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ADEQUATE DIET FOR THE SCHOOL CHILD

by

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Every mother is anxious that her children grow into men and women who will be a credit to the home and community from which they come. Probably one of the biggest factors that will help to bring this about is the food that the mother prepares every day and which she trains the children to eat. She does get tired of ever lastingly preparing food and often wonders if she is feeding the right thing for health and growth.

The first question that she needs to have clearly in mind is:

I. What are the essential characteristics of adequate diet for the child?

A. Food must be easy to digest.

1. Why?

- a. Children will go about their work and play more contentedly if the foods they have eaten are easily digested.
- b. Children will not be as likely to have indigestion when showing fatigue, grief or fear if they are fed easily digested foods.
- c. Continued irretability due to feeding indigestible food may aid in developing a child with an unhappy disposition.
- d. A chronic condition of ill health may result in later life through the continued use of foods that are hard to digest.

2. What foods are hard to digest?

- a. Fried foods are generally hard for children to digest. Unemulsified fat is not digested in the stomach but in the upper part of the small intestines. If protein and carbohydrate foods are surrounded with fat, the child may have indigestion.
- b. Nuts are hard to digest unless they are thoroughly chewed. Nut paste is best for young children.
- c. Dried beans are hard to digest unless they are thoroughly cooked. When not well prepared they often cause bacterial decomposition in the intestines.

B. Adequate protein is very important in the child's diet.

1. Why?

a. The right proteins are used by the body for the repair of worn out tissue and for the building of new tissue.

C. Children need an adequate (right kind and the right amount) supply of mineral.

1. Children need calcium (lime) and phosphorus for the repair and growth of bones and teeth. These minerals are also used in the body processes.

2. Iron is needed for the blood.

D. An adequate supply of vitamins is needed by every child.

1. Vitamins are those substances that are needed by the body for health and growth.

2. Older people are likely to get enough in their diet if they eat coarse foods.

3. The need for the vitamin supply for children must not be left to chance.

4. There are four known vitamins.

E. Every child needs a greater quantity of food for every pound of his body weight than the adult because:

The child is growing as well as repairing body tissue.
The adult has reached his growth.

The second question that is of importance to the mother in feeding her family is:

II. What are the essential foods that are needed by the child every day?

If the child eats certain well prepared foods every day he should be kept in health and maintain the right rate of growth. The rest of the foods that he eats will not make so much difference if the essential foods are eaten first.

A. Milk

1. Milk is absolutely necessary in every child's diet because milk is a "regulatory food". "Regulatory foods" are those foods that will insure health, normal growth, and proper body regulations.

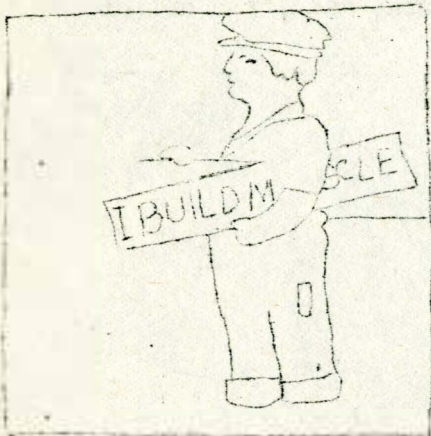
2. Why is milk the best food?

a. Milk is a complete food for growing children.

b. Milk makes up the deficiencies of the grains which make up the bulk of man's diet throughout the world.

Reasons for milk as the best food is sometimes spoken of as the five good fairies of milk. The names of these fairies are Polly Protein, Fanny Fat, Sally Sugar, Minnie Minerals and Viola Vitamins.

- c. The protein (curd of milk) which milk contains is an excellent body building protein. Ninety eight percent of it is digested and absorbed. Because children are growing rapidly they need the milk which can be used quickly for repairing the old tissue and building new.

