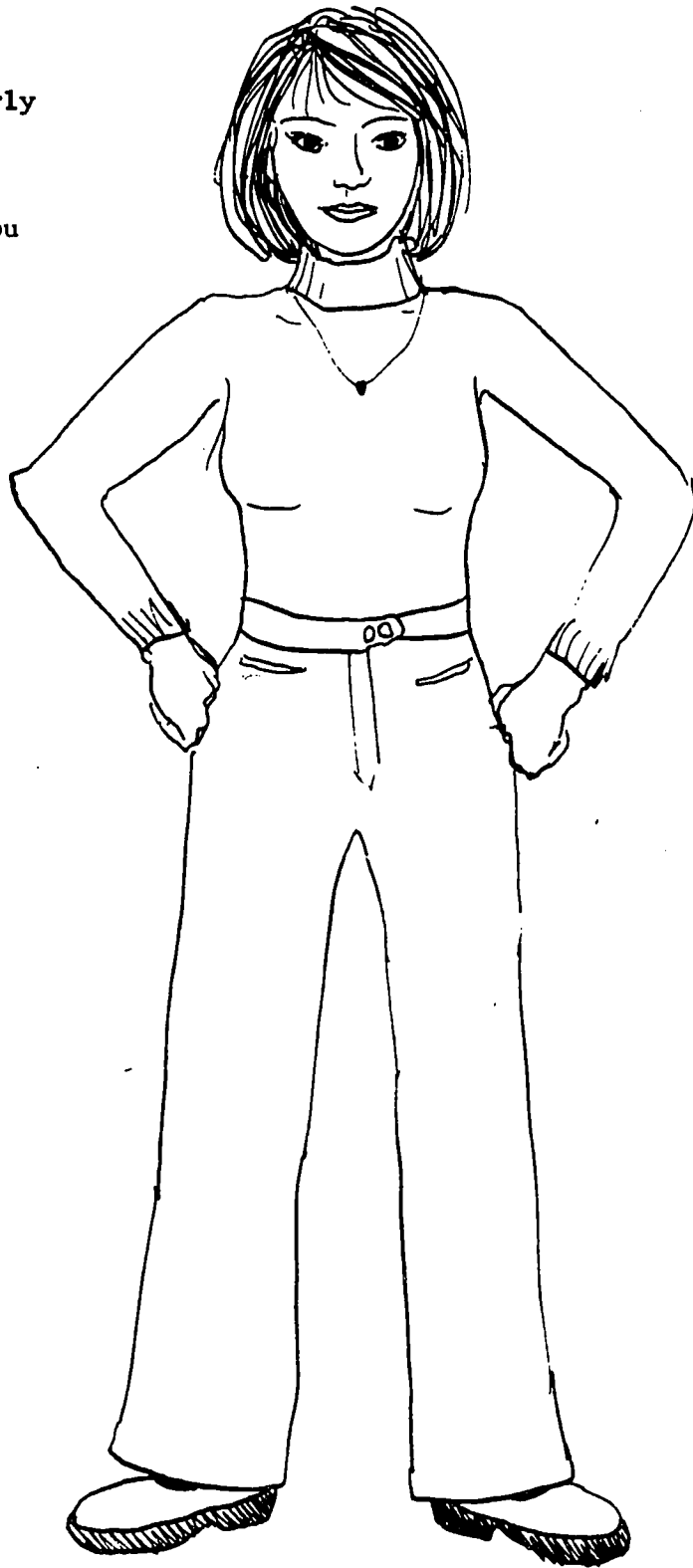
The word "breakfast" means to break one's fast. You probably have not had anything to eat for about 12 hours, so your stomach is empty. A car can't run without gas, and you can't run without food.

A breakfast doesn't need to be elaborate. A glass of milk and a peanut butter sandwich can do very well for breakfast.



The Future

Nutrition is particularly important for teenage girls because it is a time when you are growing and developing. It is a time when you are getting ready to bear children. To have strong healthy children, you must have a strong healthy body, and that depends in part on adequate nutrition.





Activity Section

Score With the Basic Four

Fill in as many different foods under each BASIC FOUR FOOD GROUP as you can think of in _____ minutes (fill in number of minutes before you start).

MILK GROUP

MEAT GROUP

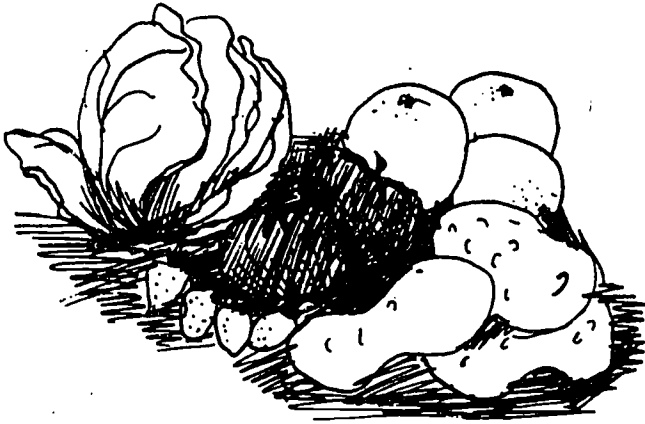
VEGETABLE-FRUIT GROUP

BREAD-CEREAL GROUP

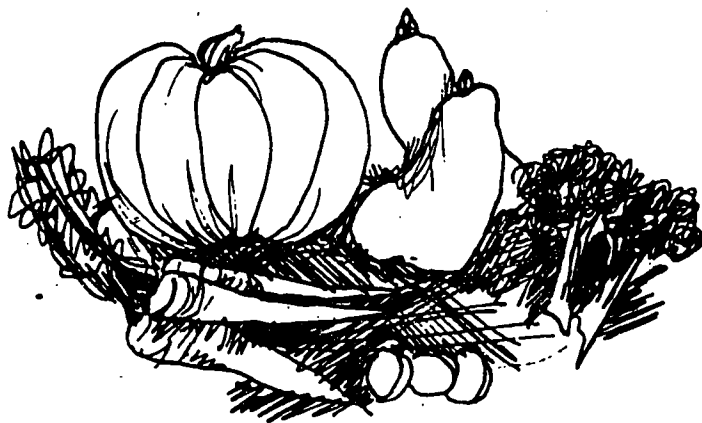


Scramble For Your Food

There are about 20 food words hidden in the scramble below. Find the words and circle them. Some are straight across and some are straight down. The circles may overlap.



T	O	P	E	P	P	E	R
I	P	O	R	K	O	K	A
C	A	R	R	O	T	B	N
E	I	A	O	O	A	I	C
L	M	I	L	K	T	S	A
E	U	C	L	R	O	C	K
R	F	R	C	A	R	U	E
Y	F	E	A	S	P	I	E
A	I	A	B	E	E	T	C
P	N	M	B	E	A	N	Y
P	L	E	A	S	T	E	W
L	O	A	G	B	I	A	O
E	P	L	E	S	O	U	P



The Key Nutrient Match

Match the Key Nutrients in the left column with the one phrase in the right column which makes the truest sentence. Circle the number of the most correct phrase.

Protein

1. builds and repairs body cells.
2. is abundant in green leafy vegetables.
3. is needed by children only.

Fats and Carbohydrates

1. are good for weight watchers.
2. eliminate tooth decay.
3. give energy for work and play.

Calcium

1. builds skin cells.
2. helps build bones and teeth.
3. is a vitamin.

Iron

1. helps your nerves carry messages.
2. improves eyesight.
3. builds red blood cells.

Thiamin

1. promotes good appetite and digestion.
2. heals wounds.
3. produces muscular disability.

Riboflavin

1. regulates heart beat.
2. combines with protein to form enzymes.
3. causes loss of appetite.

Niacin

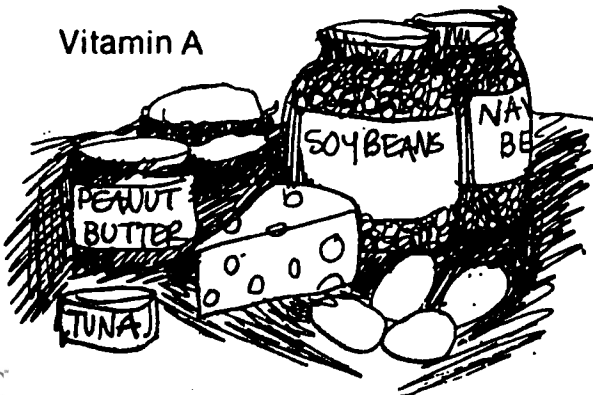
1. repairs muscles.
2. builds body cells.
3. is called the pellagra preventing vitamin.

Vitamin C

1. helps hold body cells together.
2. makes your gums bleed.
3. promotes digestion.

Vitamin A

1. helps your muscles work.
2. helps you see in the dark.
3. helps blood to clot.



Mary's Story

The facts are:

1. Mary has not been feeling well.
2. Mary always seems to be tired.
3. Mary's hair has broken ends and seems to be dry.
4. Mary's skin has pimples and seems to be very oily.
5. The following is an example of Mary's eating habits for a day.

<u>Breakfast</u>	<u>Lunch</u>	<u>Supper</u>	<u>Snacks</u>
Juice	Potato chips Coke	Beef & Noodles Green Beans Milk	Chocolate Bar

1. Does Mary have enough servings from each food group for the day?

_____ Yes _____ No

2. How many more servings does she need from:

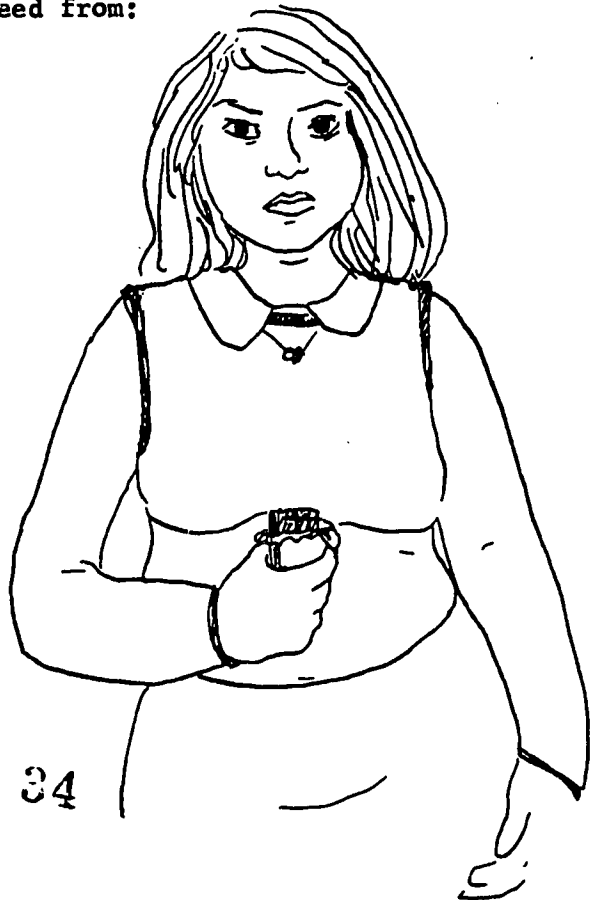
Bread & Cereals _____

Fruits & Vegetables _____

Meat _____

Milk _____

3. Change the above menus so they provide better nutrition for Mary.



Tribal Food Scramble

Unscramble the words.



quassh

atem

rveil

shif

rttule

kucd

liwd ceir

mupkpin

grasusapa

ronc

apmel syupr

soeom

ntsu

toatosep

naesb

breirsesogeo

toros

enegr vaelse

nrfes

limkdewe

delnoinad egrens

rcuartns

koech rcherseis

belubreirse

berseirarps

rechseir

aebr

eder

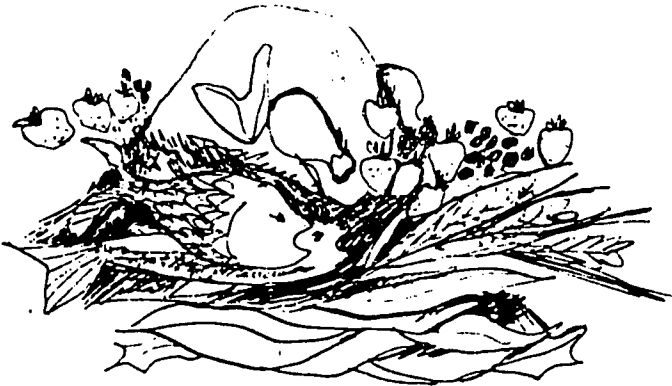
Tribal Food Scramble



Which of the foods in the
Tribal Food Scramble have calcium?

Which of the foods in the
Tribal Food Scramble have Vitamin C?

Which of the foods in the
Tribal Food Scramble have iron?



Which of the foods in the
Tribal Food Scramble have protein?

Which of the foods in the
Tribal Food Scramble have Vitamin A?



Food and Health of Long Ago

Equipment needed: pencils, dice and paper.

Object of the game: To find out how the foods your people used to eat made them healthy and strong.

Rules:

One
Must
have
to
start



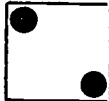
= Berries, leafy greens, dried fruit, wild game, fish, fowl, and wild rice.

= 1 roll for body
= 1 roll for head

These gave your ancestors lots of iron.

With that much iron they had good red blood.

Two



= Your ancestors ate many foods with protein such as fish, fowl, and wild game.

= 1 roll for each leg

With that much protein they had strong muscles and good healthy cells.

Protein twice a day for you.

Three



= Lots of leafy greens like ferns, swamp cabbage, and dandelion greens were eaten by your ancestors.

= 1 roll for each arm

= 1 roll for teeth

With that much calcium they had strong bones and teeth.

Calcium three times a day for you.

Four



= Leafy greens, squash and pumpkin, some roots too, along with liver, gave your ancestors lots of Vitamin A.

= 1 roll for hair

= 1 roll for each eye

With that much Vitamin A they stayed healthy and saw in the dark.

Some Vitamin A every other day for you.

Five



= Berries, berries, and more berries plus leafy greens gave your ancestors lots of Vitamin C.

= 1 roll for each ear

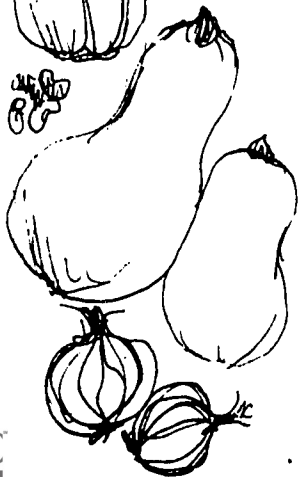
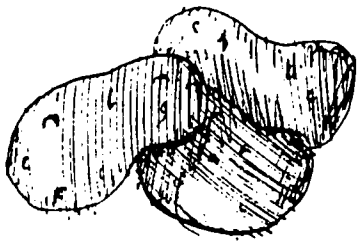
With that much Vitamin C they had fast-healing wounds and could fight sickness too.

Some Vitamin C every day for you.



Vegetable Scramble

Scrambled Word	Correct	A Vitamin A Food	A Traditional Food
pasrasug			
snbea			
etbes			
cobroil			
abrusles stsopru			
gacbsbae			
rcartos			
lifluacreow			
lecrey			
rnoc			
ionnos			
ldeniaodn egersn			
eaps			
toposeta			
npiscah			
ewstw ptotaseo			
maottsoe			
tpnrui egrens			
kinppum			



Fruit Scramble

Scrambled Word	Correct	A Vitamin C Food	A Traditional Food
plesap			
trasrrwbies			
sprbarresi			
seogorbersie			
greaps			
belubreiesr			
bnracreeisr			
rchersie			
mlups			
lemnos			
ricpoats			
rapes			
onegsar			
fepragiurt			
moelsn			
rucantrs			
nbanasa			
nepipapel			40
bruahrb			



The Maze with Grain

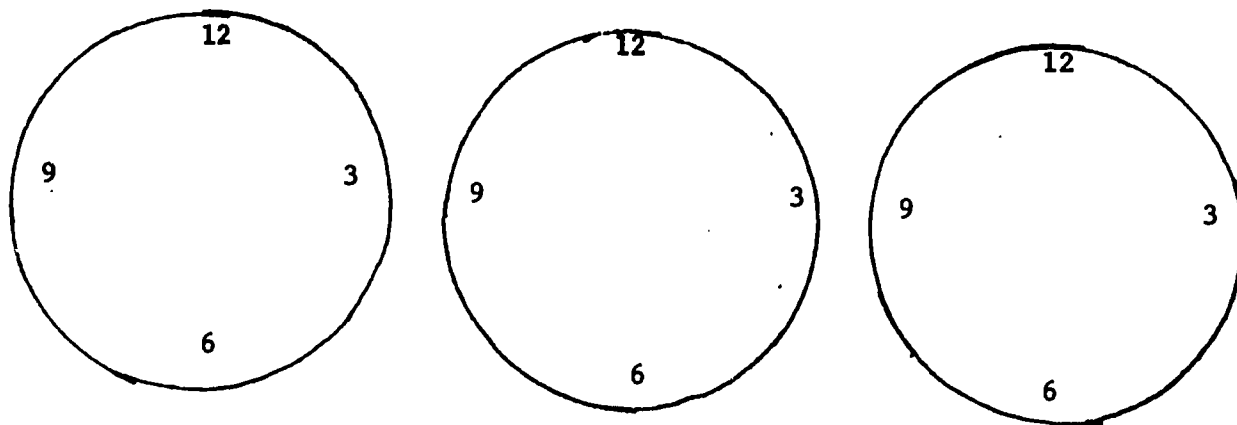
Draw a path through the maze. Nutrients in the Bread and Cereal Group will be your guides. Don't let other nutrients trick you.

You win! **Start here.**

Helps you see in dim light
helps make skin smooth
Sorry, not vitamin A
Vitamin A
give you fuel
Carbohydrates
Thiamine helps you get energy from food
Hi there!
Thiamine
What are you doing in here?
What's in here?
Wrong Way Man!
Wrong Way Lady!
Enriched or whole-grain? Yes!
You missed a vitamin. Turn around.
help build your body
Niacin
Niacin helps you get energy from food.
Some Proteins
Iron
Vitamin C
helps you get energy from food
helps make gums healthy
Have curly hair
What's the password?
Frogs?
Oops! Sorry, not vitamin C. Go back.
Ho, Ho, Ho!
No! No! No!

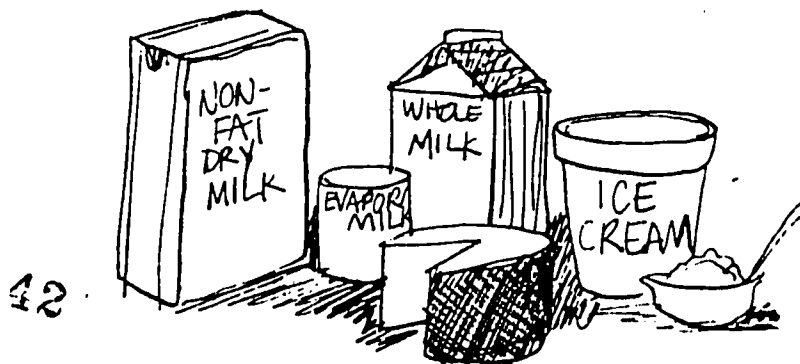
Time For Breakfast

Count the hours from breakfast to lunch, from lunch to dinner, from dinner to breakfast. When is the longest time without food during the day? Make clocks to show this. Shade in the time between meals.



Alice feels cranky and tired most of the time. She is doing poorly in school. She has no interest in playing on the local basketball team. She doesn't have the pep and energy that it takes. Alice skips breakfast so she can get a bit more sleep. She doesn't like the hot lunch at school so doesn't eat much of it.

Could Alice's problem be what she doesn't eat? Why? What would be better eating habits for Alice?



CALORIE COUNTER

FOOD	Calories	% of RDA of Protein	% of RDA of Calcium	% of RDA of Iron	% of RDA of Vitamin A	% of RDA of Vitamin C
Dairy Foods						
Whole Milk, 1/2 pint	160	15	23	---	7	4
Skim Milk, 1/2 pint	90	15	23	---	---	4
Cheddar Cheese, 1 ounce	105	13	17	---	7	---
Cottage Cheese, 1/2 cup	120	28	8	---	4	---
Ice Cream, 1/2 cup	145	5	7	---	7	---
Protein Foods						
Hamburger & Bun	280	32	3	14	---	---
Hog Dog & Bun	270	16	---	8	---	---
Liver, 3 ounces	190	41	---	42	908	45
Egg, 1	80	12	---	7	12	---
Macaroni & Cheese, 3/4 cup	350	25	23	9	14	---
Baked Beans, 3/4 cup	240	22	9	20	5	8
Peanut Butter Sandwich	375	22	4	10	6	---

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<u>Fruits & Vegetables</u>	<u>Calories</u>	<u>% of RDA of Protein</u>	<u>% of RDA of Calcium</u>	<u>% of RDA of Iron</u>	<u>% of RDA of Vitamin A</u>	<u>% of RDA of Vitamin C</u>
Carrots, 1 raw	20	---	---	---	110	8
Potato, 1 small, plain	80	4	---	4	---	40
French Fries, 10 pieces	155	4	---	4	---	24
Potato Chips, 10 chips	115	---	---	---	---	6
Sweet Potato, 1 medium, plain	170	---	4	6	232	50
Cole Slaw, 1/2 cup	60	---	---	---	---	35
Orange Juice, 1/2 cup	50	---	---	--	---	127
Apple, 1 medium	70	---	---	---	---	6
<u>Breads & Cereals</u>						
Bread & Butter, 1 slice	110	---	---	4	5	---
Sweet Roll, 1	178	10	4	---	---	---
<u>Other</u>						
Pizza, 1/8 of 14" pie	185	13	9	4	6	8
Apple Pie, 1 small piece	34	6	---	---	---	---

	Calories	% of RDA of Protein	% of RDA of Calcium	% of RDA of Iron	% of RDA of Vitamin A	% of RDA of Vitamin C
Baked custard, 1/2 cup	145	12	11	---	9	---
Frosted Layer Cake, medium size	370	7	5	4	9	---
Soft Drink, 8 ounces	95	---	---	---	---	---



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Food and You

Book III

by Cathaleen Finley

illustrated by Amy Martin

About The Author

Cathaleen Finley is an associate professor in the Department of Family Development at the University of Wisconsin—Extension. Amy Martin illustrated the unit.

About The Program

"Food and You" has been developed as part of the project Choices & Careers, Free to Choose, a career development project for tribal girls. The project was developed with the assistance of tribal women in Wisconsin and was funded with special needs funds from Extension Service-USDA.

FOOD AND YOU

What You Are

Nutrition can help make you what you want to be. If you want to do well with your schoolwork so you can have the kind of job that you want, if you want to have pep and energy so you can have fun with your friends, if you want clear skin and shiny hair so you can have natural beauty, then you must have good nutrition.

Traditional Foods

Long ago many tribal groups probably had very good diets. They probably had lots of Vitamin A in their diets from eating dark-yellow foods such as squash and pumpkin and from dark leafy green foods such as dandelion greens. Another source of Vitamin A foods was liver from various fish and animals. Following are the Chippewa names for some vitamin A foods of long ago.

Oquin (liver)
Ogocseman (squash)
Ogwissiman (pumpkin)
Ocheebik (roots)
Ojawashkwabaga (green leaves)
Masquaconeg (dandelion
greens)
Keche-ahneebish (swamp
cabbage)



No doubt your ancestors got lots of Vitamin C from all the berries they used, such as blueberries, currants, strawberries, raspberries, and gooseberries. They also got some Vitamin C from wild potatoes and green leaves such as dandelion greens. Some Chippewa Vitamin C foods follow:

Penig (potatoes)
 Menon (blueberries)
 Meshejeemin (currants)
 Odeimin (strawberries)
 Misquemin (raspberries)
 Shaubominin (gooseberries)
 Ojawashkwabaga (green leaves)
 Masquaconeg (dandelion greens)
 Keche-ahneebish (swamp cabbage)



Chances are that long ago Indians stored a lot of iron in their bodies because they ate wild game, fowl, and fish. Wild berries also supplied some iron; and when people dried fruit for the winter, it provided them with iron. The tribes who had wild rice had another good source of iron. These are some sources of iron.

