Materials Needed:
- 4-6 ft Table
- Tablecloth
- 4 Small Clear Bowls
- 1 Large Clear Bowls
- 4 Small Clear Plates
- Cow Print Fabric
- 9 5x7 Display Frames with cards
- Nutrient Powerhouse Poster
- Food Display:
  - 8 oz Carton/Bottle White Milk
  - 2 Hard Boiled Eggs
  - 1 cup Red Kidney Beans
  - 1/3 cup Whole Almonds
  - 3 oz Turkey
  - 3/4 cup Broccoli
  - 3/4 cup Cooked Salmon
  - 1 Banana
  - 10 Cherry Tomatoes
  - 10 cups Spinach

Set Up:
Place the tablecloth on the table and arrange the cow print fabric on the table. Highlight the milk in the center of the display (you may use a small elevation platform under the fabric, if desired). Arrange the food items in the clear bowls and plates with the corresponding framed display cards. Use the Nutrient Powerhouse poster alongside your display.
**Calcium (30% DV)**

- Helps build strong bones and teeth
- Helps reduce the risk of stress factors and osteoporosis
- Plays a role in promoting normal blood pressure

**Vitamin D (25% DV)**

- Helps absorb calcium for healthy bones

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**3/4 oz Salmon**

**10 cups Spinach**
Phosphorus (20% DV)
Works with calcium and vitamin D to help keep bones strong

Riboflavin (20% DV)
Helps convert food to energy
Plays a vital role in the development of the central nervous system
3 oz Turkey

Vitamin B-12 (13% DV)
Helps build red blood cells
Helps maintain the central nervous system

2 boiled Eggs

Vitamin A (16% DV)
A helps form and maintain healthy teeth, skeletal and soft tissue and skin.
Promotes good vision, especially in low light.
**Potassium**

(11% DV)

Helps regulate the balance of fluids in the body

Plays a role in maintaining normal blood pressure

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**Vitamin A**

(10% DV)

Important for good vision, healthy skin and a healthy immune system
10 Cherry Tomatoes

Niacin (10% DV)

Helps the body's enzymes function normally by converting nutrients into energy