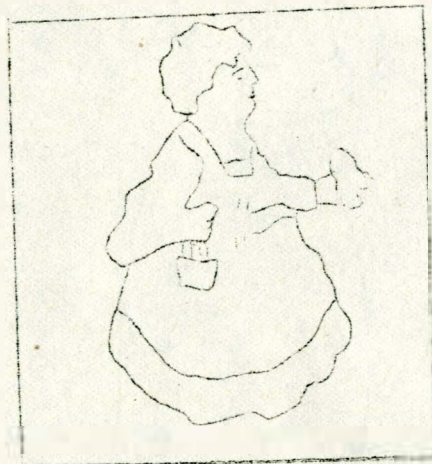


Polly Protein

- d. The power to work, to play and keep warm must come from the fuel foods. Because girls are more active than adults they must have the right kind and the right amount of fuel foods. The sugar and fat of milk are the best source. Cereals are fuel foods. Whole cereals are best. When combined with milk the fuel needs are well taken care of.



Fannie Fat



Sally Sugar

e. The mineral supply of milk is excellent. Phosphorus and calcium needed for building the bones and teeth and aiding in regulating certain body processes are found in abundance. Iron which is used in the blood is found only in small quantity in milk but its quality is of the best. Many foods contain some of the necessary minerals, but none contain them in as good proportions as milk. Cereal minerals are not as adequate as those of milk, but when combined with the milk, the deficiency is made up.



Minnie Minerals

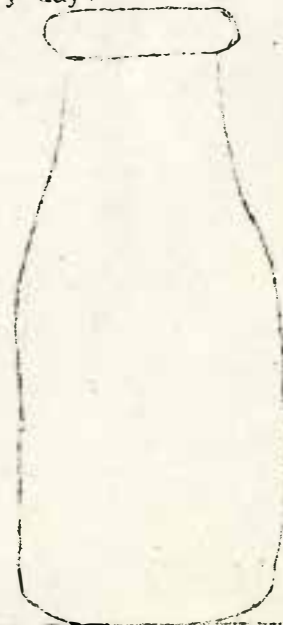
f. Milk contains all the known vitamins (four). For girls to grow and be in health it is absolutely necessary that they have a sufficient supply of vitamins. Those who do not have them are stunted and sickly. Since milk is the best source it should be used every day. It's liberal use means the prevention of disease.



Viola Vitamins

2. How much milk should a girl have every day?

A Pint at Least



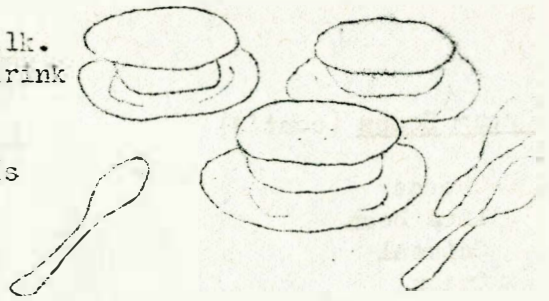
3. Clean Milk.

A Quart is Better

Milk must be used from only healthy cows. Milk from cows that have tuberculosis may give the disease to children. This milk is not safe. Dirt gets into the milk when using open pails. Carelessness in brushing off the cow's udders before milking and in the handling of the milk later on, increases the amount of dirt present in milk. The utensils need to be rinsed in cold water, washed in hot soapy water, rinsed in hot water and aired well in a dry place free from dust.

4. Ways in Which to Use Milk.

Milk may be used as a drink or whole on cooked foods or it may be used in the preparation of foods. The nutritive value of milk is the same in the cooked foods as it is in the uncooked, but the vitamin content is somewhat destroyed by cooking. This is the reason babies are given orange juice when they are fed on cows milk that has been heated - to replace the vitamins destroyed by the heat.



Milk - Vegetable Soup



Bread and Milk Makes Us Grow.