Gigo (fish)
 Weas (meat)
 Oquin (liver)
 Odeima (heart)
 Minun (berries)
 Pakaakwe (fowl)
 Manomin (wild rice)
 Ojawashkwabaga (green leaves)
 Keche-ahneebish (swamp
 cabbage)
 Pahta meenewin (dried fruit)
 Masquaconeg (dandelion greens)



Even though most tribes did not have milk to drink, they did have ferns and green leaves for food. Such foods provided the calcium they needed. Some Chippewa foods that provided calcium are these:

Weewaugagon (ferns)
 Ojawashkwabaga (green leaves)
 Masquaconeg (dandelion greens)
 Keche-ahneebish (swamp cabbage)
 Wagemindjig toodoo shahbo
 (mother's milk)



Of course Indian people long ago got plenty of protein from eating wild game, wild fowl from the forests, and fish from the lakes and rivers. Following are some of those protein foods:

Gigo (fish)
 Weas (meat)
 Mons (moose)
 Bagan (nuts)
 Nika (geese)
 Oquin (liver)
 Neegig (otters)
 Ahmik (beavers)
 Waboos (rabbits)
 Asebun (raccoons)
 Kag (porcupines)
 Shesheeb (ducks)
 Megekan (turtles)
 Misissay (turkeys)
 Panay (partridges)
 Wawashkeshi (deer)
 Atchitamo (squirrels)
 Akugejesha (woodchucks)
 Ocsenahquig (blackbirds)

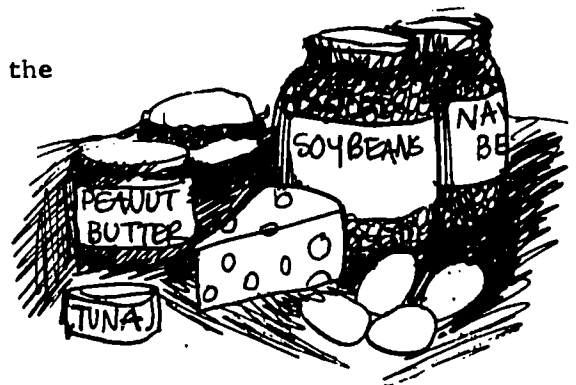


As the white people began to take over the land and as tribal groups were placed on reservations foods such as the above became scarcer and scarcer. When this happened, it's likely that people gradually had poorer diets and began using fewer fruits and vegetables and less meat and fish.

Today you might want to think of those foods from long ago as you decide what foods you want to eat.

A Balanced Diet

It can be difficult to understand all the details of nutrition, but there is one simple scheme that can help you keep track of what is good eating for you. It is called the Daily Food Guide.



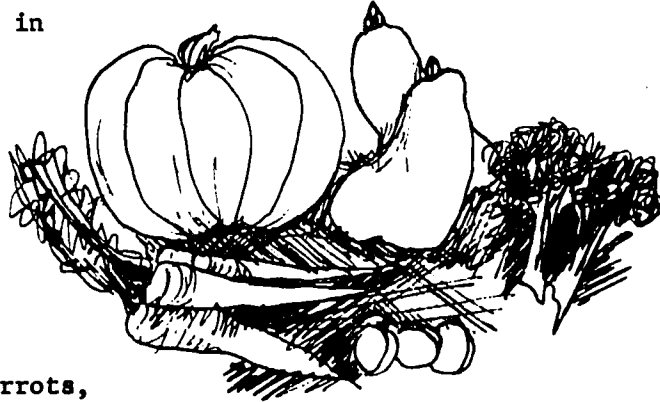
Most girls get enough protein. Two servings a day are what you need. A serving is two or three ounces of cooked meat, or two eggs, or a cup of baked beans, or four tablespoons of peanut butter. Protein foods help build strong muscles, and repair tissues.

There are many girls who don't eat as many fruits and vegetables as they should. You need one serving of a food rich in Vitamin C each day. Good sources of Vitamin C are strawberries, oranges, grapefruit, broccoli, raw cabbage, and potatoes cooked in their jackets.



You need Vitamin C foods for strong blood vessels, fast-healing wounds, and fighting sickness.

Vitamin A is often lacking in diets. If you eat a food rich in Vitamin A every other day, you'll have enough. Good sources of Vitamin A are dark green and deep-yellow vegetables such as broccoli, carrots,



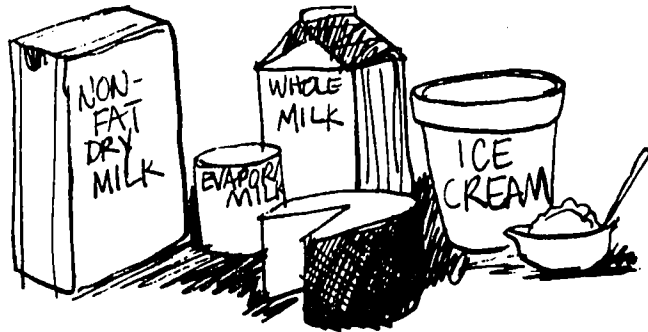
pumpkin, sweet potatoes and winter squash. Vitamin A is also found in liver, butter and fortified margarine. You need Vitamin A foods for healthy body linings, growth, smooth skin, fighting germs, and seeing in the dark.

A girl really must eat four servings of fruits and vegetables a day.

Don't be afraid of breads and cereals. You need at least four

servings a day. They are the foods which give you energy, iron, and B vitamins.

Milk isn't just for babies. It's for everybody. If you're 9-12 years old you need three glasses a day, and if you're a teenager you need four glasses a day. It's milk that helps you to have strong bones and teeth.



A Diet?

Being overweight is one of the things that often concerns teenage girls. While you shouldn't fuss about looking like a fashion plate (remember you are your own special person), being overweight can cause you health problems later on. Being overweight can cause you to have heart problems or to become diabetic when you are older.

While trying to fit a weight problem can be a real battle, it helps to understand why people are overweight. Most people are overweight because they eat too many calories. Either they eat too much, or they eat high-calorie foods. It takes exercise and activity to use up calories. To control your weight you must match your calorie intake with your exercise.



It is not just breads and cereals that can cause a weight problem. For example, a hamburger patty has 270 calories; a slice of raisin bread has 70 calories.

What we add to food makes a difference in the calorie content. Sauces, gravies, butter, and fat add calories. For example, a half cup of applesauce has 50 calories while a half cup of apple crisp has 170 calories.

How food is cooked also makes a difference. Frying food adds calories. For example, one cup of boiled potatoes has 100 calories, but one cup of fried potatoes has 140 calories.

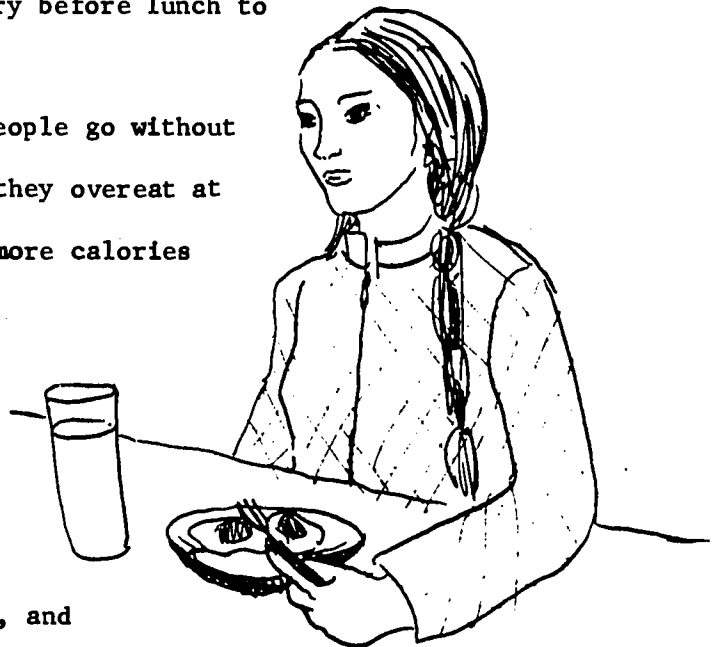
Beware of crash diets or fad diets. They may be harmful to your health. Frequently they don't give your body all the nutrients it needs.

Time for Breakfast

It's very easy for some girls to sleep "a little bit longer" and forget about breakfast. Such a habit can cause trouble for a couple of reasons. Some who go without breakfast get tired and feel run down by midmorning. Others get too hungry before lunch to really concentrate on their work.

Another problem is that when people go without breakfast, they get so hungry that they overeat at lunch or supper and really take in more calories than they need.

The word "breakfast" means to break one's fast. You probably have not had anything to eat for about 12 hours, so your stomach is empty. A car can't run without gas, and



you can't run without food.

A breakfast doesn't need to be elaborate. A glass of milk and a peanut butter sandwich can do very well for breakfast.

Snacks

It is very easy to snack. When you get home from school it is easy to open the refrigerator door. Or when you feel bored, it is easy to nibble on something. There's nothing wrong with snacking. It is what you snack that can give you a problem. It makes good complexion-and-figure sense to snack sensibly. You can store up many calories by eating chips, pop, and rich desserts.

There are many empty-caloried snack foods around. Eating these can cause you weight problems or they can fill you up so that you don't feel like eating nutritious foods at mealtime.

A bottle of soda pop has about 100 calories and no nutrients. A glass of skim milk will give you 90 calories and plenty of proteins, riboflavin, and calcium. Ten potato chips will give you 110 calories and very few nutrients, while a dish of corn flakes will give you food value and only 95 calories. Cheese and crackers, peanuts, milk, fruit, and hard cooked eggs are all good choices for snacks.



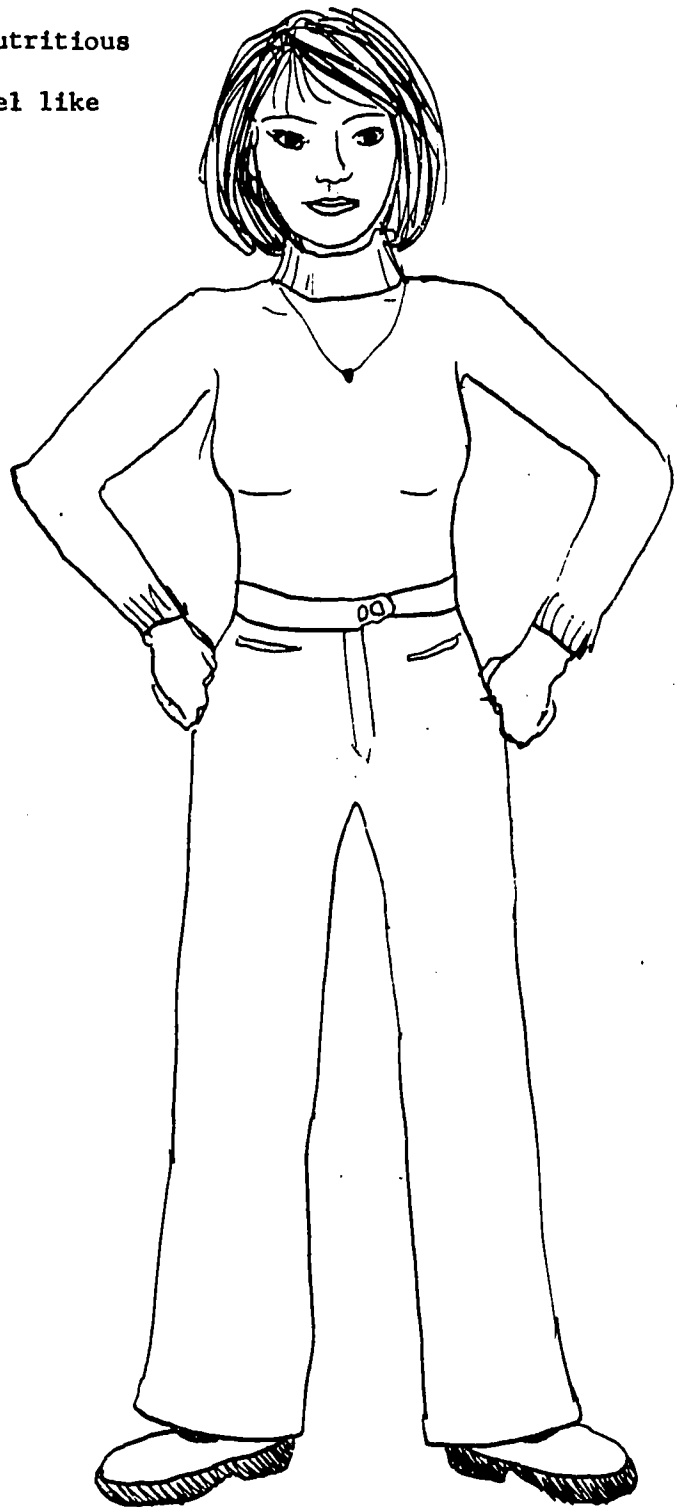
Food Programs

Many schools have breakfast programs and school lunch programs. If your school has such a program, use it. Don't skip a nutritious lunch

lunch at noon and settle for something like a coke and potato chips. Having nutritious food to eat every day helps you feel like studying and having fun.

The Future

Nutrition is particularly important for teen-age girls because it is a time when you are growing and developing. It is a time when you are getting ready to bear children. To have strong healthy children, you must have a strong healthy body and that depends in part on adequate nutrition.

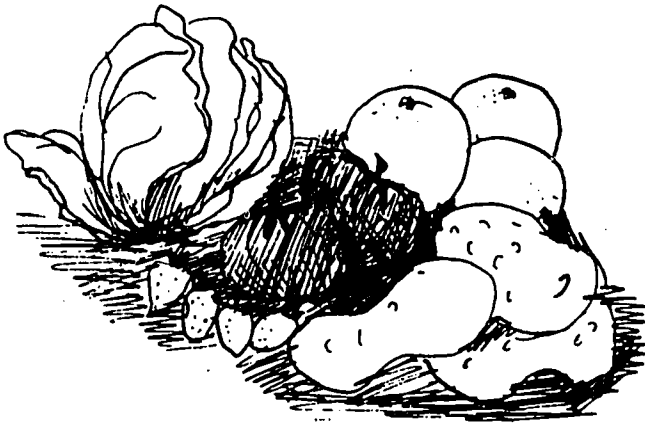




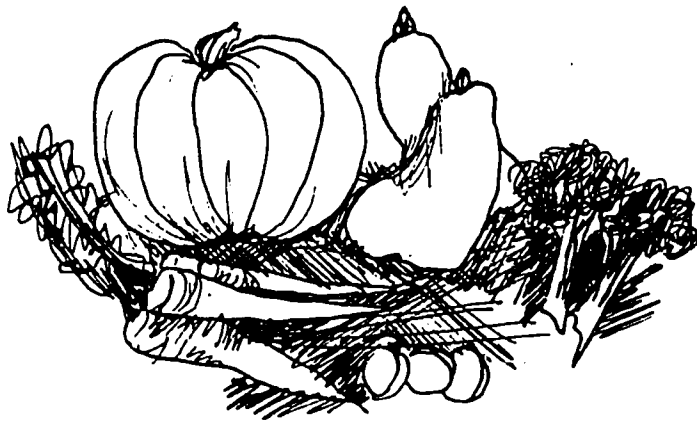
Activity Section

Scramble For Your Food

There are about 20 food words hidden in the scramble below. Find the words and circle them. Some are straight across and some are straight down. The circles may overlap.



T	O	P	E	P	P	E	R
I	P	O	R	K	O	K	A
C	A	R	R	O	T	B	N
E	I	A	O	O	A	I	C
L	M	I	L	K	T	S	A
E	U	C	L	R	O	C	K
R	F	R	C	A	R	U	E
Y	F	E	A	S	P	I	E
A	I	A	B	E	E	T	C
P	N	M	B	E	A	N	Y
P	L	E	A	S	T	E	W
L	O	A	G	B	I	A	O
E	P	L	E	S	O	U	P



The Key Nutrient Match

Match the Key Nutrients in the left column with the one phrase in the right column which makes the truest sentence. Circle the number of the most correct phrase.

Protein

1. builds and repairs body cells.
2. is abundant in green leafy vegetables.
3. is needed by children only.

Fats and Carbohydrates

1. are good for weight watchers.
2. eliminate tooth decay.
3. give energy for work and play.

Calcium

1. builds skin cells.
2. helps build bones and teeth.
3. is a vitamin.

Iron

1. helps your nerves carry messages.
2. improves eyesight.
3. builds red blood cells.

Thiamin

1. promotes good appetite and digestion.
2. heals wounds.
3. produces muscular disability.

Riboflavin

1. regulates heart beat.
2. combines with protein to form enzymes.
3. causes loss of appetite.

Niacin

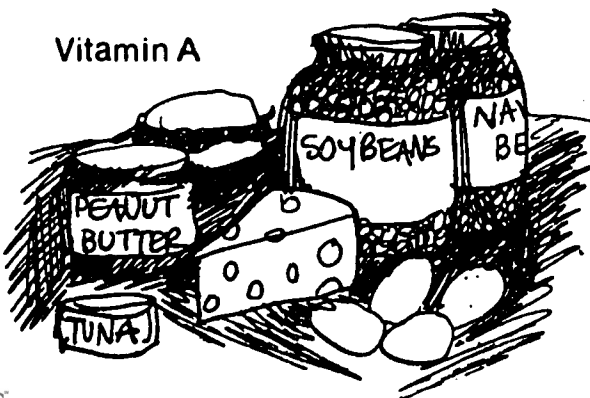
1. repairs muscles.
2. builds body cells.
3. is called the pellagra preventing vitamin.

Vitamin C

1. helps hold body cells together.
2. makes your gums bleed.
3. promotes digestion.

Vitamin A

1. helps your muscles work.
2. helps you see in the dark.
3. helps blood to clot.



GO

Mary's Story

The facts are:

1. Mary has not been feeling well.
2. Mary always seems to be tired.
3. Mary's hair has broken ends and seems to be dry.
4. Mary's skin has pimples and seems to be very oily.
5. The following is an example of Mary's eating habits for a day.

Breakfast

Juice

Lunch

Potato chips
Coke

Supper

Beef & Noodles
Green Beans
Milk

Snacks

Chocolate Bar

1. Does Mary have enough servings from each food group for the day?

_____ Yes _____ No

2. How many more servings does she need from:

Bread & Cereals _____

Fruits & Vegetables _____

Meat _____

Milk _____

3. Change the above menus so they provide better nutrition for Mary.



Vegetable Scramble



Scrambled Word	Correct	A Vitamin A Food	A Traditional Food
pasrasug			
abea			
etbes			
cobroil			
abrusles stsopru			
gacbsbae			
rcartos			
lifluacreow			
lecrey			
rnoc			
ionnos			
lideniaodn egersn			
eaps			
toposeta			
npiscah			
ewstw ptotaseo			
maottsoe	62		
tpnrui egrns			
kinppum			

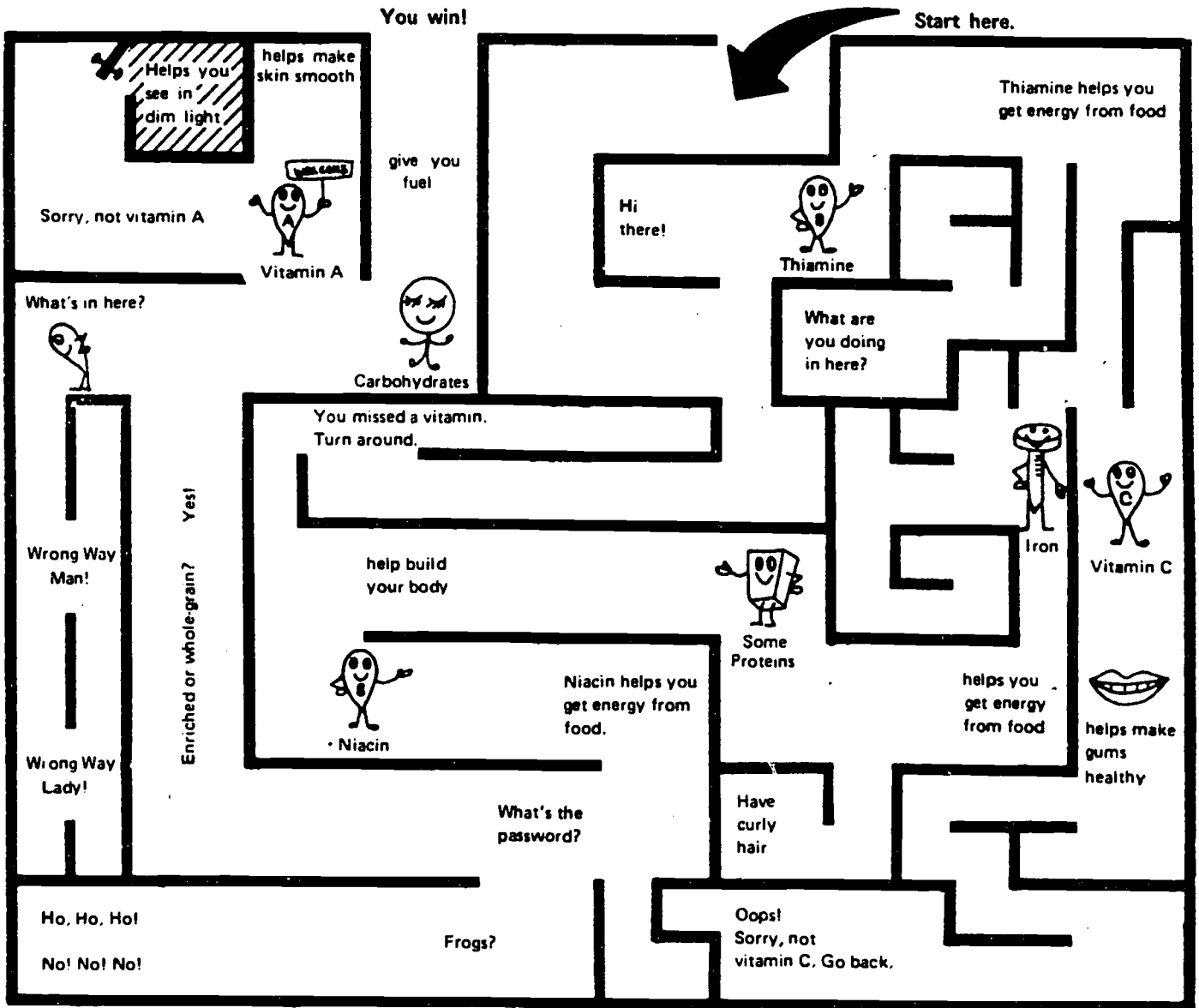
Fruit Scramble

Scrambled Word	Correct	A Vitamin C Food	A Traditional Food
plesap			
trasrrwbies			
sprbarresi			
seogorbersie			
greaps			
belubreiesr			
bnracreeisr			
rchersie			
mlups			
lemnos			
ricpoats			
rapes			
onegsar			
fepragiurt			
moelsn			
rucantrs			
nbanasa			
nepipapel			
bruahrb			



The Maze with Grain

Draw a path through the maze. Nutrients in the Bread and Cereal Group will be your guides. Don't let other nutrients trick you.



