



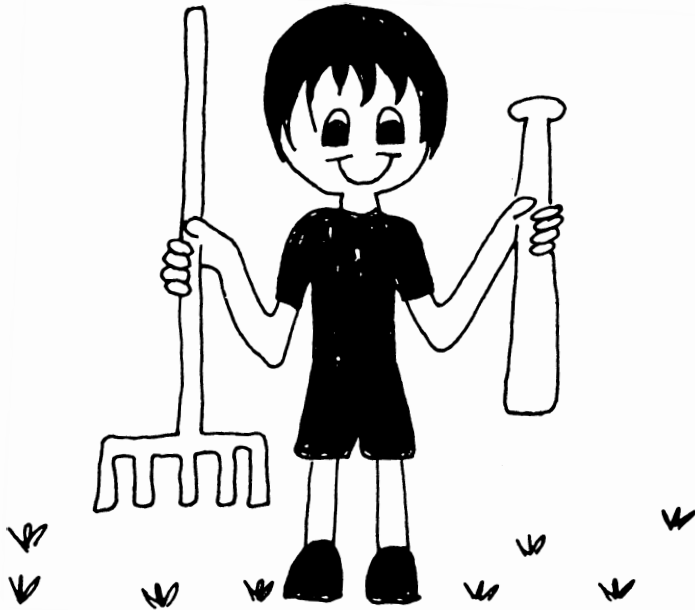
Rudy and Iron

MP496
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University of Missouri-Columbia
Extension Division

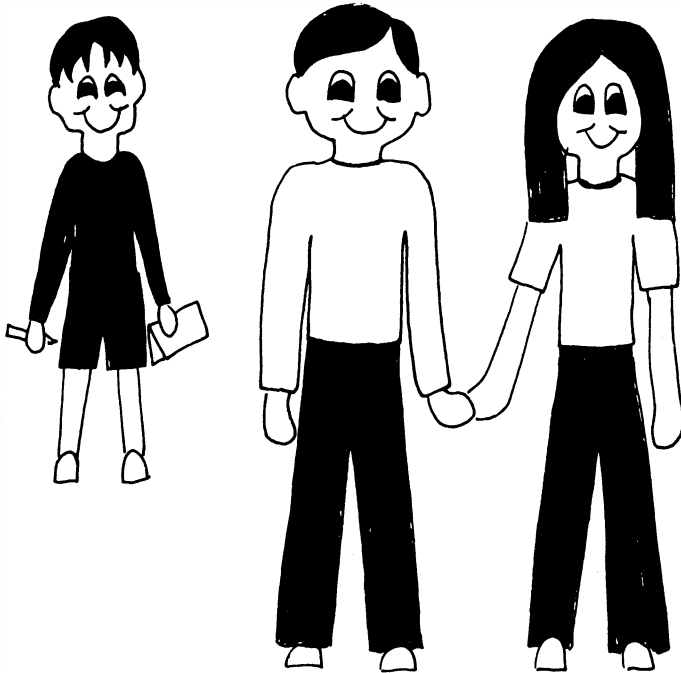
Written by Ann Hertzler and Dorothy Wagner.
Art by Prudie Bonham.

Rudy wanted to feel good.
He wanted to be healthy and strong.
He wanted to have energy to work and play
every day.



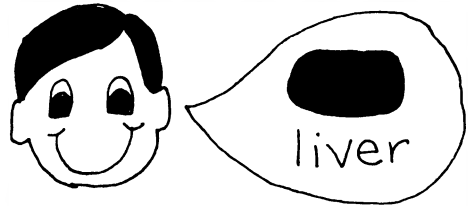
Rudy wanted to be smart so he could figure things out.

He wanted to grow TALL like his parents.
But how? He wondered about this a lot.

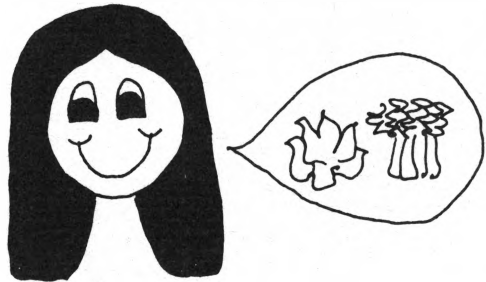


Rudy went to his parents.
His father told him his body needed iron. He told Rudy that iron was in the food he eats. But not all food.
What foods should Rudy eat?

