Cheese is a milk food. Everyone needs some milk every day. Milk and milk foods help:
• build strong bones and teeth.
• your muscles work.
• you look and feel good.
• give you pep.

Cheese gives you calcium. Calcium is a mineral your body needs. Cheese pie is packed with power for you.

You will need:
1 egg
\( \frac{3}{4} \) cup flour
\( \frac{1}{2} \) teaspoon salt
\( \frac{1}{8} \) teaspoon pepper
1 cup milk
1 cup cheese, grated or cut in small pieces. This makes enough for 6 people.
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with fruits and
vegetables.

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