CALORIE COUNTER

FOOD	Calories	% of RDA of Protein	% of RDA of Calcium	% of RDA of Iron	% of RDA of Vitamin A	% of RDA of Vitamin C
Dairy Foods						
Whole Milk, 1/2 pint	160	15	23	---	7	4
Skim Milk, 1/2 pint	90	15	23	---	---	4
Cheddar Cheese, 1 ounce	105	13	17	---	7	---
Cottage Cheese, 1/2 cup	120	28	8	---	4	---
Ice Cream, 1/2 cup	145	5	7	---	7	---
Protein Foods						
Hamburger & Bun	280	32	3	14	---	---
Hog Dog & Bun	270	16	---	8	---	---
Liver, 3 ounces	190	41	---	42	908	45
Egg, 1	80	12	---	7	12	---
Macaroni & Cheese, 3/4 cup	350	25	23	9	14	---
Baked Beans, 3/4 cup	240	22	9	20	5	8
Peanut Butter Sandwich	375	22	4	10	6	---

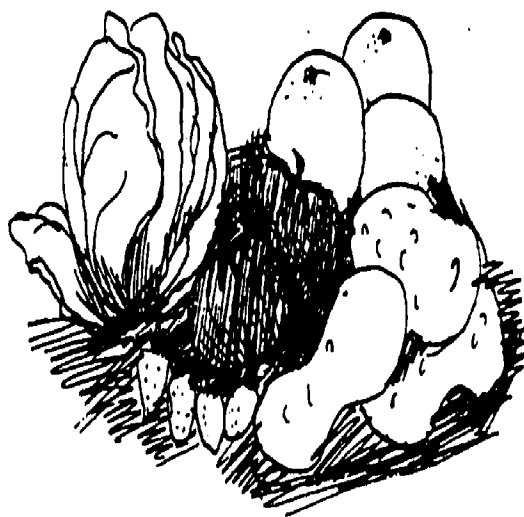
Fruits & Vegetables	Calories	% of RDA of Protein	% of RDA of Calcium	% of RDA of Iron	% of RDA of Vitamin A	% of RDA of Vitamin C
Carrots, 1 raw	20	---	---	---	110	8
Potato, 1 small, plain	80	4	---	4	---	40
French Fries, 10 pieces	155	4	---	4	---	24
Potato Chips, 10 chips	115	---	---	---	---	6
Sweet Potato, 1 medium, plain	170	---	4	6	232	50
Cole Slaw, 1/2 cup	60	---	---	---	---	35
Orange Juice, 1/2 cup	50	---	---	--	---	127
Apple, 1 medium	70	---	---	---	---	6
<u>Breads & Cereals</u>						
Bread & Butter, 1 slice	110	---	---	4	5	---
Sweet Roll, 1	178	10	4	---	---	---
<u>Other</u>						
Pizza, 1/8 of 14" pie	185	13	9	4	6	8
Apple Pie, 1 small piece	345	6	---	---	---	---

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	Calories	% of RDA of Protein	% of RDA of Calcium	% of RDA of Iron	% of RDA of Vitamin A	% of RDA of Vitamin C
Baked custard, 1/2 cup	145	12	11	---	9	---
Frosted Layer Cake, medium size	370	7	5	4	9	---
Soft Drink, 8 ounces	95	---	---	---	---	---



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Your Diet IQ

1. Obesity is due entirely to heredity.

_____ True _____ False

2. Meal skipping is a good way to lose weight.

_____ True _____ False

3. Sugar is not as fattening as starch.

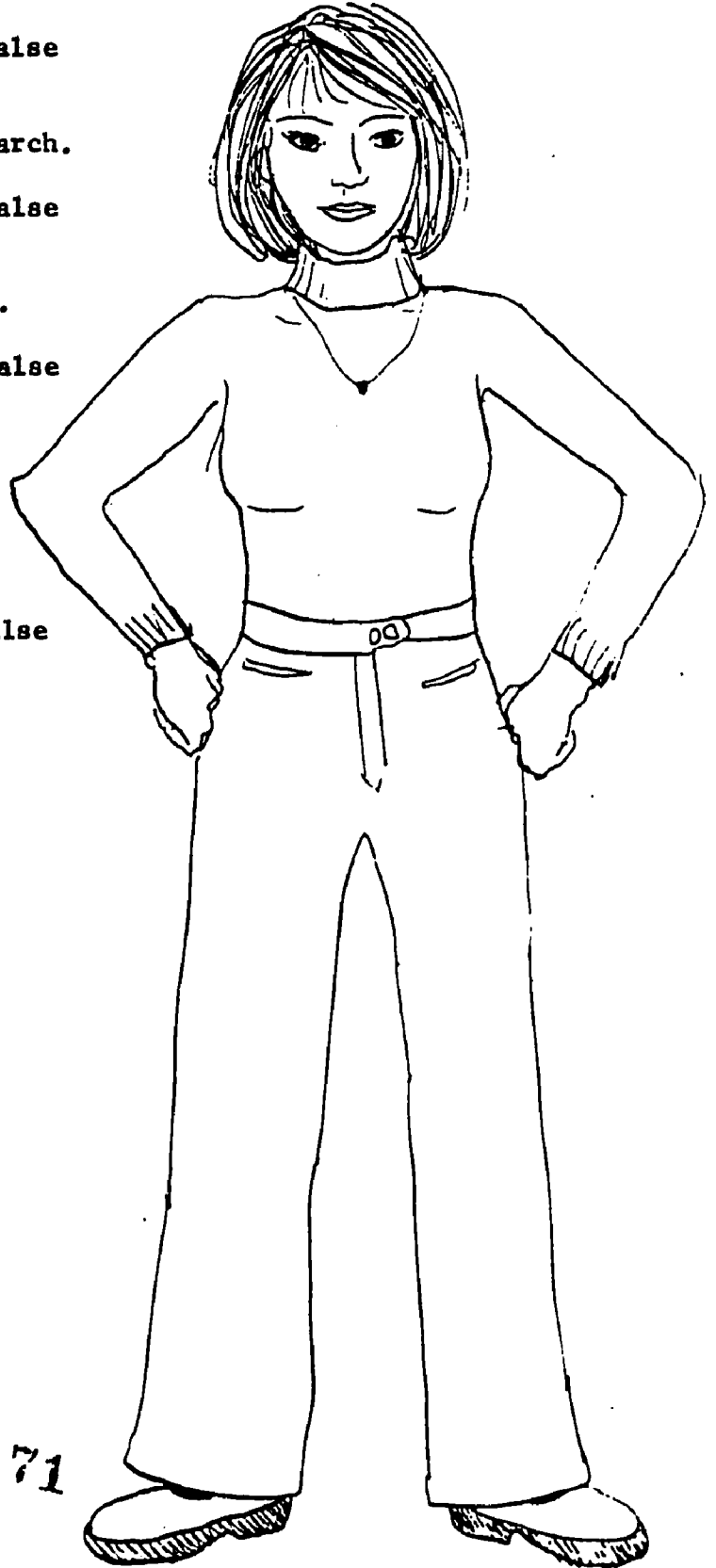
_____ True _____ False

4. Protein foods are not fattening.

_____ True _____ False

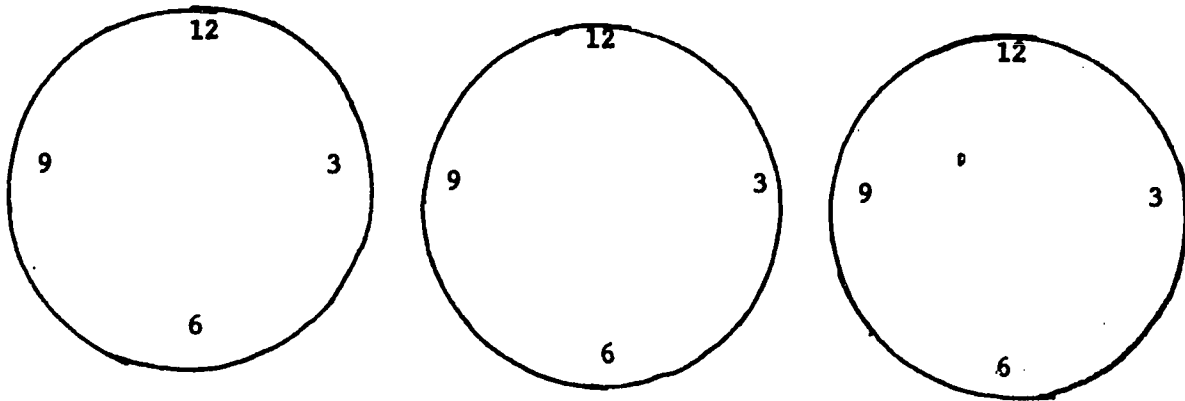
5. One should avoid breads and cereals when trying to lose weight.

_____ True _____ False



Time For Breakfast

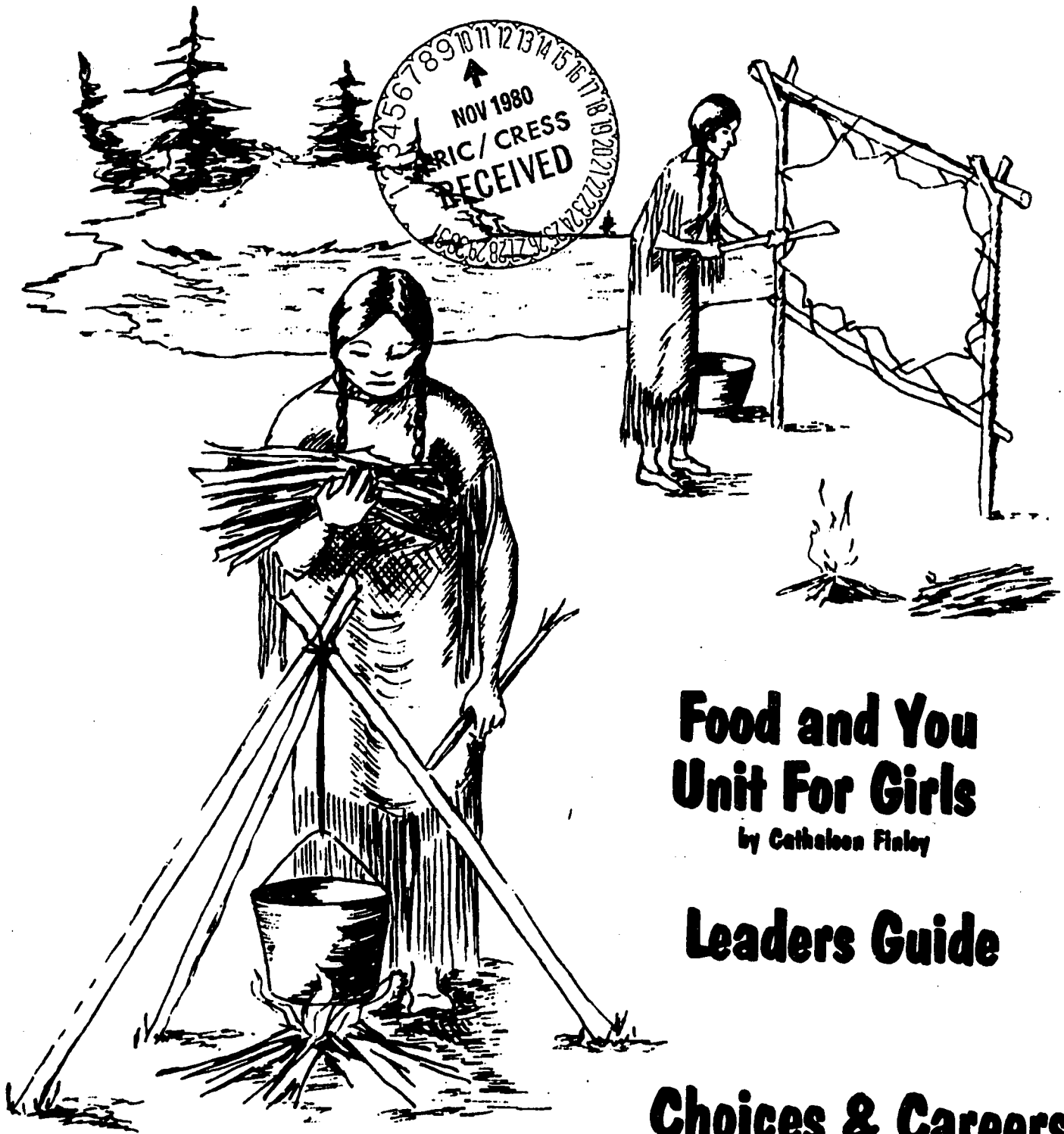
Count the hours from breakfast to lunch, from lunch to dinner, from dinner to breakfast. When is the longest time without food during the day? Make clocks to show this. Shade in the time between meals.



Alice feels cranky and tired most of the time. She is doing poorly in school. She has no interest in playing on the local basketball team. She doesn't have the pep and energy that it takes. Alice skips breakfast so she can get a bit more sleep. She doesn't like the hot lunch at school so doesn't eat much of it.

Could Alice's problem be what she doesn't eat? Why? What would be better eating habits for Alice?





Food and You Unit For Girls

by Cathleen Finley

Leaders Guide

Choices & Careers Free To Choose

WEX Cooperative Extension Programs
University of Wisconsin-Extension

W2GX14

Food and You - Unit For Girls

Reading on nutrition repeatedly state that teenage girls are probably the most poorly nourished members of the family. The nutrients most commonly lacking in their diets are calcium, iron, Vitamin C, and Vitamin A. Frequently the amount of iron in the diet of the teenage girl is inadequate.

Being overweight is a pressing problem among teenagers.

There are several reasons for these nutrition problems. One is the fact that many girls skip breakfast. They oversleep or take too long getting ready for school. Many girls skip breakfast for fear of becoming fat.

Teenagers often make a poor selection of snacks. Often snacks provide a large number of calories but few of the nutrients needed for growth and good health. Often girls don't drink enough milk, believing that milk is for children or that it will make them fat.

The teenage girl fears fat. Fat seems to be a common and constant worry among teenage girls.

Concept Nutrition affects a girl's health.

Objectives

1. Girls will understand the Daily Food Guide.
2. Girls will understand that the food they eat affects how they feel and how they look.

Learning Experiences

For Girls 9-11, 12-14, and 15-18 Years Old

1. Show the girls the series of sketches, "Key Nutrients" (WKGX14).

Explain how the various nutrients affect a person. Following are comments which you may wish to make as you use the sketches.

1. Key nutrients The body needs these nutrients. The key groups of nutrients are proteins, minerals, vitamins, carbohydrates, and fats.
2. Protein builds and repairs. Protein builds and repairs. The nutrient protein is needed by every cell in the body. All your muscles are built from proteins.
3. Protein is found in: Protein is found in such foods as meat, poultry, fish, eggs, beans, peas, and nuts. Milk and cereal foods also give you protein.
4. Calcium helps build bones. You need calcium to help build strong bones and teeth. Calcium helps your muscles to work and your nerves to carry messages. It also helps to clot your blood and to keep your heart beating.
5. Calcium is found in: Milk is a good source of calcium. Foods made from milk, such as cheese, are another good source of calcium. Dark green leafy vegetables also have calcium.
6. Iron helps carry oxygen to cells. Iron is needed by all cells, especially the red blood cells. Without iron, you feel tired and run down.
7. Iron is found in: Iron is found in a wide variety of foods such as lean meats, liver, dried peas and beans, dark green vegetables, many dried fruits, and whole or enriched grain fruits.
8. Vitamin A helps you see in the dark. Vitamin A is needed for growth and helps you see in the dark. Vitamin A also helps protect you from infection by keeping the linings of your mouth and digestive system in good condition.

9. Vitamin A is found in: Deep green and deep yellow vegetables are rich in Vitamin A. They include broccoli, leafy greens, carrots, and sweet potatoes. Milk also gives Vitamin A.
10. Vitamin C helps hold cells together. Vitamin C helps hold your body cells together and keeps the walls of your blood vessels strong. Vitamin C is also needed to heal wounds. Without enough Vitamin C, your gums may bleed.
11. Vitamin C is found in: Citrus fruits, such as oranges, are rich in Vitamin C. Tomatoes, cantaloupes, strawberries, raw cabbage, and potatoes cooked in their jackets also provide Vitamin C.
2. Using the two posters on the guide, explain the Daily Food Guide to the girls.
3. Have the girls list the things they have eaten for the day. Then have them check their list against the Daily Food Guide. Ask them how well they did for the day.
4. If you are located in Wisconsin, have the girls use the NARS form. Have them list the foods they ate for one day. Have them return the form at the next session. Send the form to Community Programs, 401 Extension Building, 432 North Lake Street, Madison, Wisconsin 53706. The forms will be put through a computer and the printout will be returned in about three weeks. You may want to use this learning experience about three weeks before the session on nutrition. When the forms are returned, be sure to discuss them with the girls. If you are not located in Wisconsin, you could have the girls keep a record of the foods they eat for one day. Then, compare the record with the Daily Food Guide.

For Girls 9-11 and 12-14 Years Old





1. Have the girls play the game "Miss Healthy" using the following

directions:

Equipment needed: pencils, dice, and paper.

Object of the game: Each player tries to complete or draw Miss Healthy, a stick person. As she shakes the die, she also learns the four basic food groups. She needs meat, 2 or more servings per day; milk, 3 or more per day; bread and cereals, 4 or more per day; and fruits and vegetables, 4 or more per day.

Rules of the game: Each player must shake her die, taking one try at a time until she has shaken a two [2] which may be used for either a body or a head. She may then proceed to add other parts of the body.

- Two  = Meat Group = 1 roll for body
= 1 roll for head
- Three  = Milk Group = 1 roll for mouth
= 1 roll for teeth
= 1 roll for nose
- Four  = Bread and Cereals Group = 2 rolls for 2 legs
= 2 rolls for 2 arms
- Five  = Vegetables and Fruits Group = 2 rolls for each eye
= 2 rolls for each ear

After the players have become familiar with the game and have learned that 2 = meat group = body or head, etc., the game can be made more challenging by having the player name one of the foods in the group before she is permitted to draw that part.

Variations can be added by having the players work in teams of two. Encourage them to be creative in their drawings of Miss Healthy.

2. Have the girls complete the activity "Score With the Basic Four" on page 6 of Book I and on page 9 of Book II. See who can make the longest list in the shortest time. Following are the possible answers:

- | | | |
|--------------|-----------------|----------------|
| | MILK GROUP | |
| Whole milk | Evaporated milk | Cheddar cheese |
| Swiss cheese | Buttermilk | Ice cream |
| Dry milk | Skim milk | Cream cheese |
| Blue cheese | Ice milk | Coffee cream |

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FRUIT-VEGETABLE GROUP

Asparagus	Apples	Beets
Apricots	Broccoli	Banana
Brussels sprouts	Blueberries	Cabbage
Cantaloupe	Carrots	Cherries
Cauliflower	Dates	Celery
Figs	Collard greens	Grapefruit
Corn	Grapefruit juice	Cress
Grapes	Eggplant	Honeydew melon
Green pepper	Lemons	Green beans
Limes	Green peas	Mangos
Kale	Nectarines	Lettuce
Orange juice	Lima beans	Oranges
Mushrooms	Papaya	Onions
Peaches	Parsley	Pears
Potatoes	Persimmons	Pumpkin
Pineapple	Rutabaga	Plums
Sauerkraut	Prunes	Spinach
Raisins	Swiss chard	Raspberries
Tomatoes	Rhubarb	Sweet potatoes
Strawberries	Tomato juice	Tangelos
Turnip greens	Tangerines	Turnips
Watermelon	Watercress	Wax beans
Zucchini squash		

MEAT GROUP

Beef	Lamb	Pork	Veal
Fish	Chicken	Duck	Turkey
Ham	Liver	Frankfurter	Goose
Liverwurst	Dry beans	Peanut butter	Ground beef
Stewing lamb	Pork chops	Veal chops	Salmon
Tuna	Shrimp	Oysters	Kidney
Sausage	Salami	Bologna	Sardines
Dry peas	Eggs		

BREAD-CEREAL GROUP
(Whole Grain or Enriched)

Biscuits	Boston brown bread	Cornbread
Muffins	Pancakes	Raisin bread
Waffles	White bread	Whole wheat bread
Crackers	Corn grits	Hominy
Macaroni	Noodles	Oatmeal
Ready-to-eat Cereal	Rice	Rolled oats
Rolled wheat	Spaghetti	

3. Have the girls play "Nutrition Bee." Have the girls form two teams. You name a food item, and the players must name the right food group. Start with one group of foods, such as chicken; then, go into foods that have more than one group, such as cheese sand-

wich.

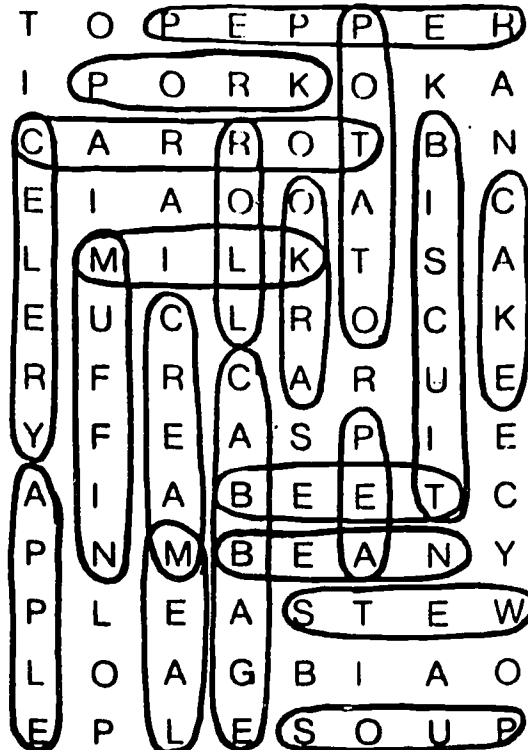
Example: You call out "chicken" and the player answers, "chicken—meat group." You call out "cheese sandwich" and the player answers, "cheese sandwich—bread and cereal group, and milk group."

If a player gives the wrong answer, she must drop out.

- Place a light behind each girl so her shadow will fall on a piece of wrapping paper. Have another girl draw around the shape of the shadow with a pencil. Then have each girl cut out her shadow and mount it. The girls can add slogans to their shadow which illustrate the idea "I AM WHAT I EAT."

For Girls 12-14 and 15-18 Years Old

- Have the girls complete the activity "Scramble for Your Food" on page 10 of Book II and Book III. Following are the correct answers. When they have finished, have them name the food group for each of the foods.



2. Have the girls complete "The Key Nutrient Match" on page 11 of Book II and Book III. Following are the correct answers:

- Protein ① builds and repairs body cells.
 2. is abundant in green leafy vegetables.
 3. is needed by children only.
- Fats and
Carbohydrates 1. are good for weight watchers.
 2. eliminate tooth decay.
 ③ give energy for work and play.
- Calcium 1. builds skin cells.
 ② helps build bones and teeth.
 3. is a vitamin.
- Iron 1. helps your nerves carry messages.
 2. improves eyesight.
 ③ builds red blood cells.
- Thiamin ① promotes good appetite and digestion.
 2. heals wounds.
 3. produces muscular disability.
- Riboflavin 1. regulates heart beat.
 ② combines with protein to form enzymes.
 3. causes loss of appetite.
- Niacin 1. repairs muscles.
 2. builds body cells.
 ③ is called the pellegra-preventing vitamin.
- Vitamin C ① helps hold body cells together.
 ② makes your gums bleed.
 3. promotes digestion.
- Vitamin A 1. helps your muscles work.
 ② helps you see in the dark.
 3. helps blood to clot.

3. Have the girls discuss Mary's Story on page 12 of Book II and Book III. The answers are as follows:

1. No
2. Breads and cereals - 1
3. Fruits and vegetables - 2
4. Meat - 1
5. Milk - 1

Concept Long ago, tribal people probably had very good diets.
--

Objectives

1. Girls will understand tribal diets of long ago.
2. Girls will relate traditional diets to present-day diets.

Learning Experiences

For Girls 9-11, 12-14, and 15-18 Years Old

1. Using the girls' booklet "Food and You," discuss with the girls the sources of protein, Vitamin A, Vitamin C, calcium, and iron long ago. Discuss with them how they can use similar foods today. Ask them what traditional foods they are familiar with.
2. Ask a tribal elder or other person knowledgeable about traditional foods to come in and share his/her information with the girls.
3. Have the girls play the Bingo-Lingo game, which is done in the Chippewa language. You may want to have the girls make a similar game, if their tribal language is not Chippewa.

For Girls 9-11 and 12-14 Years Old

1. Have the girls play charades: write the names of tribal foods on slips of paper. Place them in a container. As each girl draws a name, she acts out things about the food, such as its shape or size, how it is harvested, preparing it for cooking, etc.
2. Have the girls look through magazines and cut out pictures of foods that were eaten by their ancestors. They can use the pictures to make a poster or collage. Some of the girls may want to draw a poster. Point out how Indian people have made food con-

tributions to this country.

3. Have the girls complete the "Tribal Food Scramble" on pages 7 and 8 of Book I and on pages 13 and 14 of Book II. Following are the correct answers:

quassh	squash
atem	meat
rveil	liver
shif	fish
rttule	turtle
kucd	duck
liwd ceir	wild rice
mupkpin	pumpkin
grasusapa	asparagus
ronc	corn
apmel syupr	maple syrup
soeom	moose
ntsu	nuts
toatosep	potatoes
naesb	beans
breirsesogeo	gooseberries
toros	roots
enegr vaelse	green leaves
nrfes	ferns
limkdewe	milkweed
delnoinad egrens	dandelion greens
rcuartns	currants
koech rcherseis	choke cherries
belubreirse	blueberries
rechcseir	cherries
aebr	bear
eder	deer

The answers to the questions are as follows:

Calcium foods are:

green leaves
ferns
dandelion greens

Protein foods are:

meat
liver
fish
turtle
duck
moose
nuts
bear
deer

Foods rich in iron are:

meat
liver
fish

wild rice
moose
dandelion greens

turtle
berries

duck

Sources of
Vitamin A are:

Sources of
Vitamin C are:

liver
squash
pumpkin
green leaves
dandelion greens

potatoes
blueberries
raspberries
gooseberries
dandelion greens
green leaves

4. Have the girls build a stick woman using the game "Food and Health of Long Ago." The directions are on pages 9 and 10 of Book I and on pages 15 and 16 of Book II. The game provides an opportunity to further develop appreciation for traditional tribal foods.

