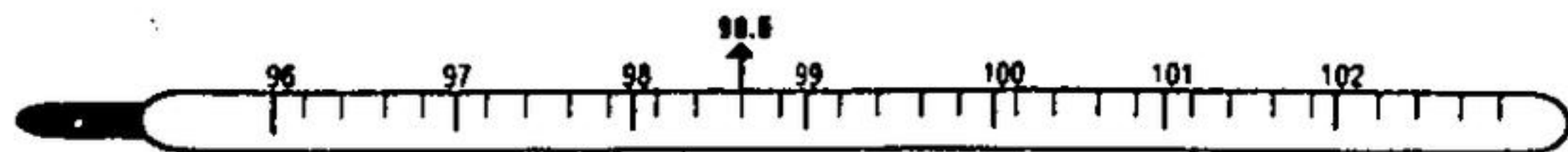


Young Outlook

WEIGHTS AND MEASURES

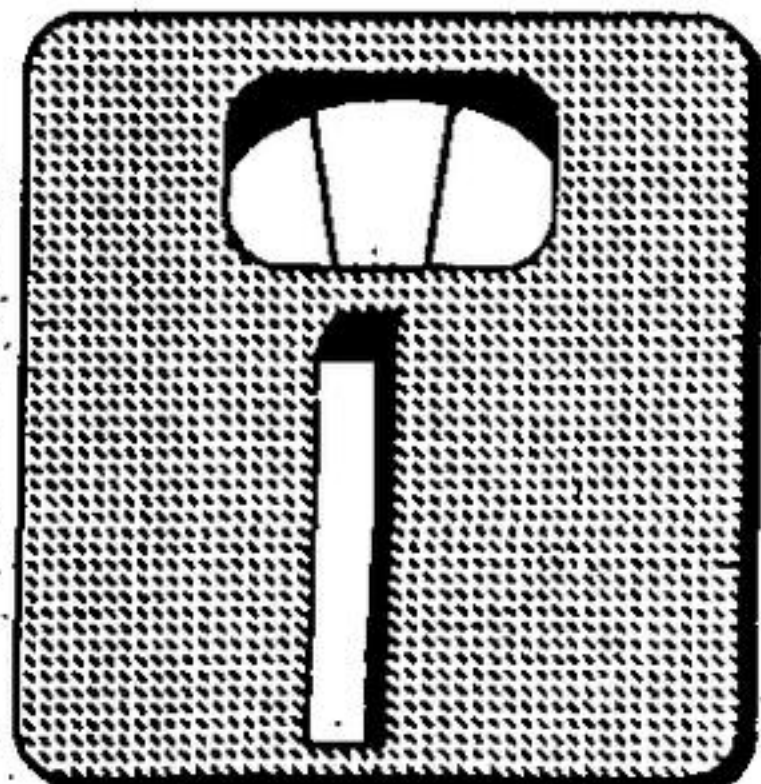
We do not always go to the doctor because we are sick. Sometimes we go for a well check-up or physical. When you visit the doctor for a physical, these are some of the things he or she may check:

YOUR TEMPERATURE



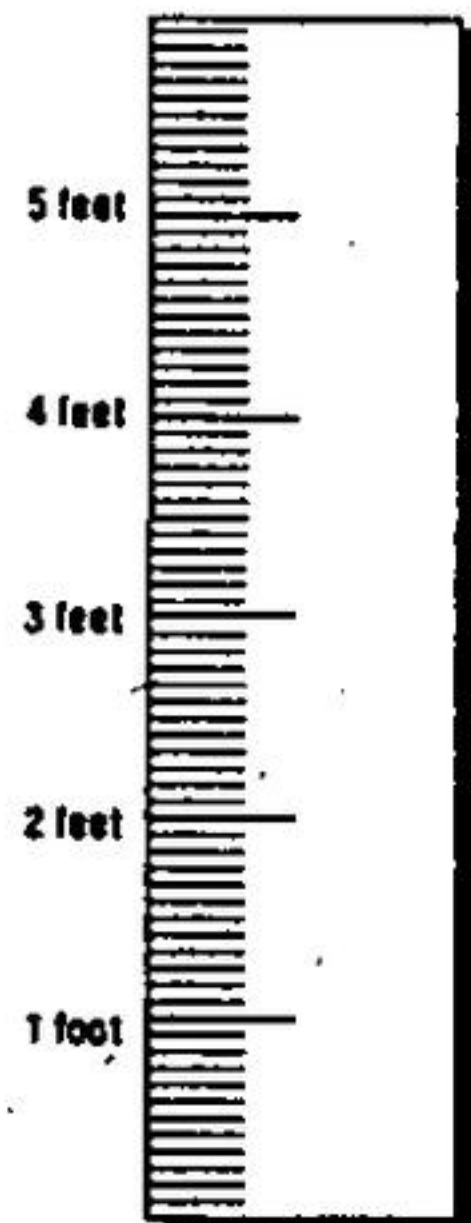
If you are well, your temperature will be about 98.6F. Draw a silver or red line to that number on the thermometer.