DRINK MILK

- Chocolate
- Cocoa
- Eggnogs
- Lemon Whey
- Milk Shakes
- Plain

EAT MILK

- Bread and Milk
- Cereals and Milk
- Crackers and Milk
- Hulled Corn and Milk
- Mush and Milk
- With Fruits
- With Puddings

USE MILK IN COOKING

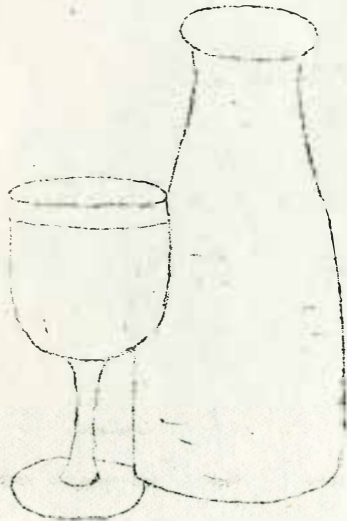
Creamed and Escalloped Dishes

- Egg
- Fish
- Macaroni
- Meat
- Rice
- Spaghetti
- Vegetable
- Vermicelli

Cakes and Cookies

Pies

- Chocolate
- Custard
- Lemon
- Pumpkin
- Squash



Drink Milk!

Sauces

- Cheese
- Chocolate
- Cream
- Foamy
- Milk Gravy
- Salad Dressing
- White

Freeze Milk

- Ices
- Ice Cream
- Milk Sherbets

Cream Soups

- Asparagus
- Bean
- Carrot
- Cauliflower
- Celery

Uses of Sour Milk

- Biscuits
- Brown Bread
- Cookies
- Settoge Cheese

USE MILK IN COOKING

Cream Soups (cont'd)

- Cheese
- Lima Bean
- Oatmeal
- Onion
- Pea
- Potato
- Rice
- Spinach
- Tomato

Chowder

- Clam
- Corn
- Fish
- Vegetable

Stews

- Clam
- Lobster
- Oyster
- Scallop

Puddings

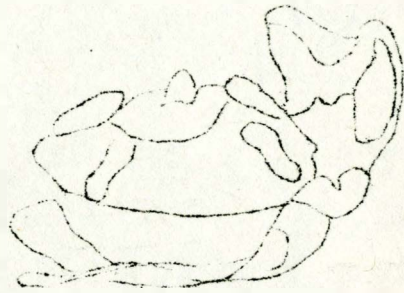
- Blanc Mange
- Bread
- Cabinet
- Chocolate
- Corn
- Corn Starch
- Cottage
- Custards
- Indian
- Junket
- Rice
- Steamed
- Tapioca

Breads

- Bread, White and Brown
- Muffins
- Milk Toast
- English Monkey

Uses of Sour Milk

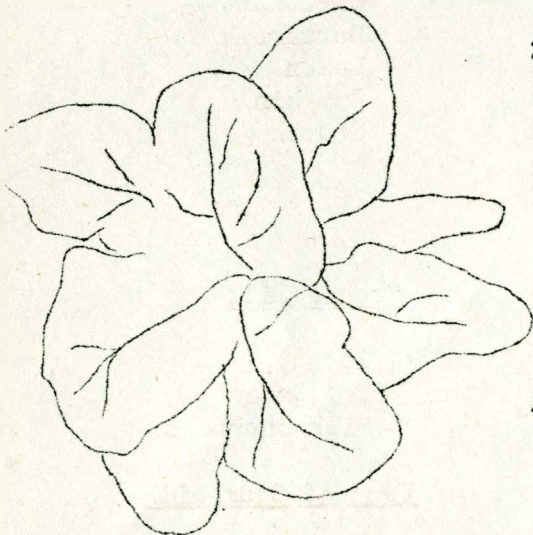
- Doughnuts
- Gingerbread
- Griddle Cakes
- Salad Dressing
- Waffles