Concept

Fruits and vegetables are an important part of a girl's diet.

Objective

Girls will have four servings of fruits and vegetables each day.

Learning Experiences

For Girls 9-11, 12-14, and 15-18 Years Old

1. Review with the girls why fruits and vegetables are an important part of a person's diet.
2. Have the girls complete the "Vegetable Scramble" on page 11 of Book I, on page 17 of Book II, and on page 13 of Book III. The correct answers are as follows:

Scrambled Word	Correct	A Vitamin A Food	A Traditional Food
pasrasug	asparagus		X
snbea	beans		X
etbes	beets		

Scrambled Word	Correct	A Vitamin A Food	A Traditional Food
cobroil	broccoli	X	
brsules stsporu	brussel sprouts		
gacbbae	cabbage		
rcartos	carrots	X	
lfluacreow	cauliflower		
lecrey	celery		
rnoc	corn		X
ionnos	onions		X
ldeniaodn egersn	dandelion greens	X	X
eaps	peas		
toposeta	potatoes		X
npiscah	spinach	X	X
ewste ptotaseo	sweet potatoes	X	X
maottsoe	tomatoes	X	
tpnrui egrems	turnip greens	X	
kinppum	pumpkin	X	X

3. Have the girls complete the "Fruit Scramble" on page 12 of Book I, on page 18 of Book II, and on page 14 of Book III. The correct answers are as follows:

Scrambled Word	Correct	A Vitamin C Food	A Traditional Food
plesap	apples		
trasrrwbies	strawberries	X	X
sprbarresi	raspberries	X	X
seogorbersie	gooseberries	X	X
greaps	grapes		X
belubreiesr	blueberries	X	X
bnracreeisr	cranberries		X
rchersie	cherries		X
mlups	plums		X
lemnos	lemons	X	
ricpoats	apricots		
rapes	pears		
onegsar	oranges	X	
fepragiurt	grapefruit	X	
moelsn	melons	X	
rucantrs	currants	X	X
nbanasa	bananas		
nepipapel	pineapple		
bruahrb	rhubarb		

4. Have the girls play "Vito 0," which is played like a bingo game.

For Girls 9-11 Years Old

1. Have the girls complete "The Fruit Tree Scramble" on page 13 of

Book I. The answers are as follows:

1. apple
2. peach
3. lemon
4. pear
5. orange
6. lime
7. banana
8. plum
9. cherry
10. fig

2. Have the girls complete "The Matching Game" on page 14 of Book I.

The correct answers are as follows:

Vitamin C Foods:

1. orange juice
2. strawberries
3. tomatoes
4. cabbage
5. brussels sprouts

Vitamin A Foods:

1. apricots
2. spinach
3. carrots
4. sweet potatoes
5. cantaloupe

Concept Cereals are an important part of a person's diet.
--

Objective

Girls will understand the importance of eating cereals.

Learning Experiences

For Girls 9-11, 12-14, and 15-18 Years Old

1. Review with the girls how cereals contribute to their health.
2. Have the girls complete the "Maze With Grains" on page 15 of Book I,

on page 19 of Book II, and on page 15 of Book III.

Concept	Milk is an important part of a person's diet.
----------------	---

Objective

Girls will understand the importance of drinking milk or eating dairy products.

Learning Experiences

For Girls 9-11, 12-14, and 15-18 Years Old

1. Review with the girls how dairy products contribute to their health.
2. Discuss with the girls what milk products they can substitute for milk. See who can make the longest list in the shortest time.

Some possibilities are as follows:

cheese	milk shakes
cottage cheese	malted milks
ice cream	creamed soups
custard	creamed sauces like tuna on toast
pudding	

3. Have the girls make a poster or collage illustrating an idea about dairy products. They may want to create their own pictures or cut pictures from magazines.

Concept	A girl needs to have a well balanced diet, even if she is dieting.
----------------	--

Objectives

1. Girls will understand the relationship between calories and obesity.

2. Girls will understand that they need a balanced diet, even if they are trying to lose weight.

Learning Experiences

For Girls 15-18 Years Old

1. Ask the girls why fad diets may be bad for their health. Fad diets usually do not contain the four food groups in the proper amounts, so by using the diet a girl won't get all the nutrients she needs for good health.
Secondly, a girl does not usually follow a fad diet after she loses some weight, so she is likely to go back to her old eating habits and gain back the weight she has lost.
2. Have the girls use magazines and newspapers to make a poster or a collage showing diets that could be harmful to their health.
3. From magazines and newspapers, collect examples of current lose-weight diets. Have members evaluate how well these diets provide essential nutrients. Do they include all of the foods in the Daily Food Guide? Have the girls use the "Calorie Counter" on pages 16 to 18 of Book III to determine the number of calories in the diets.
4. Ask the girls to check the calorie count of some of their favorite snacks. They can use the "Calorie Counter" on pages 16 to 18 of Book III to do this.
5. Explain to the girls how calories accumulate if one consumes more calories than she uses. Use Book III as a reference.
6. Clip from magazines pictures of various foods or meals. Either display pictures with caloric value or ask members to rank foods or meals as to calorie content (e.g., a large-appearing meal might actually provide fewer calories than a single snack or dessert).

7. Have the girls complete the quiz "Your Diet IQ" on page 19 of

Book III. Following are the correct answers:

1. Obesity is due entirely to heredity.

False. Obesity is caused by eating more calories than one uses.

2. Meal skipping is a good way to lose weight.

False. When one skips meals she may be so hungry that she eats much more at the next meal, thus taking in extra calories.

3. Sugar is not as fattening as starch.

False. Starch turns into sugar inside one's body.

4. Protein foods are not fattening.

False. Protein foods have calories. If one eats more protein foods than are needed, the extra protein becomes fat, which is stored by the body.

5. One should avoid breads and cereals when trying to lose weight.

False. Breads and cereals provide nutrients that are needed for good health.

Concept

Breakfast is a very important meal that should not be skipped.

Objective

Girls will eat a nutritious breakfast.

Learning Experiences

For Girls 9-11, 12-14, and 15-18 Years Old

1. Have the girls complete the activity "Time for Breakfast" on page 16 of Book I, on page 20 of Book II, and on page 20 of Book III.

2. Ask the girls why breakfast is important to good health.

3. Ask the girls how eating breakfast can help them do better in school.
4. Have each girl make a list of what she would prepare for a "quick breakfast." Some ideas might be:

 Toast with peanut butter, fruit, and a glass of milk.

 Fruit juice, cheese and crackers, and a glass of milk.

 Cold meat sandwich, orange juice, and a glass of milk.

 Fruit juice, cereal, and a glass of milk.

Point out that no one should skip breakfast because she does not have time in the morning.

5. Divide the girls into groups of three to six. Provide each group with several copies of old magazines, a pair of scissors, paste, crayons, and a large piece of cardboard or poster paper. When the leader says go, each group will search through magazines for pictures, phrases, etc., that they can use in constructing a nutrition poster about breakfast. Perhaps they can find pictures of foods that should be included in this meal, or they may find pictures of people showing what happens when one doesn't eat breakfast. Each poster needs a slogan that can be formed from words or phrases cut from the magazines. Ask one member of each group to show and explain the poster to the entire group. If the girls wish, you might ask leaders or parents to act as judges and to select the top one or two posters. You might use posters from other learning experiences in this unit for the contest.

Concept

Snack foods can be healthful or they can be empty-caloried foods.

Objective

Girls will eat appropriate snack foods.

Learning Experience

For Girls 12-14 and 15-18 Years Old

1. Have the girls make a list of their favorite snacks. You can then check their food value by using the "Calorie Counter" on pages 21 to 23 of Book II, and on pages 16 to 18 of Book III. Have the girls make bar graphs showing some snacks that are nutritious and some that are empty-caloried foods. Have the girls clip pictures of foods from magazines, and make posters showing which are good snack choices and which are not.

Concept

School breakfast programs and school lunch programs can help girls have good nutrition.

Objective

Girls will take advantage of school breakfast and school lunch programs, if these programs are available.

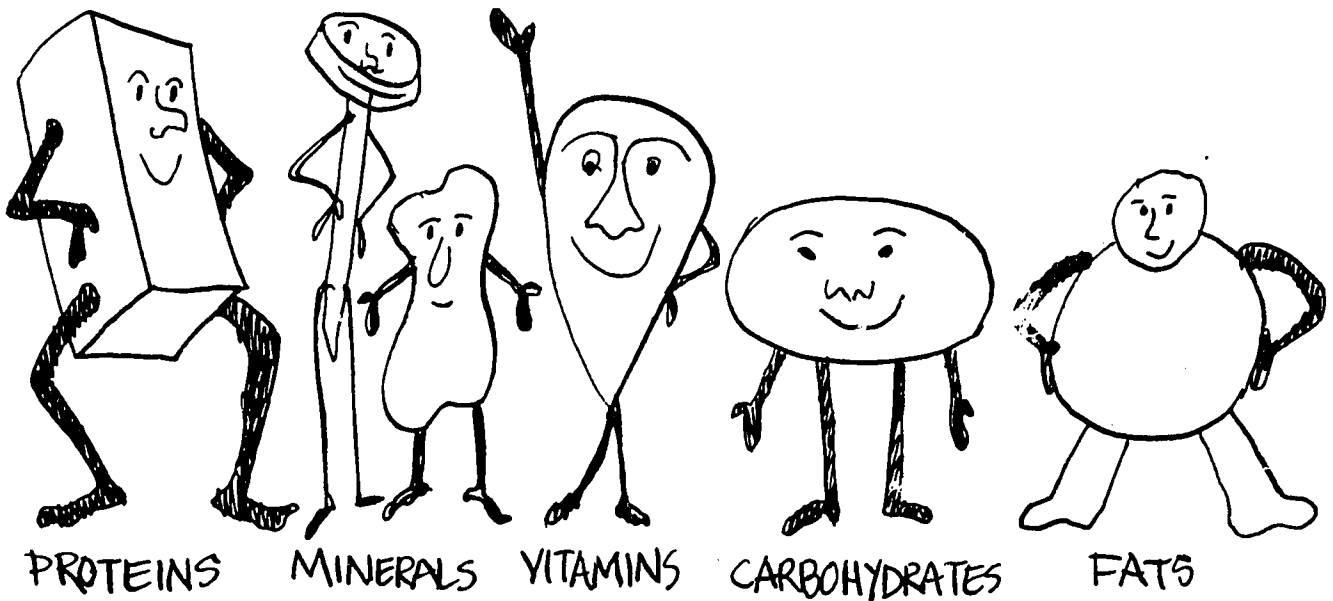
Learning Experiences

For Girls 12-14 and 15-18 Years Old

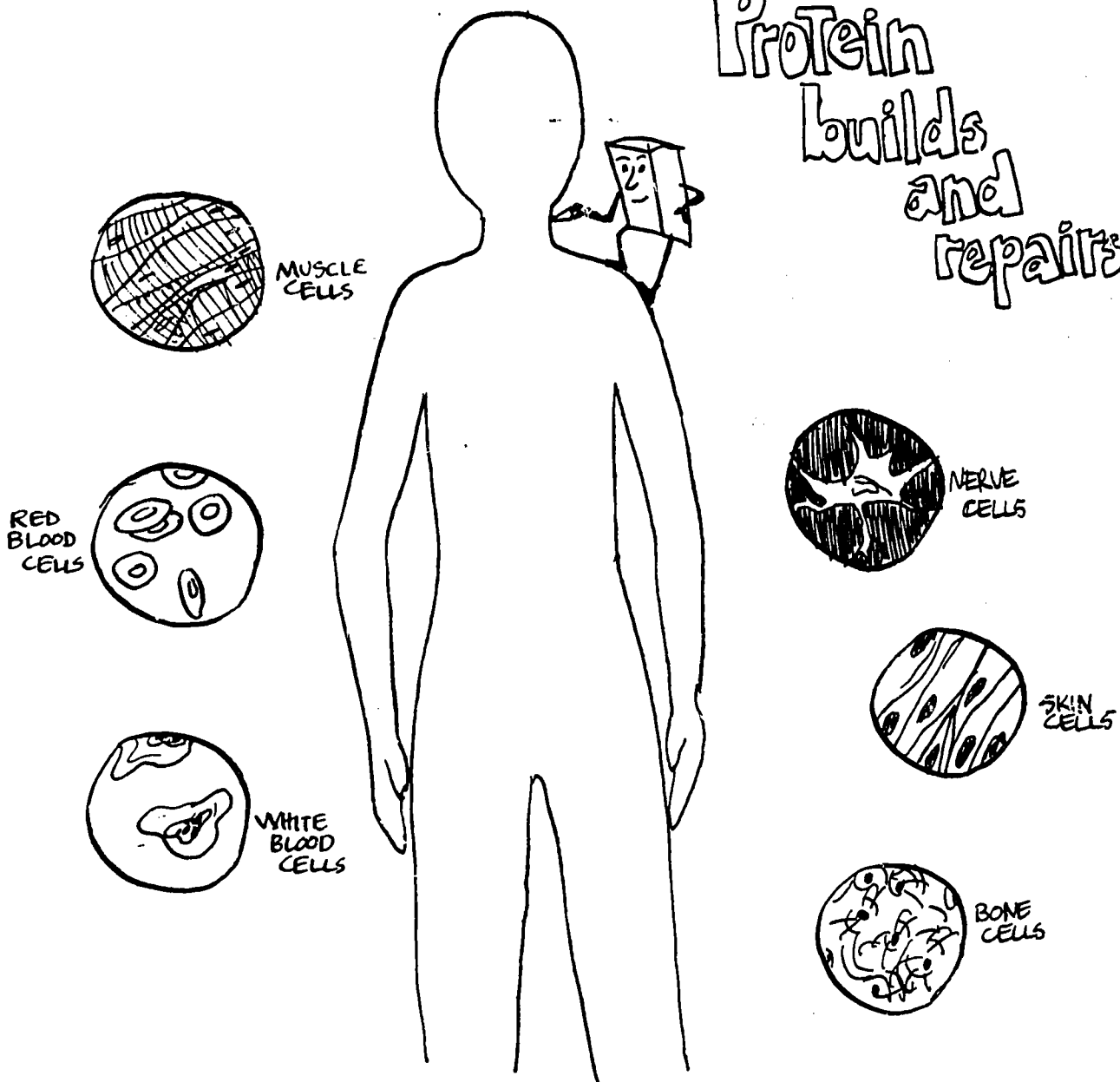
1. Discuss with the girls the advantages of taking part in a school breakfast or school lunch program.
2. Discuss with the girls what they like or don't like about the program.



KEY NUTRIENTS



Protein builds and repairs

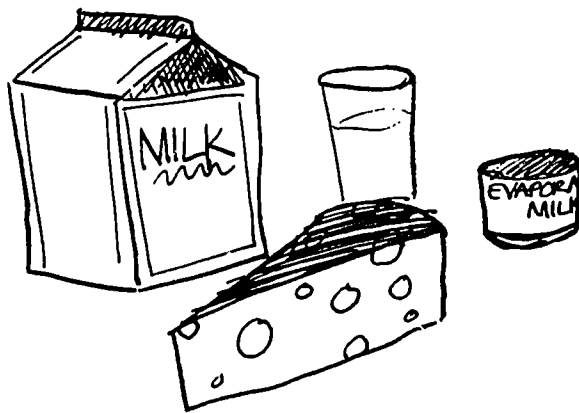


Protein is found in:

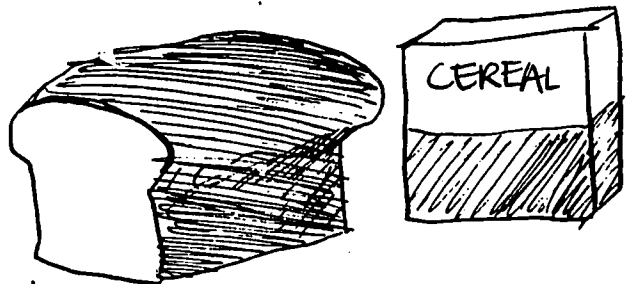
MEAT GROUP



MILK GROUP

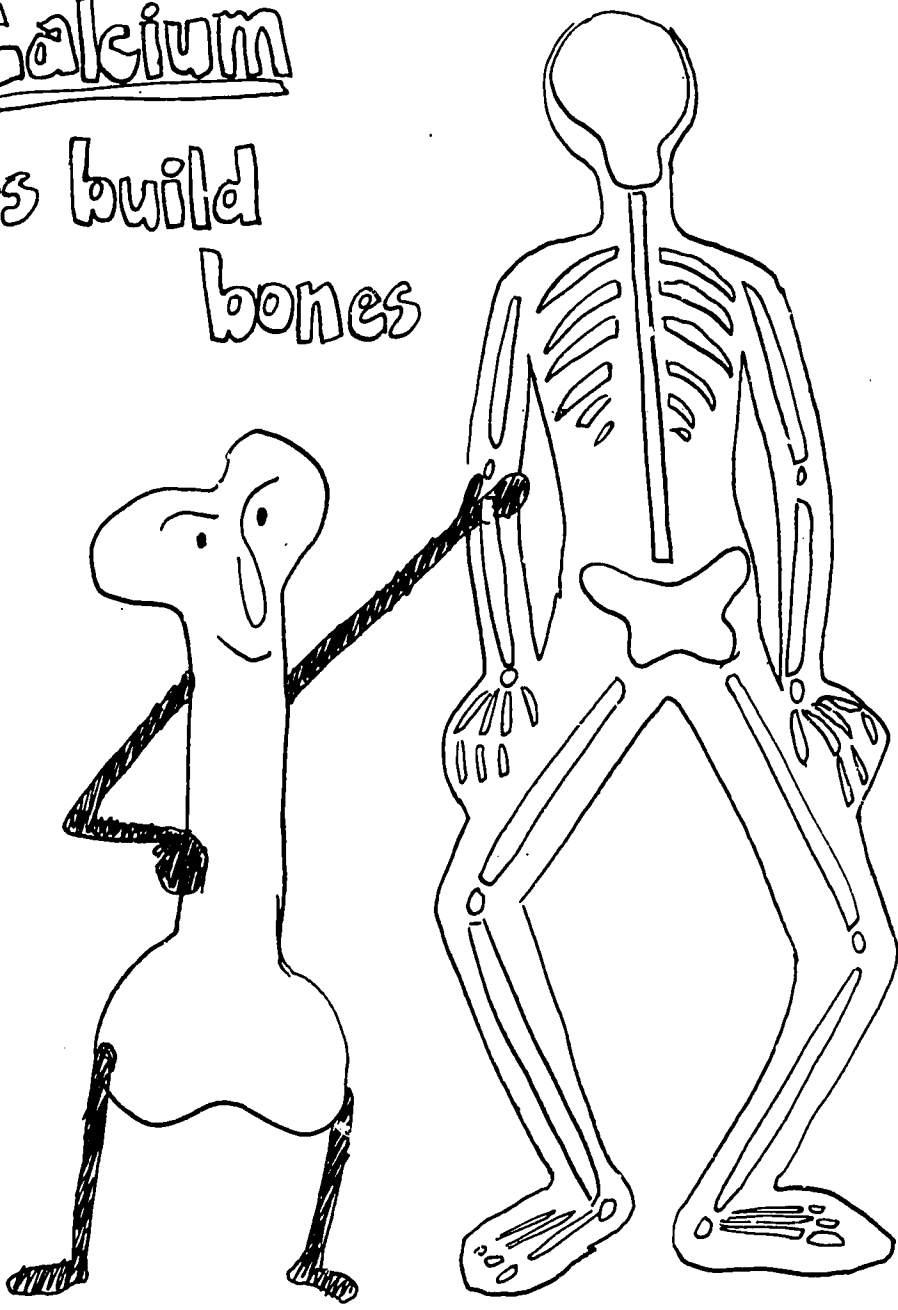


BREAD-CEREAL GROUP



Calcium

helps build
bones

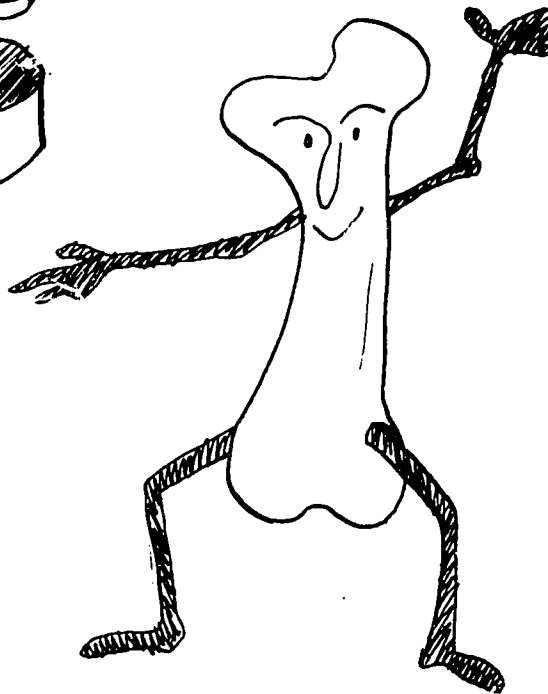
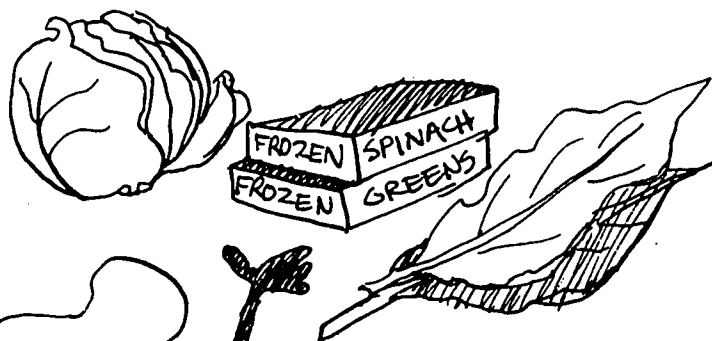


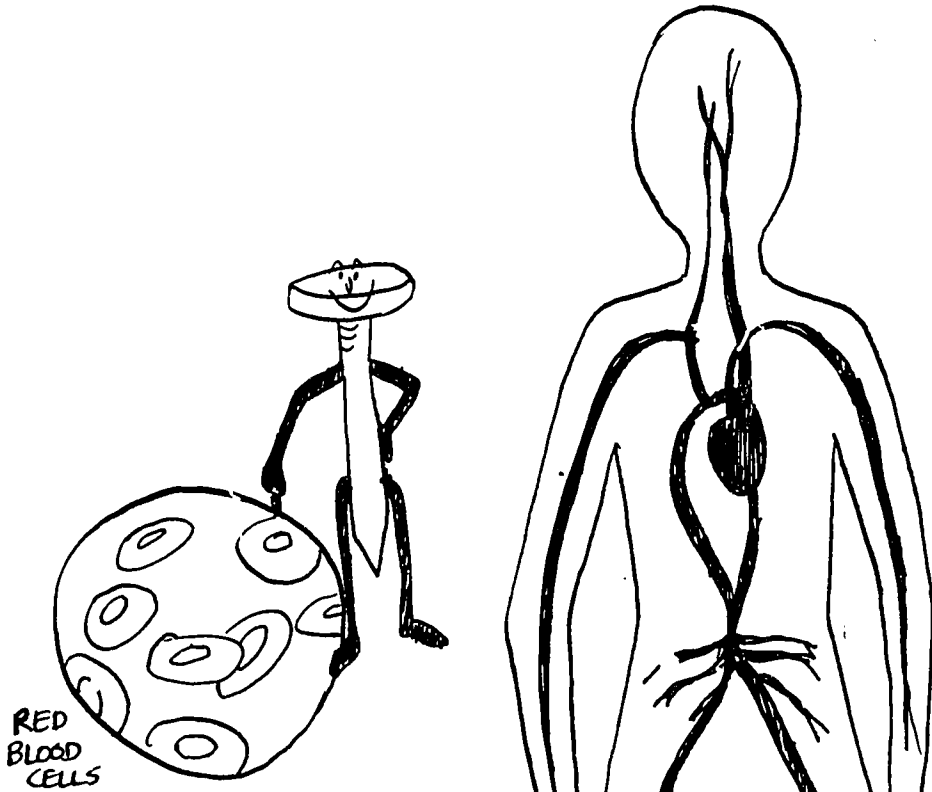
Calcium is found in:

MILK GROUP:



VEGETABLE GROUP:





RED
BLOOD
CELLS

Iron

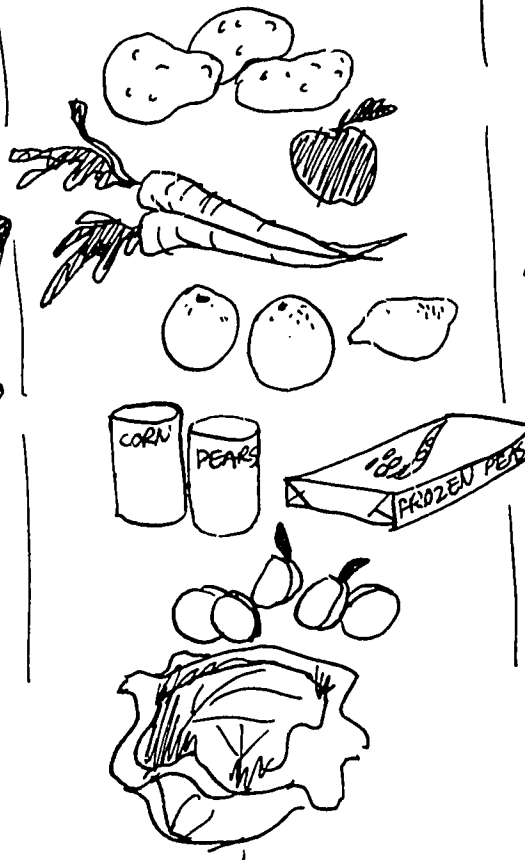
helps carry
Oxygen
To cells

Iron is found in:

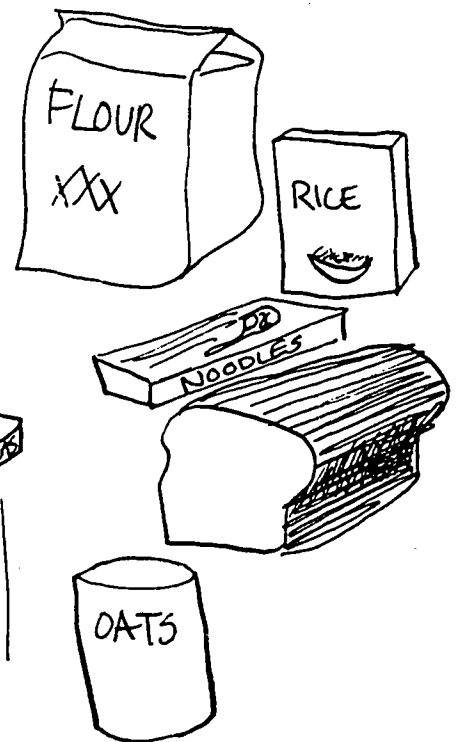
MEAT-GROUP



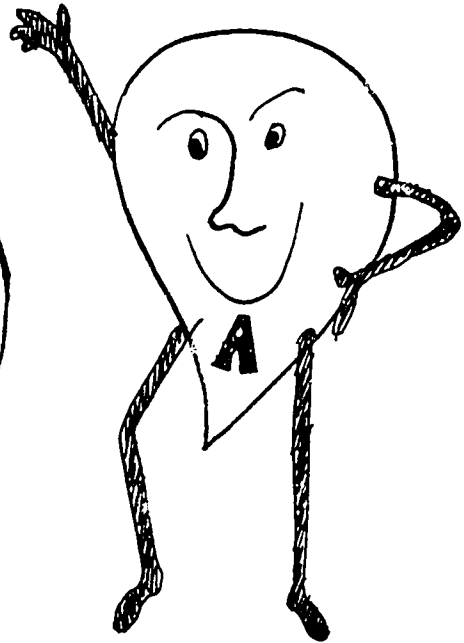
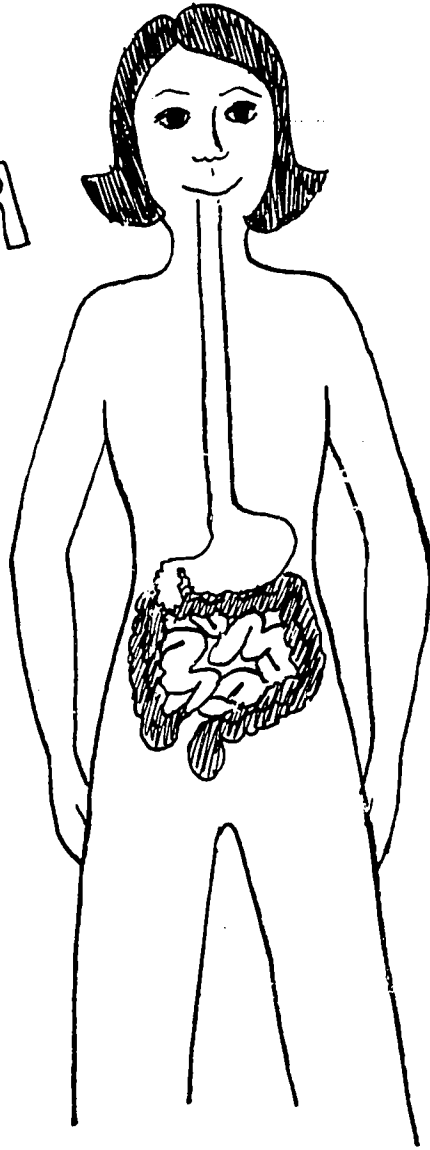
VEGETABLE-FRUIT GROUP



BREAD-CEREAL GROUP

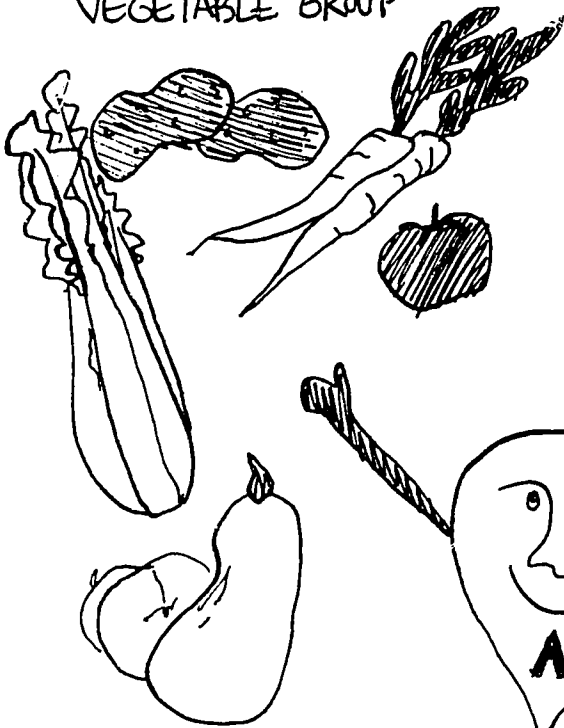


Vitamin A
helps
You See
in the
Dark

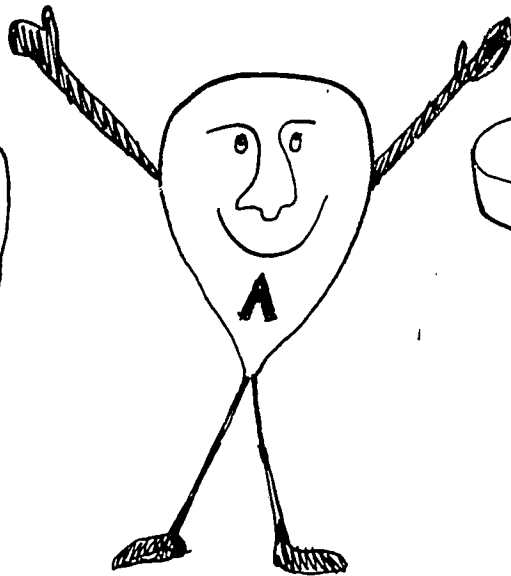


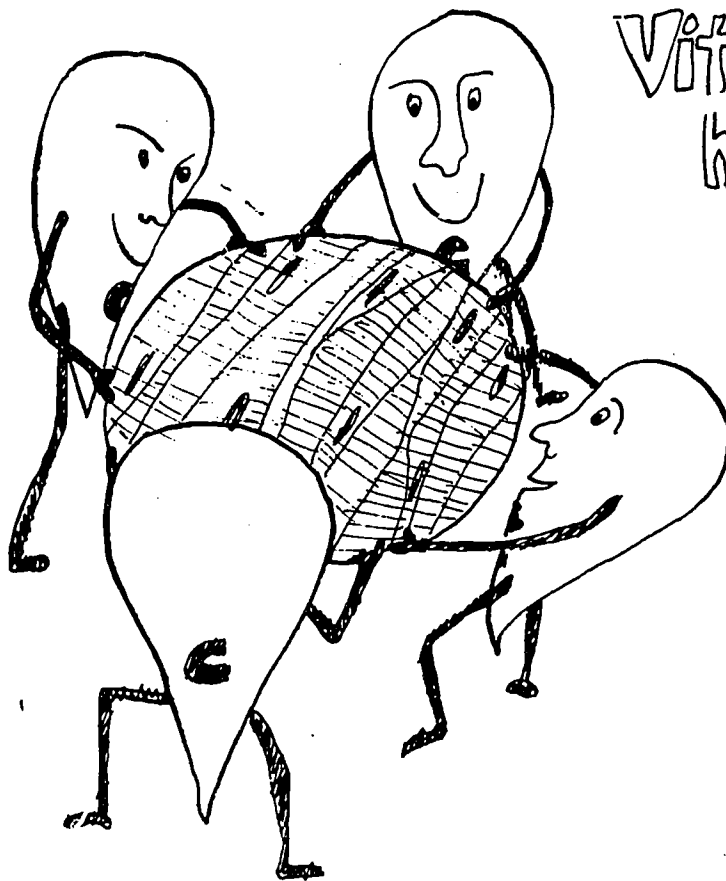
Vitamin A is found in:

VEGETABLE GROUP



MILK GROUP





Vitamin E
helps hold
Cells
together

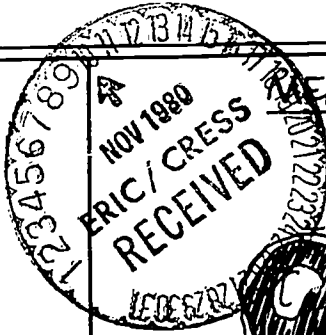
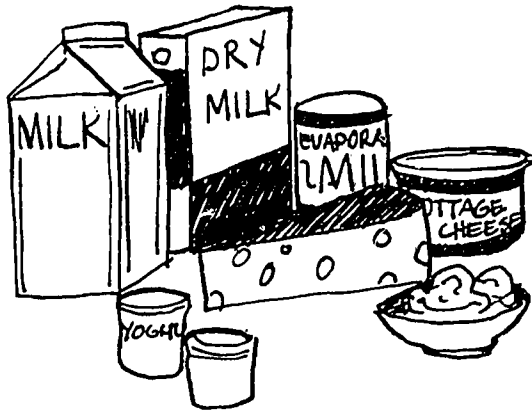
Vitamin C is found in:



DAILY FOOD GUIDE

MILK GROUP

SOME FOR EVERYONE



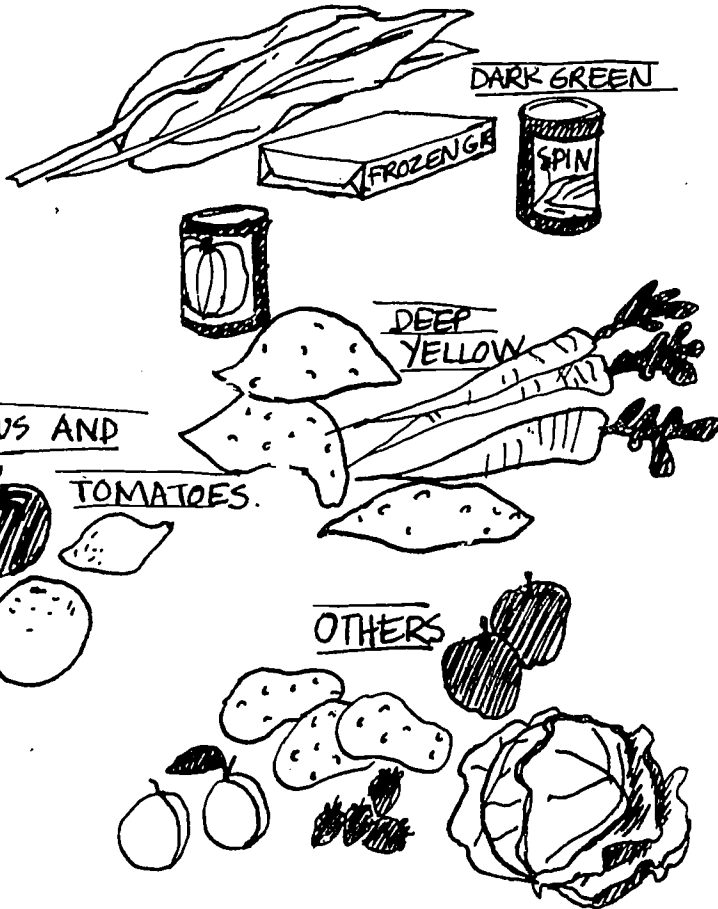
MEAT GROUP

2 OR MORE SERVINGS



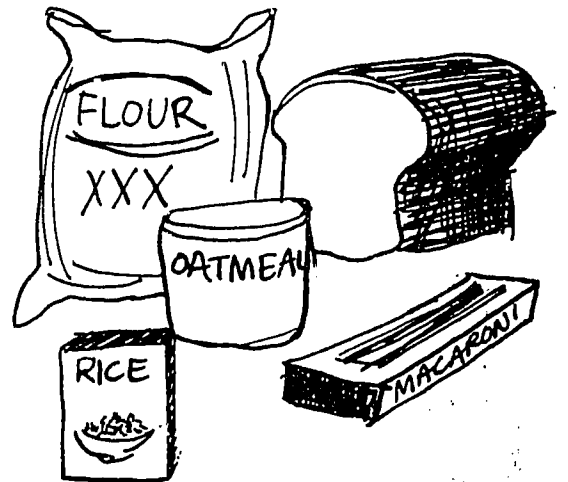
VEGETABLE - FRUIT GROUP

4 OR MORE SERVINGS



BREAD - CEREAL GROUP

4 OR MORE SERVINGS






Follow the Food Guide





EVERY
DAY!

SOME
for
everyone

MILK GROUP

count as a serving 1 cup  of milk

CHILDREN 9-12 -    or more

TEENAGERS -     or more

2

or more
servings

MEAT GROUP

count as a serving 2 or 3 ounces of cooked, lean meat,
poultry or fish — such as







a hamburger



a chicken leg




a fish

also - 2 eggs  
or 1 cup  cooked, dry beans or peas
or 4 tablespoons peanut butter 

4

or more
servings

VEGETABLE - FRUIT GROUP

count as a serving $\frac{1}{2}$ cup  (raw or cooked)
or 1 portion such as



or



or



or




4

or more
servings

BREAD - CEREAL GROUP (whole grain or enriched)

count as a serving

1 slice  of bread or 1 biscuit

or 1 ounce ready to eat cereal 

or $\frac{1}{2}$ cup  to $\frac{3}{4}$ cup  cooked cereal

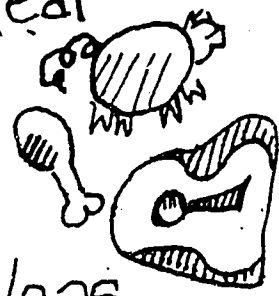

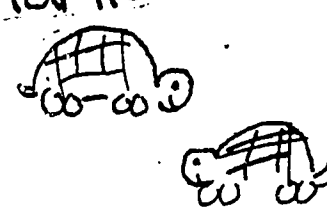
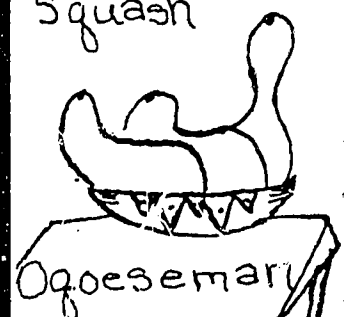
cornmeal, grits, macaroni,
rice or spaghetti

bingo·lingo









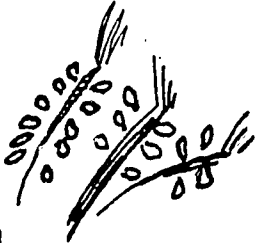
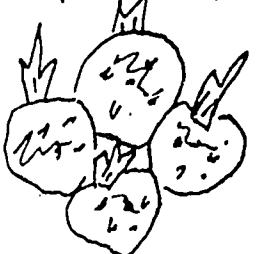
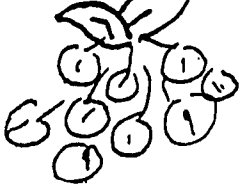


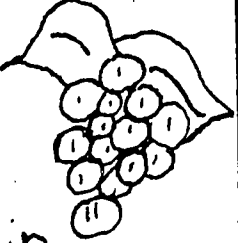




<p>Meat</p> <p>Weas</p>	<p>Swamp Cabbage</p> <p>Keche - Ahneebish</p>	<p>Potato</p> <p>Penig</p>	<p>Beaver</p> <p>Ahmik</p>
<p>Nuts</p> <p>Bagan</p>	<p>Cherries</p> <p>Okemin</p>	<p>Turtles</p> <p>Megekan</p>	<p>Raccoon</p> <p>Asebun</p>
<p>Moose</p> <p>Mons</p>	<p>Blackbirds</p> <p>Ocsenahquig</p>	<p>Ferns</p> <p>Weewaugagon</p>	<p>Porcupines</p> <p>Kag</p>
<p>Milkweed</p> <p>Ininiwand</p>	<p>Berries</p> <p>Minun</p>	<p>Partridge</p> <p>Pahay</p>	<p>Moose</p> <p>Mons</p>

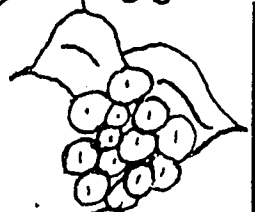
bingo·lingo

<p>Meat</p>  <p>Weas</p>	<p>Cran berries</p>  <p>Mashkigimin</p>	<p>Swamp Cabbage</p>  <p>Keche - Ahneebish</p>	<p>Dandelion greens</p>  <p>Masquaconeq</p>
<p>Strawberries</p>  <p>Odeimin</p>	<p>Heart</p>  <p>Odeima</p>	<p>Turtles</p>  <p>Megekan</p>	<p>Wild Cherries</p>  <p>Bawaaminan</p>
<p>Corn</p>  <p>Mandamin</p>	<p>Blackbirds</p>  <p>Ocsenahquig</p>	<p>Ferns</p>  <p>Weewaugagon</p>	<p>Squash</p>  <p>Ogoesemary</p>
<p>Berries</p>  <p>Minun</p>	<p>Geese</p>  <p>Nika</p>	<p>Cherries</p>  <p>Okemin</p>	<p>Blueberries</p>  <p>Menon</p>


bingo·lingo

<p>Milkweed</p>  <p>Ininiwuni</p>	<p>Swamp Cabbage</p>  <p>Keche - Ahneebish</p>	<p>Partridge</p> <p>Pahay</p> 	<p>Pumpkins</p>  <p>Ogwissimah</p>
<p>Onions</p>  <p>Kitchijigamanj</p>	<p>Nuts</p>  <p>Bagan</p>	<p>Maple Sugar</p>  <p>Sisibakwat</p>	<p>Liver</p>  <p>Oguin</p>
<p>Wild Rice</p>  <p>Manomin</p>	<p>Raspberries</p>  <p>Misquemin</p>	<p>Cherries</p>  <p>Okemin</p>	<p>Mushrooms.</p>  <p>Pikwadjish</p>
<p>Cran berries</p>  <p>Mashkigimin</p>	<p>Grapes</p>  <p>Jomin</p>	<p>Fowl</p>  <p>Pakaakwe</p>	<p>Blueberries</p>  <p>Menon</p>

bingo·lingo

<p>Roots</p>  <p>Ocheebiki</p>	<p>Carrots</p>  <p>Osawakadans</p>	<p>Wild Rice</p>  <p>Manomin</p>	<p>Honey</p>  <p>Amo-sisibakwat</p>
<p>Nuts</p>  <p>Bagan</p>	<p>Bear</p>  <p>Makwa</p>	<p>Duck</p>  <p>Shesheeb</p>	<p>Grapes</p>  <p>Jomino</p>
<p>Deer</p>  <p>Wawashkeshi</p>	<p>Beans</p>  <p>Miskodissimir</p>	<p>Turkey</p>  <p>Misissay</p>	<p>Potato</p>  <p>Penig</p>
<p>Pumpkins</p>  <p>Ogwissimahn</p>	<p>Raspberries</p>  <p>Misquemim</p>	<p>Juniper berry</p>  <p>Okawanijimin</p>	<p>Strawberries</p>  <p>Odeimin</p>

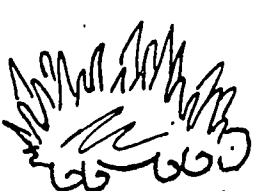
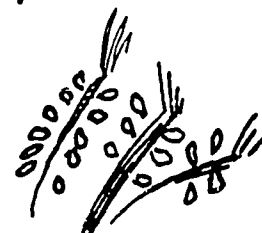


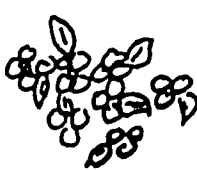
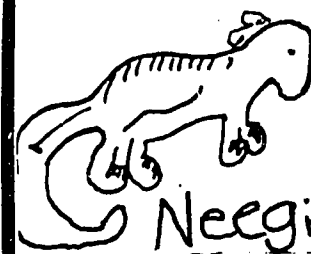
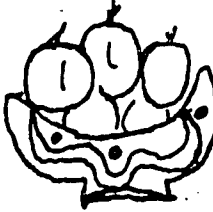
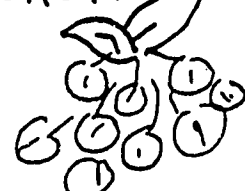


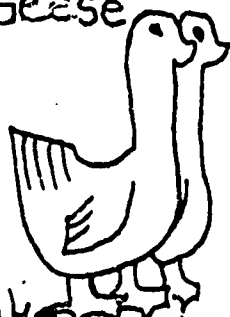
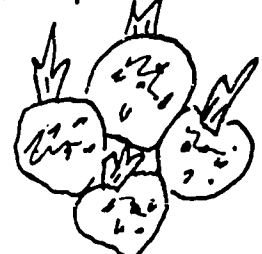
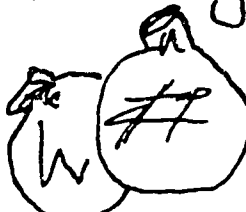
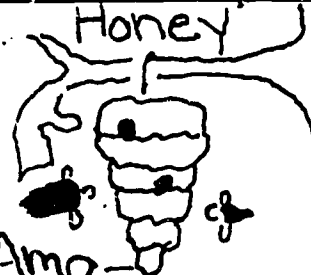

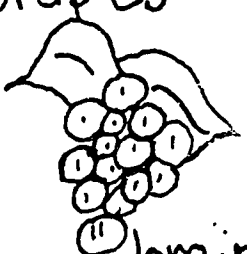
bingo·lingo

<p>Green leaves</p>  <p>Ojwashkwabaga</p>	<p>Squash</p>  <p>Ogoeseman</p>	<p>Potatoes</p>  <p>Penig</p>	<p>Fowl</p>  <p>Pakaakwe</p>
<p>Fish</p>  <p>Gigo</p>	<p>Dandelion greens</p>  <p>lep a m m</p> <p>Masquaconeq</p>	<p>Raccoon</p>  <p>Asebun</p>	<p>Plums</p>  <p>Pagessan</p>
<p>Wild Rice</p>  <p>Manomin</p>	<p>Deer</p>  <p>Wawashkeshi</p>	<p>Apples</p>  <p>Mishimin</p>	<p>Cranberries</p>  <p>Mashkigimin</p>
<p>Turkey</p>  <p>Misissay</p>	<p>Strawberries</p>  <p>Odeimin</p>	<p>Liver</p>  <p>Oquin</p>	<p>Wild Cherries</p>  <p>Bawaminan</p>