His father told him to eat liver.

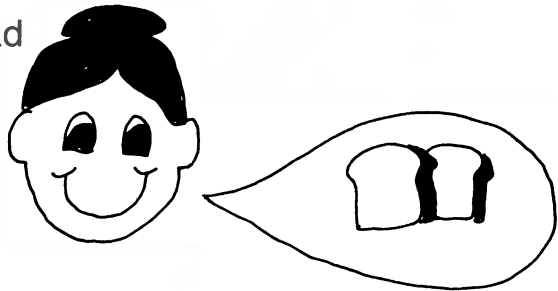


His mother told him to eat dark green vegetables, like spinach and broccoli, to get some iron.



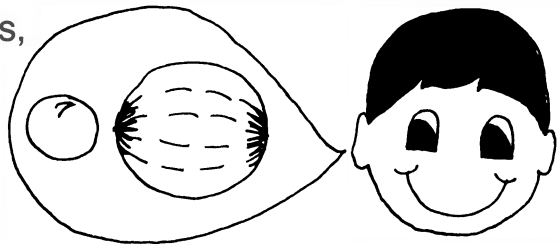
Rudy went to his grandmother.

His grandmother
told him to eat bread
to get more iron.

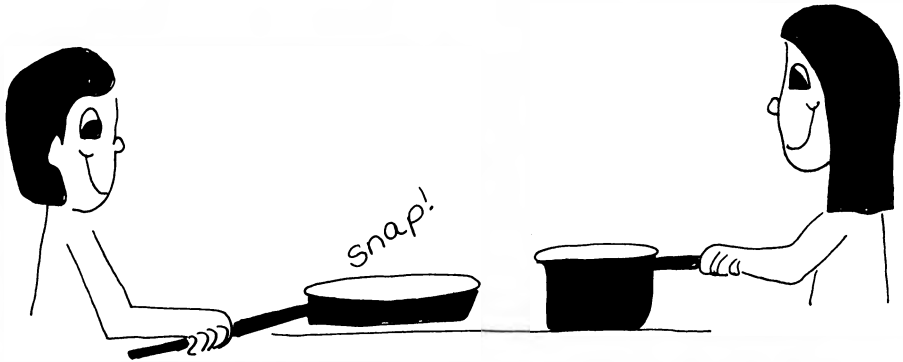


Rudy went to his big brother.

His big brother
told him to eat
orange colored fruits,
like apricots
and cantaloupe.
They have iron, too.

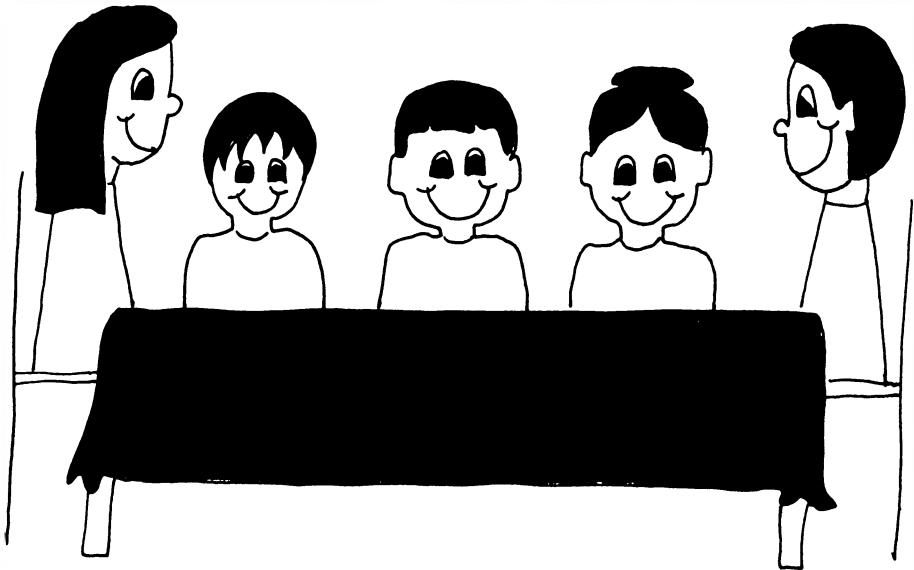


Rudy decided to go shopping with his parents to buy iron rich foods.
He also decided to help in the kitchen.