Cereal with Milk and Fruit

B. Vegetables other than potatoes and fruits should be eaten at least once a day.

1. Most vegetables and fruits furnish calcium and iron. Spinach is the best source of iron.

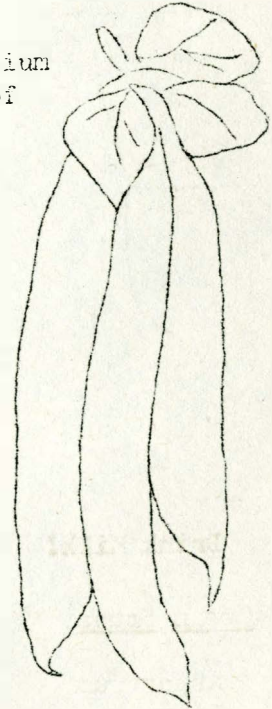


Spinach

2. The green leaf vegetables furnish vitamins in abundance.

3. The vegetables and fruits are alkaline in their reaction in the body neutralizing the acid reaction of the protein foods.

4. Vegetables and fruits prevent constipation because of the cellulose tissue which they contain and other substance which are laxative in nature.



C. Protein food.

Meat, eggs, fish, cheese.

1. Meat.

- a. Meat is not as adequate a food as milk either in its protein, minerals or vitamins.
- b. Its proteins are better than the grains.
- c. Lean meat minerals are as poor as those of seeds.
- d. The vital organs have proteins, minerals and vitamins superior to lean meat.

2. Eggs

- a. Eggs are a source of complete proteins, minerals and vitamins.
- b. The calcium, phosphorus and iron of egg yolk is especially fine.
- c. If they are omitted from the diet, care must be taken to supply iron in spinach and other green vegetables in legumes, in fruits, especially oranges and prunes and in whole cereals.

3. Fish.

- a. Fish appears to be superior to our ordinary meat in the same respect as are the vital organs of animals.

4. Cheese.

- a. Cheese protein is almost completely digested and absorbed by the body.

D. Cereals.

Cereals are not a complete food.

1. Why?

- a. Cereal protein is inadequate, however, cereals furnish about 43 percent of protein in diet.
- b. Minerals are present in inadequate amounts especially in the refined cereals. Phosphorus, calcium and iron are furnished by cereals.
- c. Vitamin content is inadequate, a, b, and c, practically absent. Water soluble b found only in germ and outer covering of the grain. Both of these are necessary for health and growth but largely removed in milling.

- d. Cereals are fuel foods.
- e. Cereals (the coarse especially) give bulk to the diet.

2. The great bulk of the diet of all peoples consists of cereals. This is because of --

- a. Cheapness.
- b. Ease of growth and storage.
- c. Flavor.
- d. Ease of digestion.



FOOD HABITS

Children need to be taught good food habits.

1. Milk - at least a pint every day. A quart is better.
2. Vegetables other than potatoes at least once a day. Better twice a day, preferably one of these uncooked.
3. Greens at least twice a week.
4. Fruits twice a day - once fresh if possible. If fresh, dried, canned fruits and tomatoes are used it is probably quite easy to serve fruit at least once a day.
5. Cereals as breakfast food and bread.
6. Meat or egg or fish or cheese at least once a day.
7. Candy and sweet should be eaten after a meal.

The following recipes will be of help in adding more milk to the children's diet.

WHITE SAUCE

	Fat	Flour	Milk	Salt
Thin: Cream soups, milk toast	1 tb.	1 tb.	1 c.	$\frac{1}{2}$ ts.
Medium: Vegetables, gravies, sauces	1 tb.	2 tb.	1 c.	$\frac{1}{2}$ ts.
Thick: Vegetables, meat, fish	1 tb.	3 tb.	1 c.	$\frac{1}{2}$ ts.
Very thick: Croquettes, mixtures	1 tb.	4 tb.	1 c.	$\frac{1}{2}$ ts.

Different methods of combining the white sauces are used. The fat and flour may be well blended, placed on the end of a spoon and melted off in the hot milk

The fat may be melted. The flour is added second and the hot milk last.