YOUR WEIGHT



Weigh yourself and write the correct number on the scale.

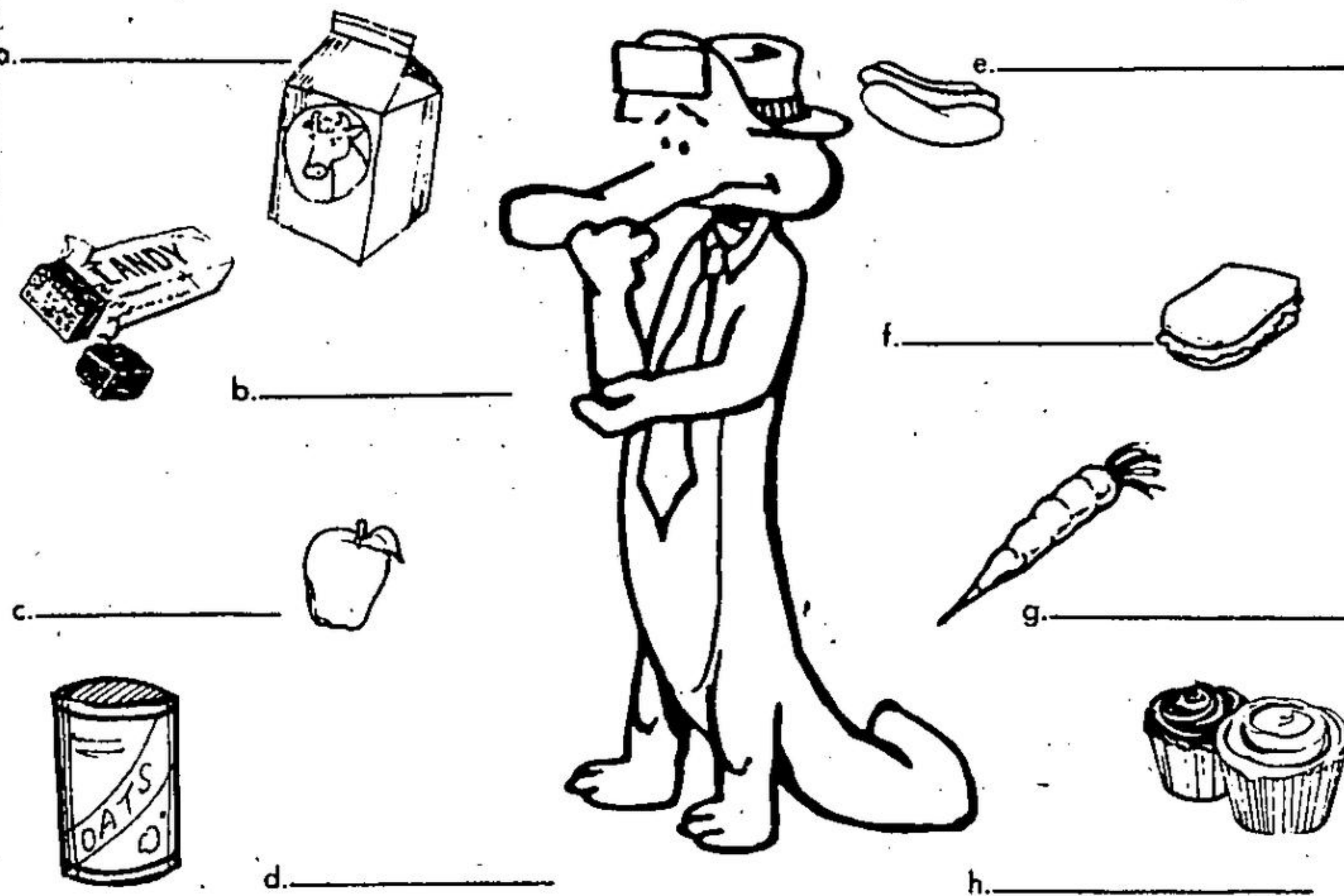
YOUR HEIGHT



Measure yourself and write your height on the correct place on the measuring stick. (Remember, there are 12 inches in a foot.)