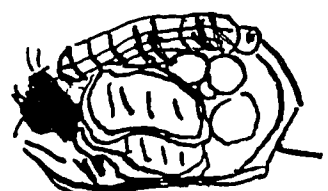

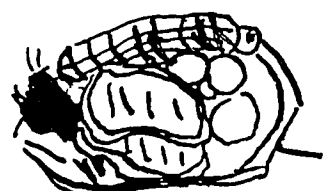
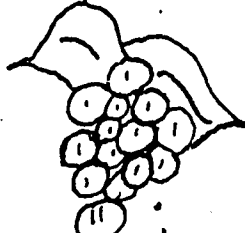

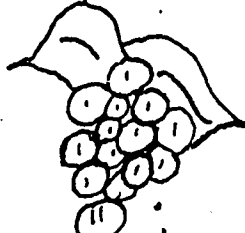







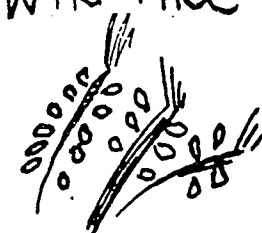
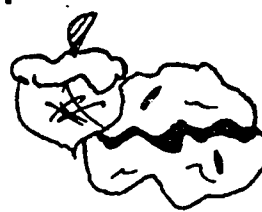
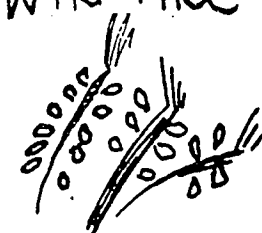
bingo • lingo

<p>Fish</p>  <p>Gigo</p>	<p>Porcupines</p>  <p>Kag</p>	<p>Raccoon</p>  <p>Asebun</p>	<p>Ferns</p>  <p>Weewaugagon</p>
<p>Turkey</p>  <p>Misissay</p>	<p>Squash</p>  <p>Ogocseman</p>	<p>Liver</p>  <p>Oquin</p>	<p>Cran berries</p>  <p>Mashkigimin</p>
<p>Juniper berry</p>  <p>Okawanijimin</p>	<p>Apples</p>  <p>Mishimin</p>	<p>Raspberries</p>  <p>Misquemin</p>	<p>Wild Cherries</p>  <p>Bawaminar</p>
<p>Plums</p>  <p>Pagessan</p>	<p>Potato</p>  <p>Penig</p>	<p>Berries</p>  <p>Minun</p>	<p>Green leaves</p>  <p>Pjwashkwabaga</p>






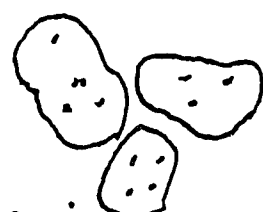


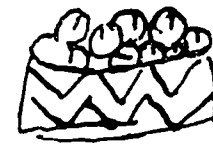




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<p>Porcupines</p>  <p>Kag</p>	<p>Wild Rice</p>  <p>Manomin</p>	<p>Fish</p>  <p>Gigo</p>	<p>Blueberries</p>  <p>Menon</p>
<p>Goose berries</p>  <p>Shaubominin</p>	<p>Otter</p>  <p>Neegig</p>	<p>Plums</p>  <p>Pagessan</p>	<p>Cherries</p>  <p>Okemin</p>
<p>Roots</p>  <p>Ocheebik</p>	<p>Blueberries</p>  <p>Menon</p>	<p>Geese</p>  <p>Nik</p>	<p>Raspberries</p>  <p>Misquemin</p>
<p>Rutabagas</p>  <p>Osawitchiss</p>	<p>Honey</p>  <p>Amo sisbakwat</p>	<p>Beans</p>  <p>Miskodissimin</p>	<p>Grapes</p>  <p>Jomin</p>

bingo·lingo

<p>Juniper berry</p> 	<p>Cran berries</p> 	<p>Green leaves</p> 	<p>Goose berries</p> 
<p>Okawanijimin</p> 	<p>Mashkigimin</p> 	<p>Ojwashkwabaga</p> 	<p>Shaubominin</p> 
<p>Liver</p> 	<p>Grapes</p> 	<p>Plums</p> 	<p>Beans</p> 
<p>Oquin</p> 	<p>Jomin</p> 	<p>Pagessan</p> 	<p>Miskodissimin</p> 
<p>Roots</p> 	<p>Wild Cherries</p> 	<p>Bear</p> 	<p>Carrots</p> 
<p>Ocheebik</p> 	<p>Bawaminan</p> 	<p>Makwa</p> 	<p>Osawakadakons</p> 
<p>Potato</p> 	<p>Nuts</p> 	<p>Corn</p> 	<p>Wild Rice</p> 
<p>Penig</p> 	<p>Bagan</p> 	<p>Mandamin</p> 	<p>Manomin</p> 


bingo · lingo

<p>Goose berries</p>  <p>Shaubominin</p>	<p>Meat</p>  <p>Weas</p>	<p>Green leaves</p>  <p>Ojwashkwabaga</p>	<p>Fish</p>  <p>GiGo</p>
<p>Geese</p>  <p>Nikst</p>	<p>Deer</p>  <p>Wawashkeshi</p>	<p>Potato</p>  <p>Penig</p>	<p>Moose</p>  <p>Mons</p>
<p>Mushrooms</p>  <p>Pikwadjish</p>	<p>Cran berries</p>  <p>Mashkigimin</p>	<p>Blue berries</p>  <p>Menon</p>	<p>Beaver</p>  <p>Ahmik</p>
<p>Juniper berry</p>  <p>Okawanijimin</p>	<p>Wild Cherries</p>  <p>Bawaminan</p>	<p>Corn</p>  <p>Mandamin</p>	<p>Red berries of winter green</p>  <p>Winissimin</p>




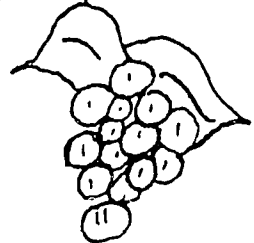

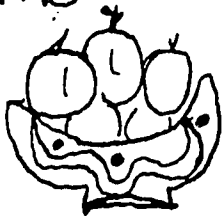


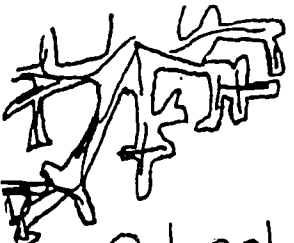

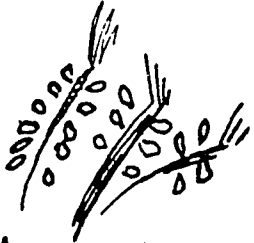



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<p>Rabbits</p>  <p>Waboos</p>	<p>Bear</p>  <p>Makwa</p>	<p>Turkey</p>  <p>Misissay</p>	<p>Moose</p>  <p>Mons</p>
<p>Raspberries</p>  <p>Misquemin</p>	<p>Blackbirds</p>  <p>Ocsenahquig</p>	<p>Duck</p>  <p>shesheeb</p>	<p>Strawberries</p>  <p>Odeimin</p>
<p>Deer</p>  <p>Walwashkeshi</p>	<p>Honey</p>  <p>Amo-sisibakwat</p>	<p>Ferns</p>  <p>Weewaugagon</p>	<p>Wild Rice</p>  <p>Manomin</p>
<p>Nuts</p>  <p>Bagan</p>	<p>Roots</p>  <p>Ocheebik</p>	<p>Juniper berry</p>  <p>Okawanijimin</p>	<p>Beaver</p>  <p>Ahmik</p>

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<p>Blueberries</p>  <p>Menon</p>	<p>Raspberries</p>  <p>Misquemin</p>	<p>Cherries</p>  <p>Okemin</p>	<p>Apples</p>  <p>Mishimin</p>
<p>Berries</p>  <p>Minun</p>	<p>Red berries of winter green</p>  <p>Winissimin</p>	<p>Turtles</p>  <p>Megekan</p>	<p>Corn</p>  <p>Mandamin</p>
<p>Beets</p>  <p>Mishokodak</p>	<p>Mushrooms</p>  <p>Pikwadjish</p>	<p>Rutabagas</p>  <p>Osawitchiiss</p>	<p>Onions</p>  <p>Kitchijigamanj</p>
<p>Maple Sugar</p>  <p>Sisibakwat</p>	<p>Honey</p>  <p>amo-sisibakwat</p>	<p>Rabbits</p>  <p>Waboos</p>	<p>Fish</p>  <p>Gigo</p>






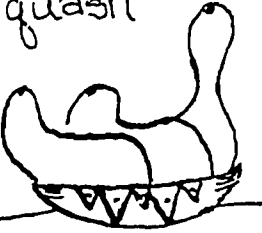

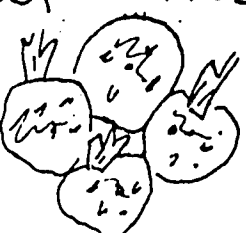
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<p>Goose berries</p> 	<p>Cran berries</p> 	<p>Juniper berry</p> 	<p>Grapes</p> 
<p>Shaubominin</p>	<p>Mashkigimin</p>	<p>Okawanijimin</p>	<p>Jomin</p>
<p>Wild Cherries</p> 	<p>Plums</p> 	<p>Squirrels</p> 	<p>Berries</p> 
<p>Bawaminan</p>	<p>Pagessan</p>	<p>Atchitamo</p>	<p>Minun</p>
<p>Greenleaves</p> 	<p>Roots</p> 	<p>Carrots</p> 	<p>Wild Rice</p> 
<p>Ojwashkwabaga</p>	<p>Ocheebik</p>	<p>Osawakadakons</p>	<p>Manomin</p>
<p>Maple Syrup</p> 	<p>Nuts</p> 	<p>Bear</p> 	<p>Duck</p> 
<p>Jiwagamisigh</p>	<p>Bagan</p>	<p>Makwa</p>	<p>Shesheeb</p>

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<p>Blueberries</p>  <p>Menon</p>	<p>Raspberries</p>  <p>Misquemin</p>	<p>Cherries</p>  <p>Okemin</p>	<p>Grapes</p>  <p>Jomin</p>
<p>Berries</p>  <p>Minun</p>	<p>Red berries of winter green</p>  <p>Winissimin</p>	<p>Wild Rice</p>  <p>Manomin</p>	<p>Corn</p>  <p>Mandamin</p>
<p>Fish</p>  <p>Gigo</p>	<p>Mushrooms</p>  <p>Pikwadjish</p>	<p>Rutabagas</p>  <p>Osawitchiss</p>	<p>Onions</p>  <p>Kitchijigamanj</p>
<p>Pumpkins</p>  <p>Ogwissiman</p>	<p>Maple Sugar</p>  <p>Sisibakwat</p>	<p>Nuts</p>  <p>Bagan</p>	<p>Bear</p>  <p>Makwa</p>




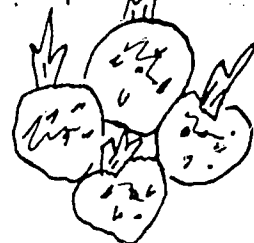






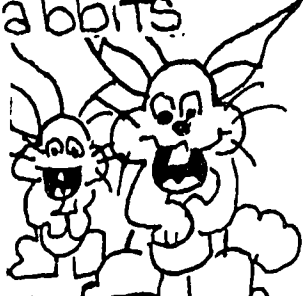
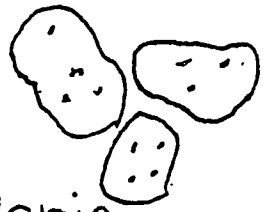

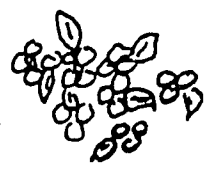
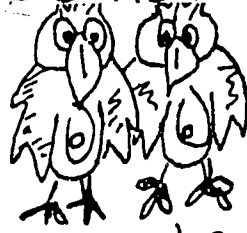

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<p>Beaver</p>  <p>Ahmik</p>	<p>Turkey</p>  <p>Misissay</p>	<p>Deer</p>  <p>Wawashkeshi</p>	<p>Otter</p>  <p>Neegig</p>
<p>Duck</p>  <p>Shesh'eeb</p>	<p>Milkweed</p>  <p>Ininiwunj</p>	<p>Squirrels</p>  <p>Atchitamo</p>	<p>Maple Syrup</p>  <p>Jiwagamisigah</p>
<p>Squash</p>  <p>Ogoesemary</p>	<p>Rabbits</p>  <p>Waboos</p>	<p>Dandelion greens</p>  <p>Masquaconeq</p>	<p>Goose berries</p>  <p>Shaubominin</p>
<p>Beaver</p>  <p>Ahmik</p>	<p>Moose</p>  <p>Mons</p>	<p>Raspberries</p>  <p>Misquemin</p>	<p>Swamp Cabbage</p>  <p>Keche - Ahneebish</p>

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<p>Maple Syrup</p>  <p>Jiwagamisigah</p>	<p>Liver</p>  <p>Oquin</p>	<p>Moose</p>  <p>Mons</p>	<p>Green leaves</p>  <p>Owashkwabaga</p>
<p>Rutabagas</p>  <p>Oswitchiss</p>	<p>Rabbits</p>  <p>Waboos</p>	<p>Fish</p>  <p>Gigo</p>	<p>Maple Sugar</p>  <p>Sisibakwat</p>
<p>Nuts</p>  <p>Bagan</p>	<p>Pumpkins</p>  <p>Ogwissimah</p>	<p>Cherries</p>  <p>Okemin</p>	<p>Pumpkins</p>  <p>Ogwissimah</p>
<p>Plums</p>  <p>Pagessan</p>	<p>Blueberries</p>  <p>Menon</p>	<p>Roots</p>  <p>Ocheebik</p>	<p>Meat</p>  <p>Weas</p>


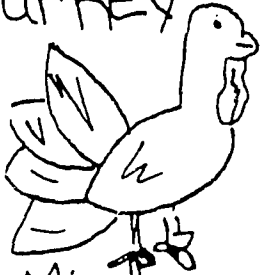






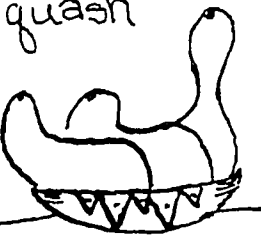

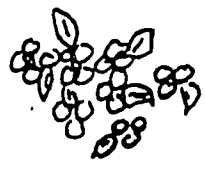
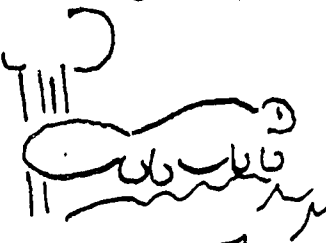

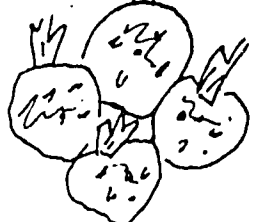

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<p>Milkweed</p>  <p>Iniriwari</p>	<p>Blueberries</p>  <p>Menon</p>	<p>Beaver</p>  <p>Ahmik</p>	<p>Raspberries</p>  <p>Misquemin</p>
<p>Meat</p>  <p>Weas</p>	<p>Nuts</p>  <p>Eagan</p>	<p>Partridge</p>  <p>Panay</p>	<p>Dandelion greens</p>  <p>Masquaconeg</p>
<p>Berries</p>  <p>Minun</p>	<p>Otter</p>  <p>Neegig</p>	<p>Rabbits</p>  <p>Waboos</p>	<p>Potato</p>  <p>Penig</p>
<p>Moose</p>  <p>Mons</p>	<p>Goose berries</p>  <p>Shaubominin</p>	<p>Blackbirds</p>  <p>Ocsenahquig</p>	<p>Raccoon</p>  <p>Asebun</p>

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<p>Blueberries</p>  <p>Menon</p>	<p>Raspberries</p>  <p>Misquemin</p>	<p>Cherries</p>  <p>Okemin</p>	<p>Grapes</p>  <p>Jomin</p>
<p>Berries</p>  <p>Minun</p>	<p>Red berries of winter green</p>  <p>Winissimin</p>	<p>Wild Rice</p>  <p>Manomin</p>	<p>Corn</p>  <p>Mandamin</p>
<p>Fish</p>  <p>Gigo</p>	<p>Mushrooms</p>  <p>Pikwadjish</p>	<p>Rutabagas</p>  <p>Osawitchiess</p>	<p>Onions</p>  <p>Kitchijigamanj</p>
<p>Pumpkins</p>  <p>Ogwissiman</p>	<p>Maple Sugar</p>  <p>Sisibakwat</p>	<p>Nuts</p>  <p>Bagan</p>	<p>Bear</p>  <p>Makwa</p>




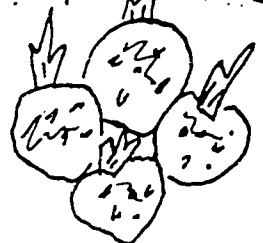






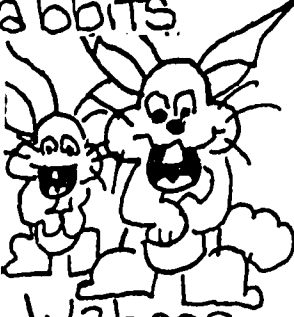
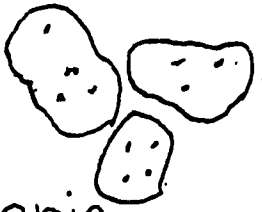
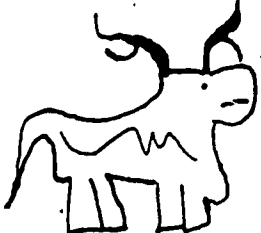

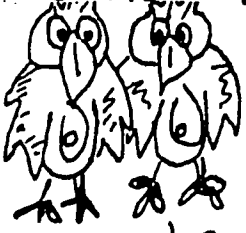

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<p>Beaver</p>  <p>Ahmik</p>	<p>Turkey</p>  <p>Misissay</p>	<p>Deer</p>  <p>Wawashkeshi</p>	<p>Otter</p>  <p>Neegig</p>
<p>Duck</p>  <p>Shesheeb</p>	<p>Milkweed</p>  <p>Ininiwuni</p>	<p>Squirrels</p>  <p>Atchitamo</p>	<p>Maple Syrup</p>  <p>Jiwagamisigah</p>
<p>Squash</p>  <p>Ogoesemany</p>	<p>Rabbits</p>  <p>Waboos</p>	<p>Dandelion greens</p>  <p>Masquaconeeg</p>	<p>Goose berries</p>  <p>Shaubominin</p>
<p>Beaver</p>  <p>Ahmik</p>	<p>Moose</p>  <p>Mons</p>	<p>Raspberries</p>  <p>Misquemin</p>	<p>Swamp Cabbage</p>  <p>Keche - Ahneebish</p>





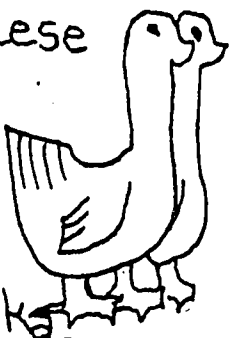
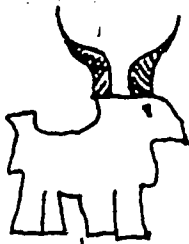
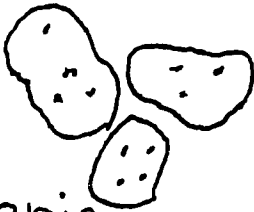


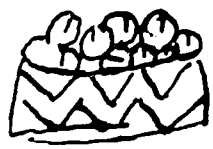





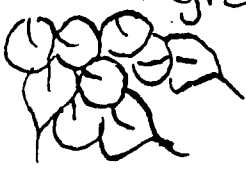
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<p>Maple Syrup</p>  <p>Jiwagamisigah</p>	<p>Liver</p>  <p>Ogwin</p>	<p>Moose</p>  <p>Mons</p>	<p>Green leaves</p>  <p>Ojwashkwabaga</p>
<p>Rutabagas</p>  <p>Oswitchiss</p>	<p>Rabbits</p>  <p>Waboos</p>	<p>Fish</p>  <p>Gigo</p>	<p>Maple Sugar</p>  <p>Sisibakwat</p>
<p>Nuts</p>  <p>Bagan</p>	<p>Pumpkins</p>  <p>Ogwissiman</p>	<p>Cherries</p>  <p>'Okemin</p>	<p>Pumpkins</p>  <p>Ogwissiman</p>
<p>Plums</p>  <p>Pagessan</p>	<p>Blueberries</p>  <p>Menon</p>	<p>Roots</p>  <p>Ocheebik</p>	<p>Meat</p>  <p>Weas</p>

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<p>Milkweed</p>  <p>Ininiwunji</p>	<p>Blueberries</p>  <p>Menon</p>	<p>Beaver</p>  <p>Ahmik</p>	<p>Raspberries</p>  <p>Misquemin</p>
<p>Meat</p>  <p>Weas</p>	<p>Nuts</p>  <p>Bagan</p>	<p>Partridge</p>  <p>Panay</p>	<p>Dandelion greens</p>  <p>Masquaconeg</p>
<p>Berries</p>  <p>Minun</p>	<p>Otter</p>  <p>Neegig</p>	<p>Rabbits</p>  <p>Waboos</p>	<p>Potato</p>  <p>Penig</p>
<p>Moose</p>  <p>Mons</p>	<p>Goose berries</p>  <p>Shaubominin</p>	<p>Blackbirds</p>  <p>Ocsenahquig</p>	<p>Raccoon</p>  <p>Asebun</p>




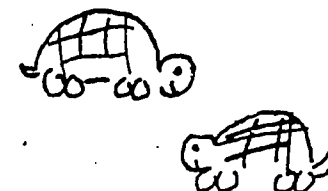


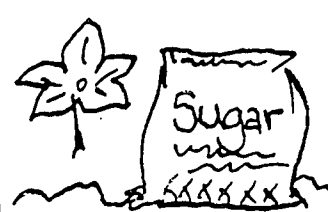
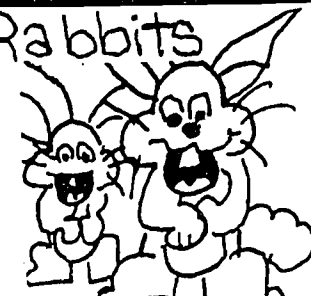

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Goose berries  Shaubominin	Meat  Weas	Green leaves  Ojwashkwabaga	Fish  Gigo
Geese  Niks	Deer  Wawashkeshi	Potato  Penig	Moose  Mons
Mushrooms  Pikwadjish	Cran berries  Mashkigimin	Blueberries  Menon	Beaver  Ahmik
Juniper berry  Okawanjimin	Wild Cherries  Bawaminan	Corn  Mandamin	Red berries of winter green  Winissimin



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<p>Rabbits</p>  <p>Waboos</p>	<p>Bear</p>  <p>Makwa</p>	<p>Turkey</p>  <p>Misissay</p>	<p>Moose</p>  <p>Mons</p>
<p>Raspberries</p>  <p>Misquemin</p>	<p>Blackbirds</p>  <p>Ocsenahquig</p>	<p>Duck</p>  <p>Sheshceb</p>	<p>Strawberries</p>  <p>Odeimin</p>
<p>Deer</p>  <p>Wawashkeshi</p>	<p>Honey</p>  <p>Amo-sisibakwat</p>	<p>Ferns</p>  <p>Weewaugagon</p>	<p>Wild Rice</p>  <p>Manomin</p>
<p>Nuts</p>  <p>Bagan</p>	<p>Roots</p>  <p>Ocheebik</p>	<p>Juniper berry</p>  <p>Okawanijimin</p>	<p>Beaver</p>  <p>Ahmik</p>