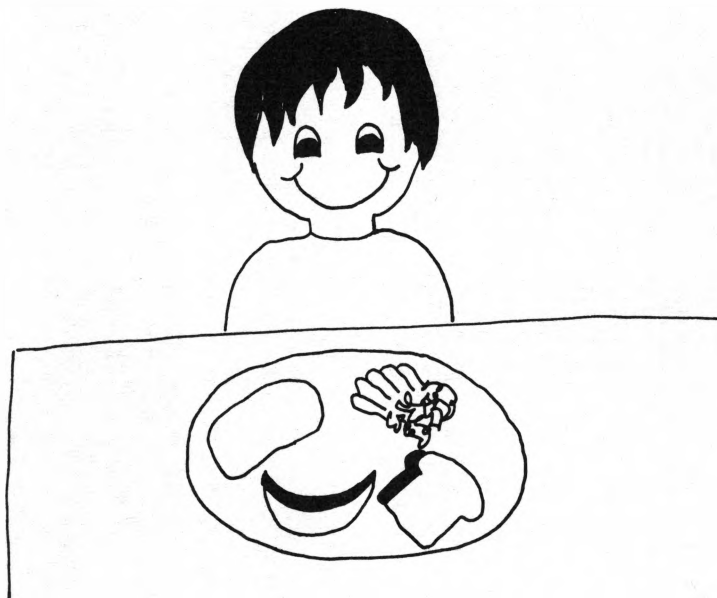


Rudy helps father flour the liver, he helps mother wash the broccoli.
The frying pan snaps as father fries the liver.
The broccoli turns bright green as mother cooks it in a pan.

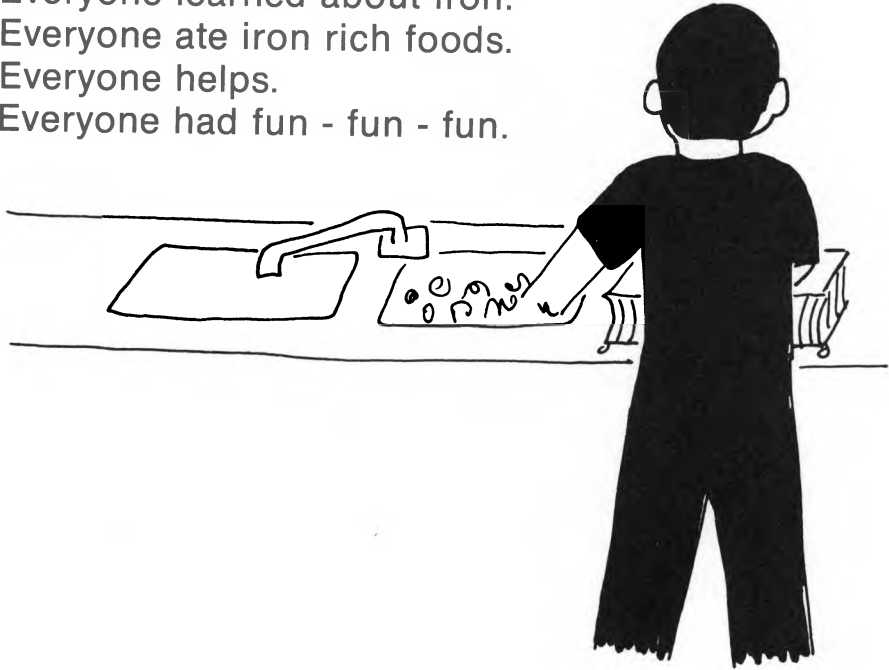
Father eats the iron rich foods that Rudy helped fix.
Mother eats everything, too.
Everyone eats everything that Rudy helped fix.
Everyone gets iron to be healthy and to have energy
to work and play.



Rudy says:
The liver is chewy.
The broccoli is crunchy.
The cantaloupe tastes sweet.
“Everything tastes oh...so good! And I helped fix it!”



After dinner grandmother clears the table.
Big brother washes the dishes.
Father and Rudy dry the dishes.
Mother puts the dishes away.
Everyone learned about iron.
Everyone ate iron rich foods.
Everyone helps.
Everyone had fun - fun - fun.



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