

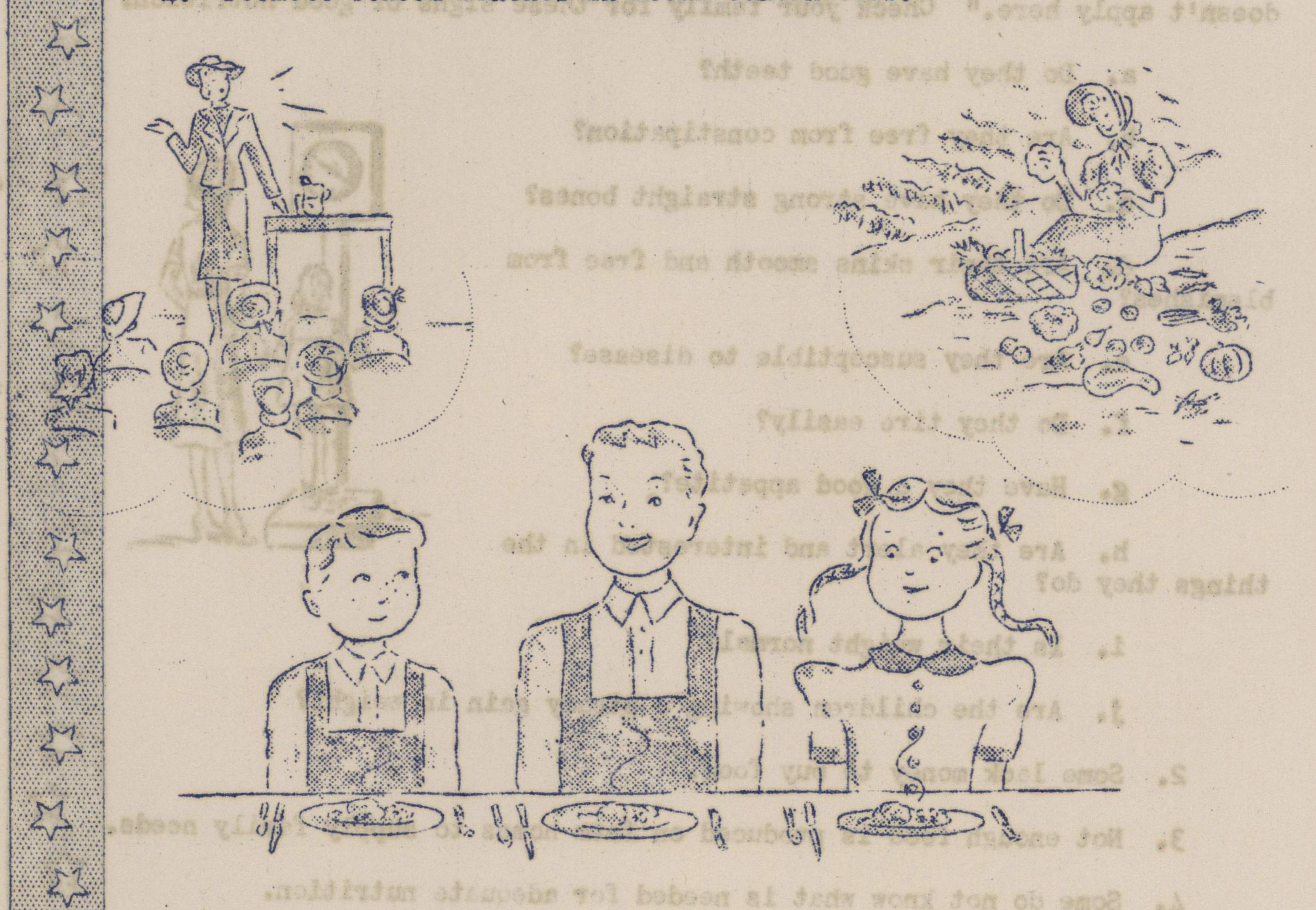


1. Know the situation in your home and community. Go to your home demonstration agent for findings of the 4-H Club health contest, the school nurse for the situation shown as the results of her examination of school children, the doctors and dentists and local draft boards for results of physical examinations of trainees and for information about the nutritional situation in your community.

2. Provide some means of teaching all mothers what is needed to ade-

3. Make protective foods available to form families through home food production.

4. Promote school lunches in local communities.



How well fed are you?

200.

Score your food habits using the accompanying score card.

7. Persons who follow food fade and use special restricted diets, use appeals the supervision of a physician, may get poorly belanced diets.

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