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<p>Blueberries</p>  <p>Menon</p>	<p>Raspberries</p>  <p>Misquemin</p>	<p>Cherries</p>  <p>Okemin</p>	<p>Apples</p>  <p>Mishimin</p>
<p>Berries</p>  <p>Minun</p>	<p>Red berries of winter green</p>  <p>Winissimin</p>	<p>Turtles</p>  <p>Megekan</p>	<p>Corn</p>  <p>Mandamin</p>
<p>Beets</p>  <p>Miskokodak</p>	<p>Mushrooms</p>  <p>Pikwadjish</p>	<p>Rutabagas</p>  <p>Osawitchiess</p>	<p>Onions</p>  <p>Kitchijigamanj</p>
<p>Maple Sugar</p>  <p>Sisibakwat</p>	<p>Honey</p>  <p>amo-sisibakwat</p>	<p>Rabbits</p>  <p>Waboos</p>	<p>Fish</p>  <p>Gigo</p>

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<p>Goose berries</p> 	<p>Cran berries</p> 	<p>Juniper berry</p> 	<p>Grapes</p> 
<p>Shaubominin</p> <p>Wild Cherries</p>  <p>Bawaminan</p>	<p>Mashkigimin</p> <p>Plums</p>  <p>Pagessan</p>	<p>Okawanijimin</p> <p>Squirrels</p>  <p>Atchitamo</p>	<p>Jomin</p> <p>Berries</p>  <p>Minun</p>
<p>Green leaves</p>  <p>Ojwashkwabaga</p>	<p>Roots</p>  <p>Ocheebik</p>	<p>Carrots</p>  <p>Osawakadakons</p>	<p>Wild Rice</p>  <p>Manomin</p>
<p>Maple Syrup</p>  <p>Jiwagamisigh</p>	<p>Nuts</p>  <p>Bagan</p>	<p>Bear</p>  <p>Makwa</p>	<p>Duck</p>  <p>shesheeb</p>


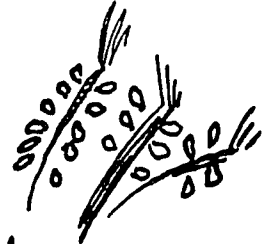




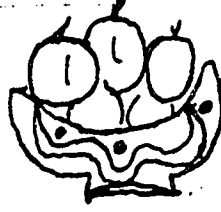
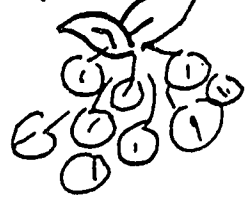
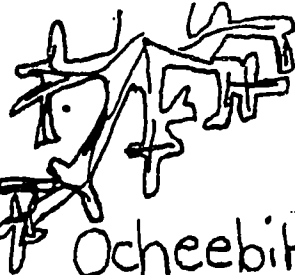

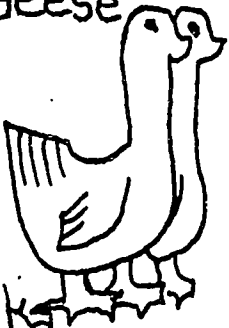


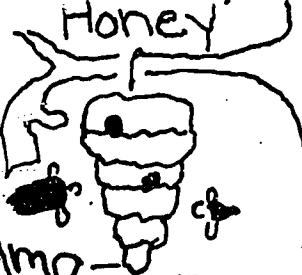

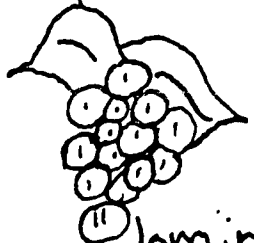
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<p>Green leaves</p>  <p>Ojwashkwabaga</p>	<p>Squash</p>  <p>Ogoeseman</p>	<p>Potatoes</p>  <p>Penig</p>	<p>Fowl</p>  <p>Pakaakwe</p>
<p>Fish</p>  <p>Gigo</p>	<p>Dandelion greens</p>  <p>Masquaconeeg</p>	<p>Raccoon</p>  <p>Asebun</p>	<p>Plums</p>  <p>Pagessan</p>
<p>Wild Rice</p>  <p>Manomin</p>	<p>Deer</p>  <p>Wawashkeshi</p>	<p>Apples</p>  <p>Mishimin</p>	<p>Cranberries</p>  <p>Mashkigimmin</p>
<p>Turkey</p>  <p>Misissay</p>	<p>Strawberries</p>  <p>Odeimin</p>	<p>Liver</p>  <p>Oquit</p>	<p>Wild Cherries</p>  <p>Bawaminah</p>





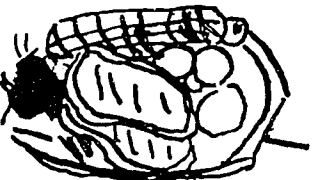
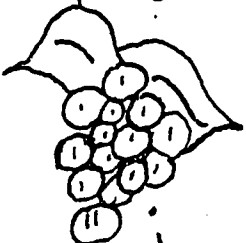


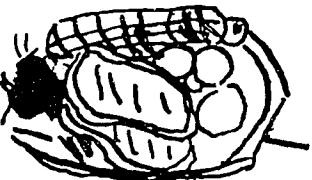
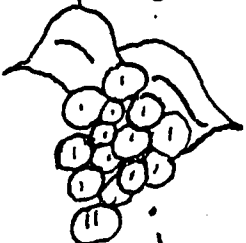


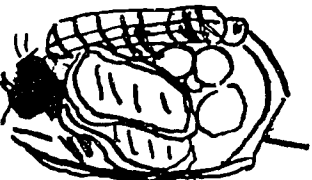
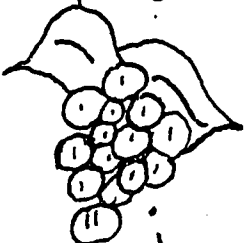


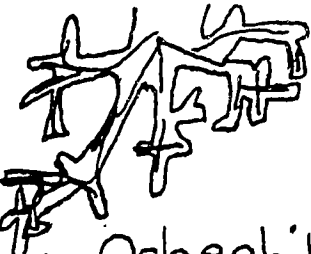



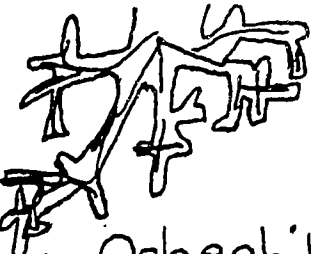



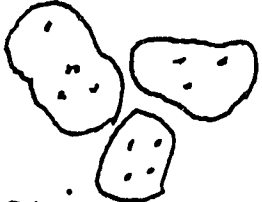


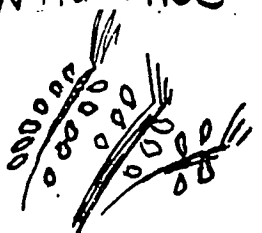
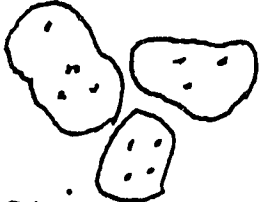


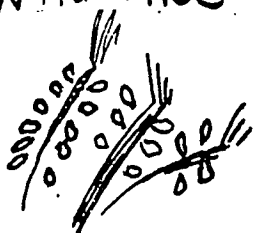
bingo·lingo

<p>Fish</p>  <p>Gigo</p>	<p>Porcupines</p>  <p>Kag</p>	<p>Raccoon:</p>  <p>Asebun</p>	<p>Ferns</p>  <p>Weewaugagon</p>
<p>Turkey</p>  <p>Misissay</p>	<p>Squash</p>  <p>Ogocsemah</p>	<p>Liver</p>  <p>Oquin</p>	<p>Cran berries</p>  <p>Mashkigimin</p>
<p>Juniper berry</p>  <p>Okawanijimin</p>	<p>Apples</p>  <p>Mishimin</p>	<p>Raspberries</p>  <p>Misquemin</p>	<p>wild Cherries</p>  <p>Bawaminar.</p>
<p>Plums</p>  <p>Pagessan</p>	<p>Potato</p>  <p>Penig</p>	<p>Berries</p>  <p>Minun</p>	<p>Green leaves</p>  <p>Pjwashkwabaga</p>

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<p>Porcupines</p>  <p>Kag</p>	<p>Wild Rice</p>  <p>Manomin</p>	<p>Fish</p>  <p>Gigo</p>	<p>Blueberries</p>  <p>Menon</p>
<p>Goose berries</p>  <p>Shaubominin</p>	<p>Otter</p>  <p>Neegig</p>	<p>Plums</p>  <p>Pagessan</p>	<p>Cherries</p>  <p>Okemin</p>
<p>Roots</p>  <p>Ocheebik</p>	<p>Blueberries</p>  <p>Menon</p>	<p>Geese</p>  <p>Nik</p>	<p>Raspberries</p>  <p>Misquemin</p>
<p>Rutabagas</p>  <p>Osawitchiss</p>	<p>Honey</p>  <p>Amo-sisibakwat</p>	<p>Beans</p>  <p>Miskodissimin</p>	<p>Grapes</p>  <p>Jomin</p>







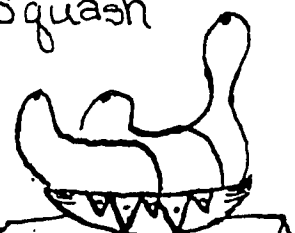


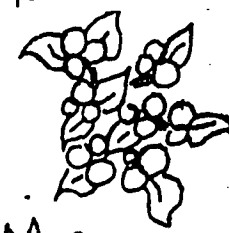
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<p>Juniper berry</p> 	<p>Cran berries</p> 	<p>Green leaves</p> 	<p>Goose berries</p> 
<p>Okawanijimin</p> 	<p>Mashkigimin</p> 	<p>Djwashkwabaga</p> 	<p>Shaubominin</p> 
<p>Liver</p> 	<p>Grapes</p> 	<p>Plums</p> 	<p>Beans</p> 
<p>Oquin</p> 	<p>Jomin</p> 	<p>Pagessan</p> 	<p>Miskodissimin</p> 
<p>Roots</p> 	<p>Wild Cherries</p> 	<p>Bear</p> 	<p>Carrots</p> 
<p>Ocheebik</p> 	<p>Bawaminan</p> 	<p>Makwa</p> 	<p>Osawakadakons</p> 
<p>Potato</p> 	<p>Nuts</p> 	<p>Corn</p> 	<p>Wild Rice</p> 
<p>Penig</p> 	<p>Bagan</p> 	<p>Mandamin</p> 	<p>Manomin</p> 




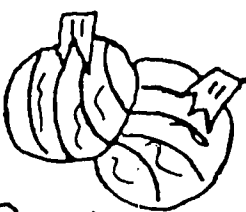

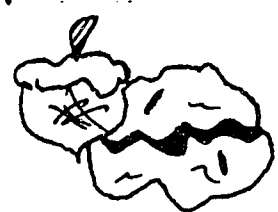

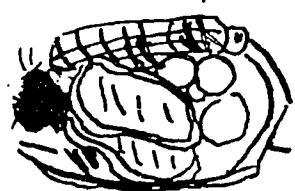
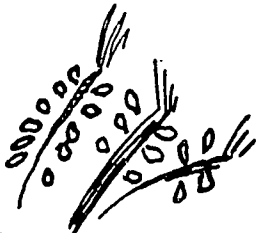
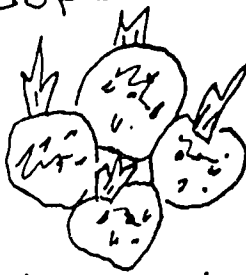
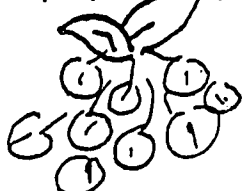


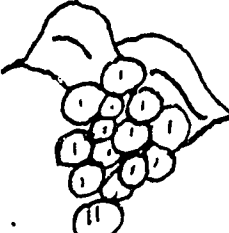


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<p>Meat</p>  <p>Weas</p>	<p>Swamp Cabbage</p>  <p>Keche-Ahneebish</p>	<p>Potato</p>  <p>Penig</p>	<p>Beaver</p>  <p>Ahmik</p>
<p>Nuts</p>  <p>Bagan</p>	<p>Cherries</p>  <p>Okemin</p>	<p>Turtles</p>  <p>Megekan</p>	<p>Raccoon</p>  <p>Asebun</p>
<p>Moose</p>  <p>Mons</p>	<p>Blackbirds</p>  <p>Ocsenahquig</p>	<p>Ferns</p>  <p>Weewaugagon</p>	<p>Porcupines</p>  <p>Kag</p>
<p>Milkweed</p>  <p>Ininiwand</p>	<p>Berries</p>  <p>Minun</p>	<p>Partridge</p>  <p>Pahay</p>	<p>Moose</p>  <p>Mons</p>

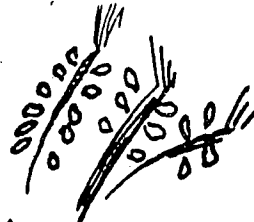



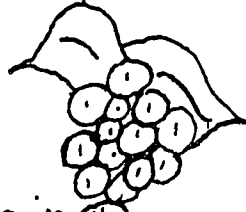

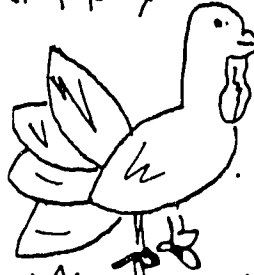
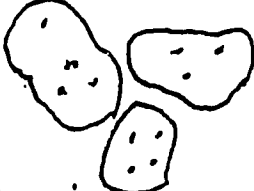
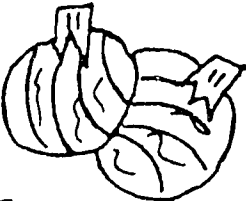


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<p>Meat</p>  <p>Weas</p>	<p>Cran berries</p>  <p>Mashkigimin</p>	<p>Swamp Cabbage</p>  <p>Keche-Ahneebish</p>	<p>Dandelion greens</p>  <p>Masquaconeg</p>
<p>Strawberries</p>  <p>Odeimin</p>	<p>Heart</p>  <p>Odeima</p>	<p>Turtles</p>  <p>Megekan</p>	<p>Wild Cherries</p>  <p>Bawaaminan</p>
<p>Corn</p>  <p>Mandamin</p>	<p>Blackbirds</p>  <p>Ocsenahquig</p>	<p>Ferns</p>  <p>Weewaugagon</p>	<p>Squash</p>  <p>Ogoeseman</p>
<p>Berries</p>  <p>Minun</p>	<p>Geese</p>  <p>Niks</p>	<p>Cherries</p>  <p>Okemin</p>	<p>Blueberries</p>  <p>Menon</p>

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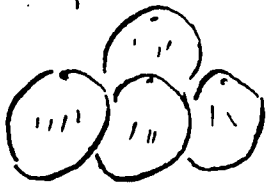




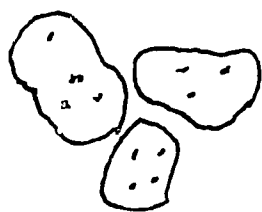


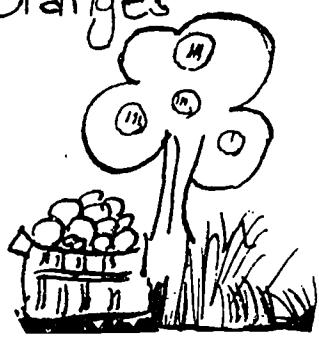
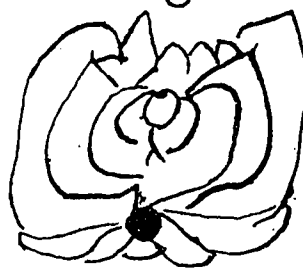
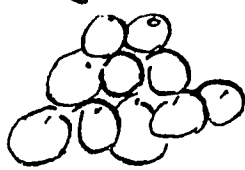



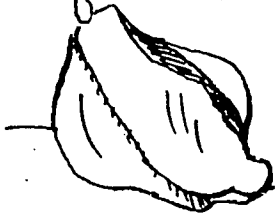
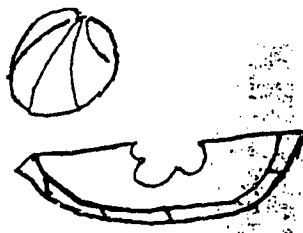
<p>Milkweed</p>  <p>Ininiwani</p>	<p>Swamp Cabbage</p>  <p>Keche - Ahneebish</p>	<p>Partridge</p>  <p>Panay</p>	<p>Pumpkins</p>  <p>Ogwissiman</p>
<p>Onions</p>  <p>Kitchijigamanj</p>	<p>Nuts</p>  <p>Bagan</p>	<p>Maple Sugar</p>  <p>Sisibakwat</p>	<p>Liver</p>  <p>Oquin</p>
<p>Wild Rice</p>  <p>Manomin</p>	<p>Raspberries</p>  <p>Misquemin</p>	<p>Cherries</p>  <p>Okemin</p>	<p>Mushrooms</p>  <p>Pikwadish</p>
<p>Cran berries</p>  <p>Mashkigimin</p>	<p>Grapes</p>  <p>Jomin</p>	<p>Fowl</p>  <p>Pakaakwe</p>	<p>Blueberries</p>  <p>Menon</p>

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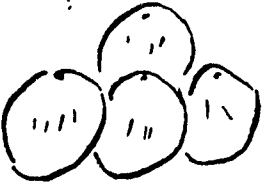
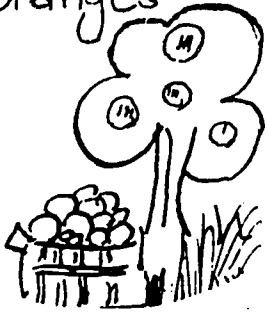


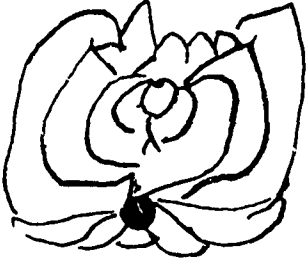


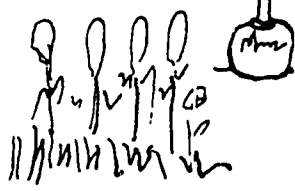

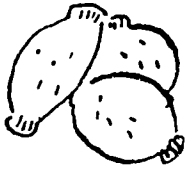
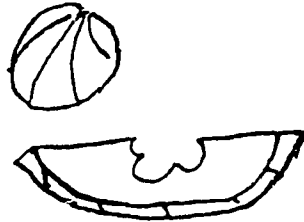


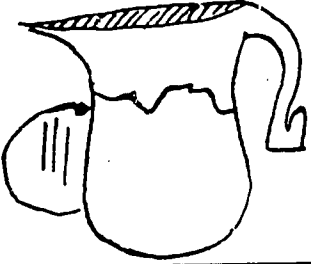


<p>Roots</p>  <p>Ocheebiki</p>	<p>Carrots</p>  <p>Osawakadakons</p>	<p>Wild Rice</p>  <p>Manomin</p>	<p>Honey</p>  <p>Amo-sisibakwat</p>
<p>Nuts</p>  <p>Bagan</p>	<p>Bear</p>  <p>Makwa</p>	<p>Duck</p>  <p>shesheeb</p>	<p>Grapes</p>  <p>Jomino</p>
<p>Deer</p>  <p>Wawashkeshi</p>	<p>Beans</p>  <p>Miskodissimir</p>	<p>Turkey</p>  <p>Misissay</p>	<p>Potato</p>  <p>Penig</p>
<p>Pumpkins</p>  <p>Ogwi ssimah</p>	<p>Raspberries</p>  <p>Misquemin</p>	<p>Juniper berry</p>  <p>Okawanijimin</p>	<p>Strawberries</p>  <p>Odeimin</p>

vita-o


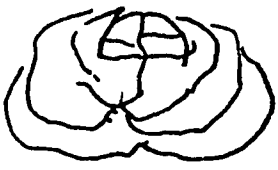

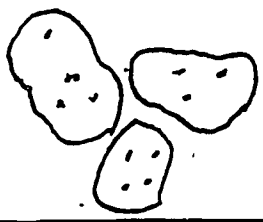
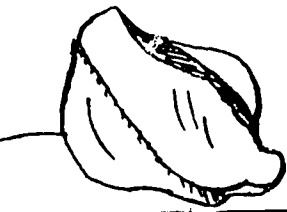
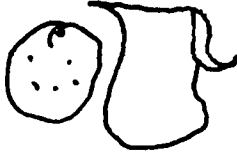


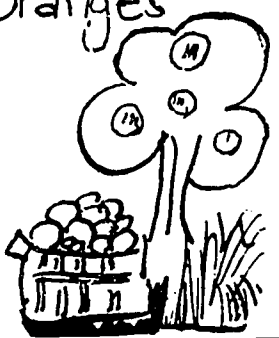
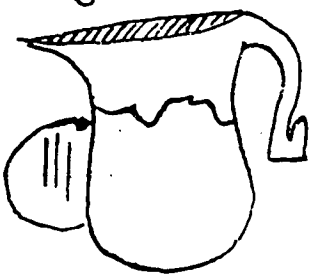
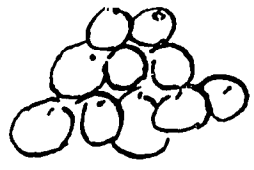







<p>Grapefruits</p> 	<p>Water Melon</p> 	<p>Strawberries</p> 	<p>Sweet Potatoes</p> 
<p>Spinach</p> 	<p>Potatoes</p> 	<p>Carrots</p> 	<p>Tomatoes</p> 
<p>Oranges</p> 	<p>Cabbage</p> 	<p>Tangerines</p> 	<p>Butternut Squash</p> 
<p>Apricots</p> 	<p>Lemons</p> 	<p>Hubbard Squash</p> 	<p>Cantalope</p> 

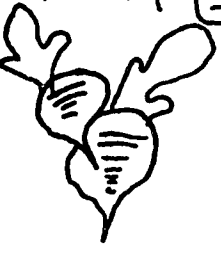



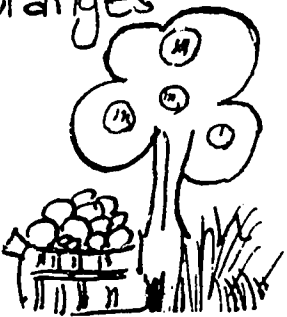
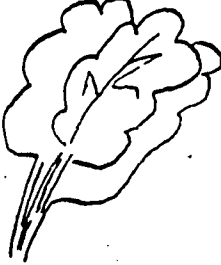
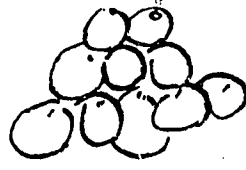


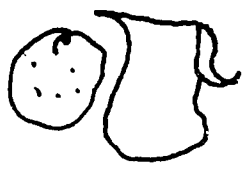
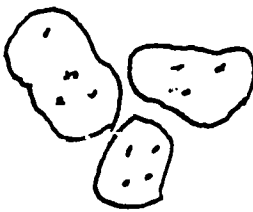

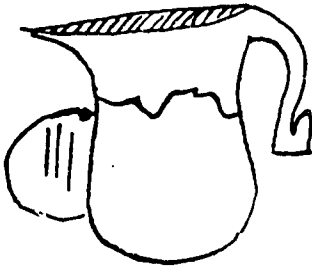



vita-o

<p>Grapefruits</p> 	<p>Oranges</p> 	<p>Sweet Potatoes</p> 	<p>Tomatoes</p> 
<p>Cabbage</p> 	<p>Broccoli</p> 	<p>Turnip Greens</p> 	<p>Mustard Greens</p> 
<p>Green Peppers</p> 	<p>Lemons</p> 	<p>Cantaloupe</p> 	<p>Apricots</p> 
<p>Water Melon</p> 	<p>Orange Juice</p> 	<p>Spinach</p> 	<p>Swiss Chard</p> 

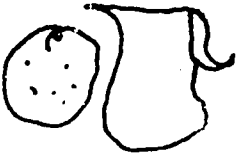



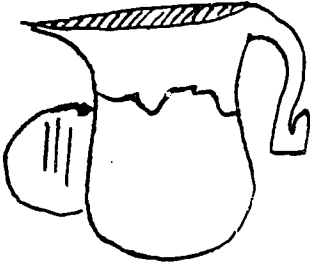
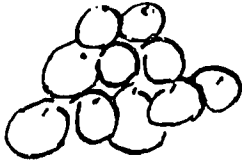