The milk may be heated. The flour is worked to a paste in a small amount of the milk. The heated milk is added, slowly, to the paste stirring constantly. The paste may be added to the hot milk, but there is a greater possibility of having a lumpy white sauce unless the paste is quite thin, the milk is not too hot, the paste is added gradually and the milk stirred constantly.

Any of the following foods are excellent creamed dishes:

- | | | |
|------------------|----------|------------|
| celery | peas | chicken |
| greens | cabbage | cheese |
| corn | potatoes | fish |
| onions | carrots | dried beef |
| hard boiled eggs | | ham |

Creamed foods are often served on toast. A slight change in the seasoning will often result in an entirely new dish; chopped parsley, onion, pimientos, celery, grated cheese.

ESCALLOPED DISHES

The same food products that can be used for creamed dishes are excellent scalloped. The same white sauce may be used. By measure about twice as much material will be needed as sauce. The baking dish is buttered. A layer of bread crumbs, and food is alternated until the baking dish is filled. The final layer is of buttered bread crumbs. Bake until crumbs are brown. Often a layer of meat and a vegetable is alternated with the bread crumbs in preparing scalloped dishes.

Scalloped Apples

- | | |
|------------------------|------------------------------------|
| 2 c. soft bread crumbs | $\frac{1}{2}$ ts. cinnamon |
| 2 tb. butter | $\frac{1}{2}$ ts. nutmeg |
| 3 c. apples | $\frac{1}{2}$ lemon rind and juice |
| $\frac{1}{2}$ c. sugar | $\frac{1}{2}$ c. water |

Cut the apples into small pieces and mix with the other ingredients. Alternate the apple mixture with the bread crumbs in filling the greased baking dish. Cover with buttered crumbs. Bake 40 minutes. Serve with whipped cream or hard sauce.

Bananas may be substituted for the apples if the water is omitted and one if teaspoon of cinnamon and one eighth teaspoon of cloves is added. Bake fifteen minutes.

Creamed Soups

Creamed soups are probably more attractive when the vegetables have been cooked until tender, mashed fine or put through a sieve. The vegetable pulp is reheated and added to the white sauce. Any vegetable or meat may be used for cream soups.

Tomato Soup

One fourth teaspoon of soda is added to tomato soup for every pint of tomato pulp and juice. Strain, add the hot tomato the scalded milk, slowly. Combine the two just before serving.

If the milk curdles in a solid chunk when making tomato soup you are probably using milk which is unfit for food. Look into the health and care of the cows at the dairy from which the milk is purchased.

Chowders

3 c. milk	8 soda crackers
2 c. vegetable or meat	1 small onion
4 tb. fine cut salt pork	salt
$\frac{1}{2}$ c. rice or	pepper
4 c. of fine cut potatoes	

Try out the salt pork. Brown onion in fat. Add the vegetables or meat with enough water to cook. When vegetable is tender add the milk and cracker. Serve hot.

Excellent chowders can be made by using sweet corn, potatoes, barley, rice, carrots, fish or ground meat.

SCUFFLES

Use the following white sauce for plain soufflé - one cup milk, three tablespoons fat, four tablespoons of flour, one teaspoon salt and two to four eggs. Pour the well cooked white sauce over the egg yolks beaten until thick and lemon colored. Mix carefully. Cool and then fold in the egg whites which have been beaten until stiff and dry. Bake slowly in buttered dish.

Cheese Scuffle

Add one half cup grated cheese.

Meat Souffle

Add one half to one cup of chopped meat.

Vegetable Souffles

Any kind of vegetable may be cooked, cut in small pieces or mashed and strained. Use one and a half to two cups of cooked vegetables.

Cocoa

3 ts. cocoa	1 1/3 c. scalded milk
3 ts. sugar	salt
1/3 c. boiling water	

Combine dry ingredients, Add the boiling water stirring constantly. Cook ten minutes in the double boiler at boiling temperature. Add the scalded milk and beat with dover egg beater.

An egg may be beaten until light. The hot cocoa is added gradually to the egg beating constantly. Serve hot.