HEALTHY ALFIE

Healthy Alfie is surrounded by all kinds of foods and snacks. Put an X on each one that is not healthy and draw a circle around each one that is healthy for Alfie. Now label each of the healthy foods and show which of the four basic food groups each one is from. The four food groups are: 1) Milk and Dairy Products, 2) Meat, 3) Fruits and Vegetables, and 4) Breads and Cereals.

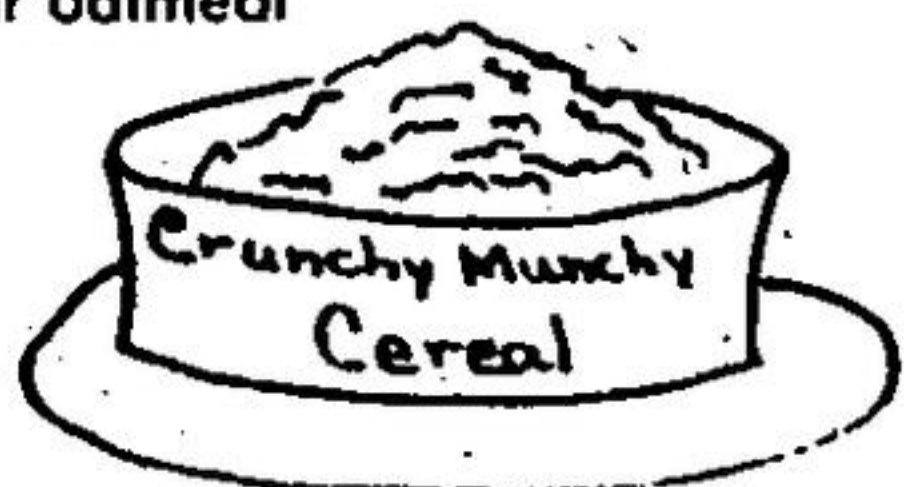


Answers: a:milk and dairy group, b:candy-not healthy, c:fruit and vegetable group, d:bread and cereal group, e:meat group, f:bread and cereal group, g:fruit and vegetable group, h:cupcakes-not healthy.

Crunchy, Munchy Cereal

Ingredients:

- 7 cups quick cooking or regular oatmeal
- 1 cup wheat germ
- 1 cup shredded coconut
- 1 cup raisins
- 1/2 cup sesame seeds
- 1/4 cup chopped walnuts



- 2 oz. chopped dried apples
- 1/2 teaspoon salt
- 1/2 teaspoon vanilla
- 1/2 cup hot water
- 1/2 cup cooking oil
- 5/8 - 3/4 cups honey

Procedure: (Be sure to get an adult to help you with this recipe.)

Mix together all dry ingredients in a large bowl (oatmeal, wheat germ, coconut, raisins, sesame seeds, walnuts, apples, and salt). In a pan, stir together the hot water and honey then add the oil and vanilla and stir. Now stir the liquids into the dry mixture until it is all well-mixed together. Spread this in shallow pans and bake at 325 degrees for about 50 minutes. It will begin to get crisp and brown when it is almost done. Stir often while it is cooking. Remove from oven when done. When cool, store in airtight containers. This is a delicious, healthy cereal.

SICK TO WELL

Susie is sick in bed. Help her get well by changing one letter at a time. You must use all squares and each change must make a word.

s	i	c	k
w	e	l	l

- sound a clock makes
- small, sharp nail
- sounds people make
- travel on foot
- partition dividing rooms



Answers: sick, tick, talk, walk, well

A Little Bit Of HUMOR

- Doctor: Certainly you will.
 Jack: You're the best doctor I ever met. I never could play the piano before.
 Meg: When does a doctor become annoyed?
 Peg: When he is out of patients.
 Lynn: Do you think raw oysters are healthy?
 Doctor: Yes, I never knew one to complain.
 Stan: Does a giraffe get a sore throat if he gets wet feet?
 Fran: Yes, but not until next week.
 Jack: Doctor, when this finger heals, will I be able to play the piano?

HEY KIDS!

it's



and nothin' but

Fill out this page and bring it to:

PIZZA HUT

308 Guelph St., Georgetown

You will receive a
FREE KIDS MEAL

For Children 12 and Under with Adult - Dining Room Only
(Personal Pan Pepperoni Pizza, Soft Drink & Ice Cream) and your name will go in a draw for a:

FREE PIZZA PARTY

FOR YOUR FAMILY

(Large Pizza, Pitcher of Pop and Ice Cream for a Family of 4)

NAME _____
 ADDRESS _____
 PHONE NO. _____