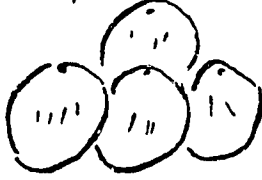



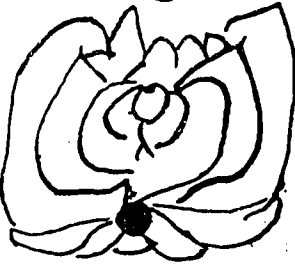

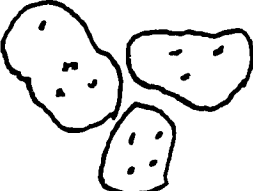


vita-o

Turnip Greens 	Water Cress 	Brussel Sprouts 	Potatoes 
Hubbard Squash 	Grapefruit Juice 	Red Peppers 	Spinach 
Oranges 	Orange Juice 	Tangerines 	Green Peppers 
Collards 	Strawberries 	Tomatoe Juice 	Pumpkins 

vita-o

<p>Turnip Greens</p> 	<p>Hubbard Squash</p> 	<p>Brussel Sprouts</p> 	<p>Red Peppers</p> 
<p>Oranges</p> 	<p>Collards</p> 	<p>Tangerines</p> 	<p>Lemons</p> 
<p>Water Cress</p> 	<p>Grapefruit Juice</p> 	<p>Potatoes</p> 	<p>Spinach</p> 
<p>Orange Juice</p> 	<p>Strawberries</p> 	<p>Tomatoe Juice</p> 	<p>Pumpkins</p> 

vita-o

<p>Grapefruit Juice</p> 	<p>Red Peppers</p> 	<p>Tomatoes</p> 	<p>Swiss Chard</p> 
<p>Orange Juice</p> 	<p>Tangerines</p> 	<p>Tomatoe Juice</p> 	<p>Grapefruits</p> 
<p>Strawberries</p> 	<p>Broccoli</p> 	<p>Grapefruit Juice</p> 	<p>Cabbage</p> 
<p>Carrots</p> 	<p>Potatoes</p> 	<p>Apricots</p> 	<p>Hubbard Squash</p> 

vita-o

Carrots



Pumpkins



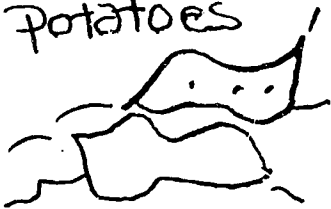
Turnip Greens



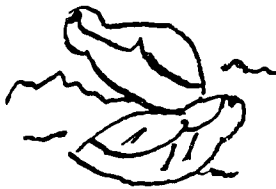
Green Peppers



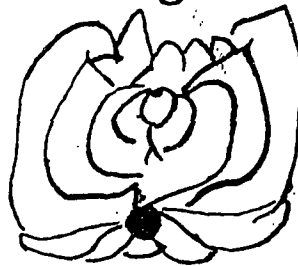
Sweet Potatoes



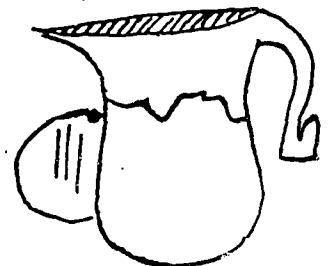
Butternut Squash



Cabbage



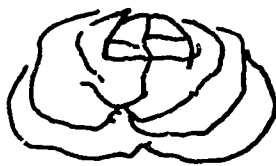
Orange Juice



Collards



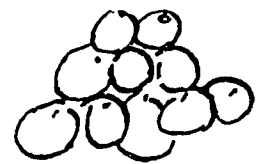
Water Cress



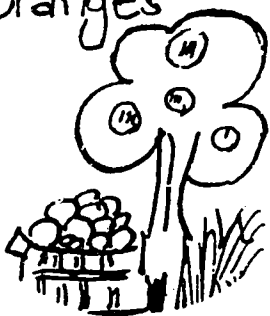
Apricots



Tangerines



Oranges



Strawberries






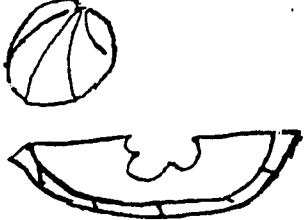

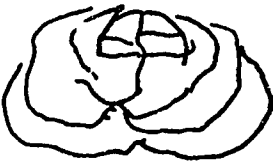
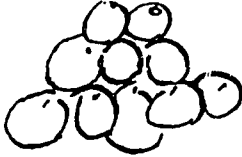


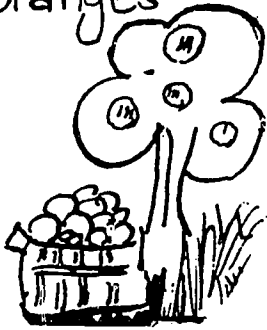
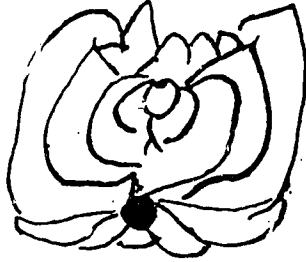




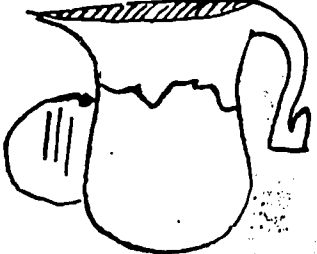
Lemons



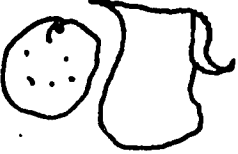
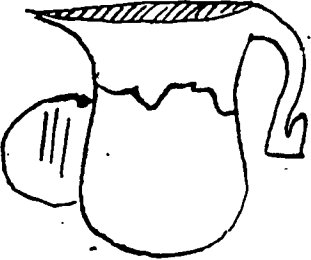


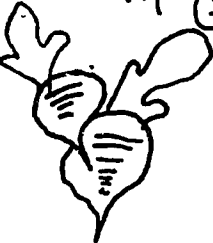

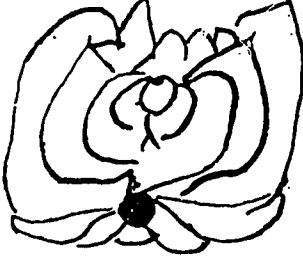

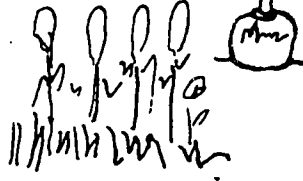

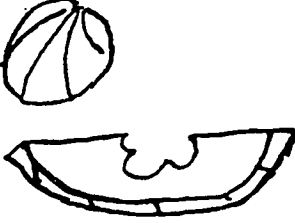
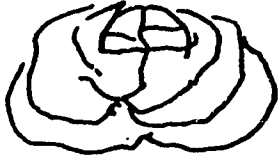
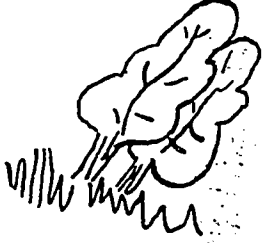
Spinach



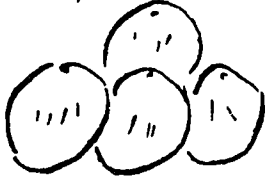
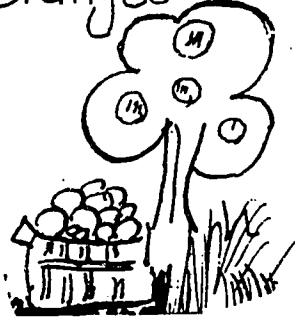

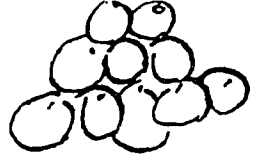

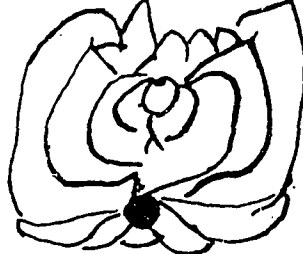






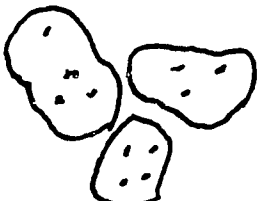


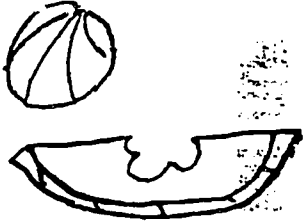
vita-o

<p>Carrots</p> 	<p>Grapefruit Juice</p> 	<p>Green Peppers</p> 	<p>Cantaloupe</p> 
<p>Pumpkins</p> 	<p>Water Cress</p> 	<p>Tangerines</p> 	<p>Apricots</p> 
<p>Tomatoe Juice</p> 	<p>Oranges</p> 	<p>Cabbage</p> 	<p>Mustard Greens</p> 
<p>Butterput Squash</p> 	<p>Strawberries</p> 	<p>Water Melon</p> 	<p>Orange Juice</p> 

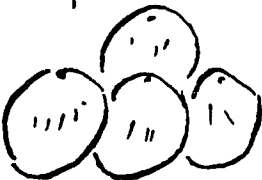

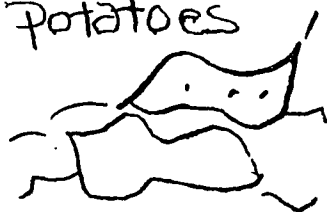

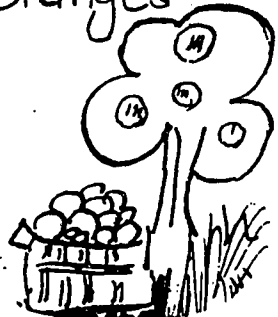


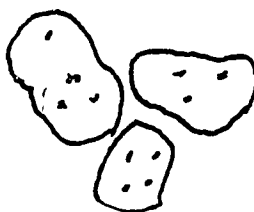
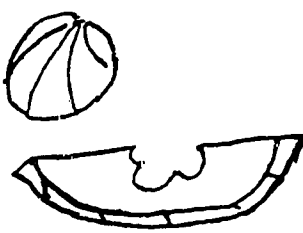




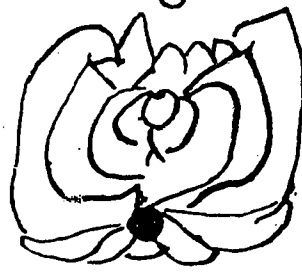
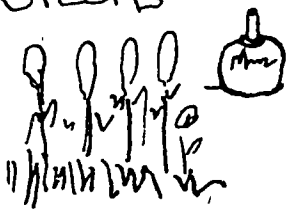

vita-o

<p>Grapefruit Juice</p> 	<p>Orange Juice</p> 	<p>Tomatoe Juice</p> 	<p>Red Peppers</p> 
<p>Brussel Sprouts</p> 	<p>Green Peppers</p> 	<p>Turnip Greens</p> 	<p>Braccoli</p> 
<p>Cabbage</p> 	<p>Collards</p> 	<p>Mustard Greens</p> 	<p>Carrots</p> 
<p>Cantalope</p> 	<p>Water Cress</p> 	<p>Green Peppers</p> 	<p>Swiss Chard</p> 







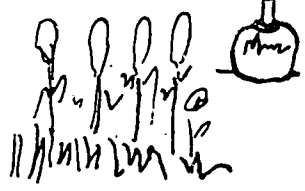

vita-o

<p>Grapefruits</p> 	<p>Oranges</p> 	<p>Strawberries</p> 	<p>Tangerines</p> 
<p>Water Melon</p> 	<p>Cabbage</p> 	<p>Sweet Potatoes</p> 	<p>Butternut Squash</p> 
<p>Spinach</p> 	<p>Apricots</p> 	<p>Carrots</p> 	<p>Hubbard Squash</p> 
<p>Potatoes</p> 	<p>Lemons</p> 	<p>Tomatoes</p> 	<p>Cantalope</p> 

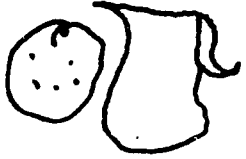
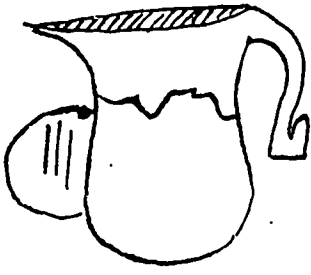




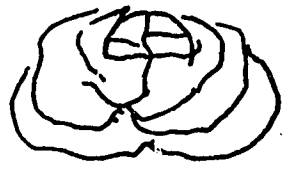


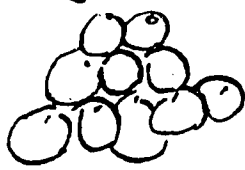


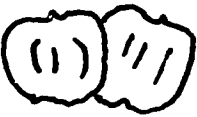
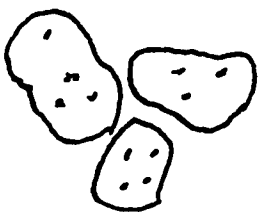


vita-o

<p>Grapefruits</p> 	<p>Green Peppers</p> 	<p>Sweet Potatoes</p> 	<p>Apricots</p> 
<p>Oranges</p> 	<p>Lemons</p> 	<p>Tomatoes</p> 	<p>Potatoes</p> 
<p>Cantalope</p> 	<p>Water Melon</p> 	<p>Turnip Greens</p> 	<p>Swiss Chard</p> 
<p>Broccoli</p> 	<p>Cabbage</p> 	<p>Mustard Greens</p> 	<p>Spinach</p> 






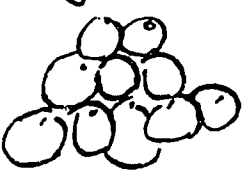

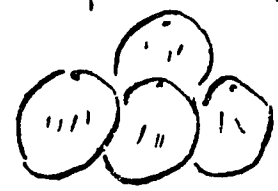



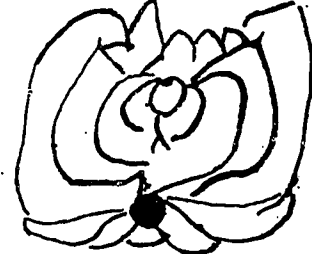

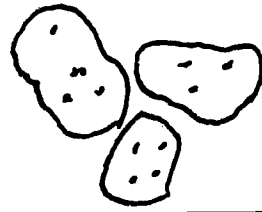


vita-o

<p>Potatoes</p> 	<p>Spinach</p> 	<p>Cantalope</p> 	<p>Sweet Potatoes</p> 
<p>Tomatoes</p> 	<p>Butternut Squash</p> 	<p>Brussel Sprouts</p> 	<p>Tomatoe Juice</p> 
<p>Collards</p> 	<p>Apricots</p> 	<p>Lemons</p> 	<p>Mustard Greens</p> 
<p>Carrots</p> 	<p>Grapefruit Juice</p> 	<p>Strawberries</p> 	<p>swiss Chard</p> 

vita-o

<p>Grapefruit Juice</p> 	<p>Orange Juice</p> 	<p>Butternut Squash</p> 	<p>Tomatoe Juice</p> 
<p>Strawberries</p> 	<p>Brussel Sprouts</p> 	<p>Water Cress</p> 	<p>Apricots</p> 
<p>Red Peppers</p> 	<p>Tangerines</p> 	<p>Swiss Chard</p> 	<p>Spinach</p> 
<p>Green Peppers</p> 	<p>Potatoes</p> 	<p>Pumpkins</p> 	<p>Hubbard Squash</p> 


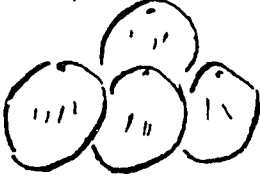


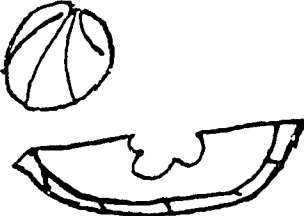










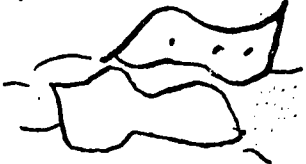
vita-o

<p>Grapefruit Juice</p> 	<p>Red Peppers</p> 	<p>Tomatoes</p> 	<p>Swiss Chard</p> 
<p>Orange Juice</p> 	<p>Tangerines</p> 	<p>Tomatoe Juice</p> 	<p>Grapefruits</p> 
<p>Strawberries</p> 	<p>Broccoli</p> 	<p>Green Peppers</p> 	<p>Cabbage</p> 
<p>Carrots</p> 	<p>Potatoes</p> 	<p>Apricots</p> 	<p>Hubbard Squash</p> 


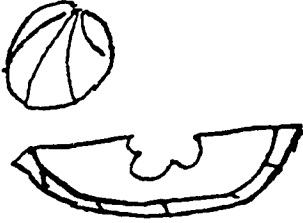



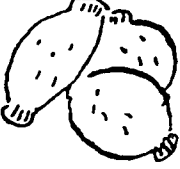

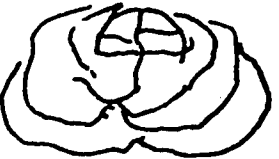

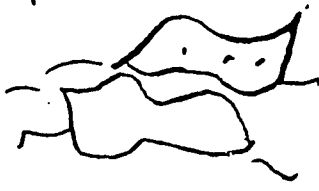
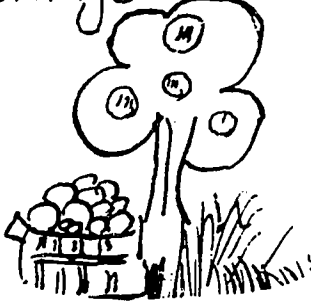


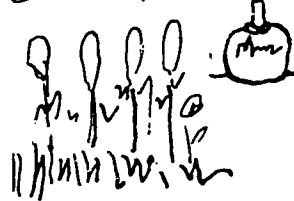

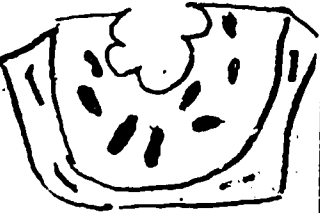
vita-o

Sweet Potatoes 	Hubbard Squash 	Grapefruit Juice 	Brussel Sprouts 
Water Cress 	Broccoli 	Turnip Greens 	Tangerines 
Water Melon 	Carrots 	Apricots 	Grapefruit Juice 
Tomatoes 	Butternut Squash 	Tomatoe Juice 	Collards 





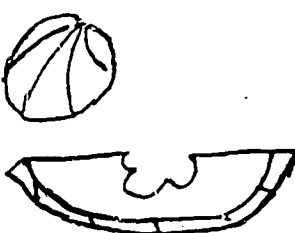

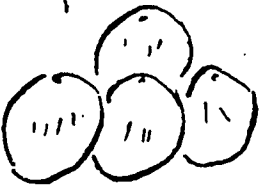


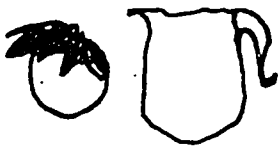



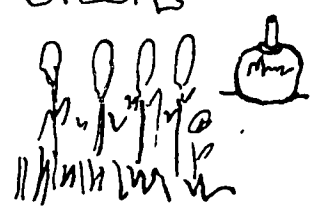
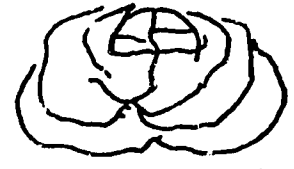
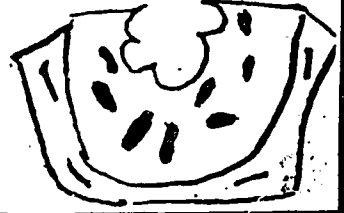
vita-o

Collards 	Grapefruits 	Butternut Squash 	Water Cress 
Cantaloupe 	Green Peppers 	Broccoli 	Water Melon 
Apricots 	Spinach 	Tomatoes 	Carrots 
Red Peppers 	Pumpkins 	Turnip Greens 	Sweet Potatoes 





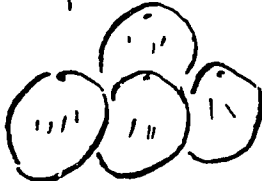



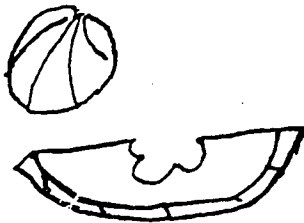


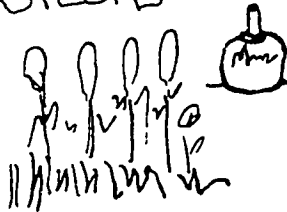


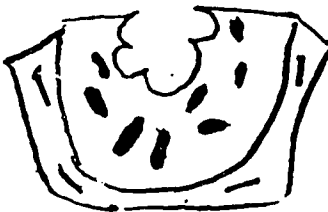
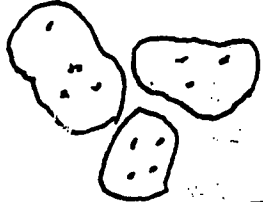
vita-o

<p>Apricots</p> 	<p>Cantalope</p> 	<p>Swiss Chard</p> 	<p>Sweet Potatoes</p> 
<p>Brussel Sprouts</p> 	<p>Lemons</p> 	<p>Hubbard Squash</p> 	<p>Water Cress</p> 
<p>Carrots</p> 	<p>Sweet Potatoes</p> 	<p>Oranges</p> 	<p>Broccoli</p> 
<p>Tomatoe Juice</p> 	<p>Mustard Greens</p> 	<p>Red Peppers</p> 	<p>Water Melon</p> 

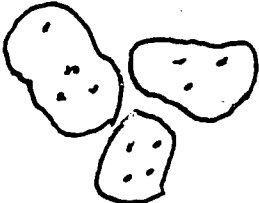





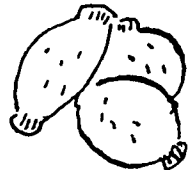






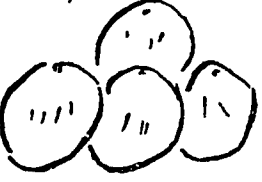


vita-o

<p>Apricots</p> 	<p>Pumpkins</p> 	<p>Swiss Chard</p> 	<p>Oranges</p> 
<p>Cantalope</p> 	<p>Strawberries</p> 	<p>Grapes + Fruits</p> 	<p>Broccoli</p> 
<p>Brussel Sprouts</p> 	<p>Tomatoe Juice</p> 	<p>Hubbard Squash</p> 	<p>Red Peppers</p> 
<p>Lemons</p> 	<p>Mustard Greens</p> 	<p>Water Cress</p> 	<p>Water Melon</p> 


vita-o

<p>Collards</p> 	<p>Red Peppers</p> 	<p>Butternut Squash</p> 	<p>Tomatoes</p> 
<p>Grapefruits</p> 	<p>Swiss Chard</p> 	<p>Water Cress</p> 	<p>Carrots</p> 
<p>Cantalope</p> 	<p>Tomatoe Juice</p> 	<p>Strawberries</p> 	<p>Mustard Greens</p> 
<p>Green Peppers</p> 	<p>Pumpkins</p> 	<p>Water Melon</p> 	<p>Potatoes</p> 

vita-o

<p>Potatoes</p> 	<p>Tomato</p> 	<p>Cantalope</p> 	<p>Brussel Sprouts</p> 
<p>Collards</p> 	<p>Carrots</p> 	<p>Lemons</p> 	<p>Grapefruit Juice</p> 
<p>Spinach</p> 	<p>Butternut Squash</p> 	<p>Sweet Potatoes</p> 	<p>Tomatoe Juice</p> 
<p>Green Peppers</p> 	<p>Grapefruits</p> 	<p>Mustard Greens</p> 	<p>Swiss Chard</p> 

vita-o

<p>Grapefruit Juice</p> 	<p>Brussel Sprouts</p> 	<p>Broccoli</p> 	<p>Pumpkins</p> 
<p>Cabbage</p> 	<p>Turnip Greens</p> 	<p>Mustard Greens</p> 	<p>Potatoes</p> 
<p>Hubbard Squash</p> 	<p>Orange Juice</p> 	<p>Red Peppers</p> 	<p>Tomatoe Juice</p> 
<p>Water Cress</p> 	<p>Collards</p> 	<p>Carrots</p> 	<p>Swiss Chard</p> 