

South Dakota State University
**Open PRAIRIE: Open Public Research Access Institutional
Repository and Information Exchange**

Cooperative Extension Circulars: 1917-1950

SDSU Extension

11-1945

The Family Meal

Anna M. Wilson

Follow this and additional works at: http://openprairie.sdstate.edu/extension_circ

Recommended Citation

Wilson, Anna M., "The Family Meal" (1945). *Cooperative Extension Circulars: 1917-1950*. Paper 419.
http://openprairie.sdstate.edu/extension_circ/419

This Circular is brought to you for free and open access by the SDSU Extension at Open PRAIRIE: Open Public Research Access Institutional Repository and Information Exchange. It has been accepted for inclusion in Cooperative Extension Circulars: 1917-1950 by an authorized administrator of Open PRAIRIE: Open Public Research Access Institutional Repository and Information Exchange. For more information, please contact michael.biondo@sdstate.edu.

The Family MEAL

*Extension Circ. 421
Nov., 1945*



AGRICULTURAL EXTENSION SERVICE
South Dakota State College - - Brookings
U. S. DEPARTMENT OF AGRICULTURE

THE FAMILY MEAL

By ANNA M. WILSON*

I am a homemaker. The home over which I preside must furnish food, clothing, and shelter for my family. Of these three, food is the most important. What must I learn in order to select, prepare, and serve my family members the foods they ought to eat?

Food Selection Guide

In order to have a good diet, each member of my family should eat every day the kind and quantity of the different foods included in the food selection guide.

Milk—4 cups for each child, 2 cups for each adult.

Vegetables—potatoes once, 2 vegeta-

bles besides potatoes, one raw.

Fruit—2 fruits, 1 citrus or tomatoes.

Eggs—1 daily preferred; at least 3—5 a week.

Meat, cheese, fish or legumes—1 or more servings.

Cereal or bread—2 servings of whole grain or enriched.

Butter—2 or more tablespoons.

If my meals are planned according to the pattern given below, I can easily include all the foods listed in the Food Selection Guide.

Breakfast	Lunch or Supper	Dinner
Fruit	Soup or hot dish	Soup or fruit juice
Cereal or egg or both	Salad	Meat
Bread stuff	Bread	Potatoes—Cooked vegetable
Beverage (milk for chil-	Dessert	Salad
dren)	Milk	Bread—Butter
		Dessert
		Milk (for children)

How well did I eat yesterday? Scoring myself will indicate how well I have been feeding my family.

Food Selection Score

Food	Possible Score	My score
Milk—1 quart for children		
1 pint for adults	20	
Vegetables—potatoes	05	
second vegetable	05	
third vegetable	05	
1 vegetable leafy	05	
Fruits—1 fruit	05	
second fruit	10	
1 fruit citrus or tomato	05	
Meat, egg, fish or cheese—first serving	10	
second serving	05	
Cereal—Whole grain or enriched—1st serving	05	
2nd serving	05	
Water—4 glasses	05	
No sweets between meals	10	
Total Score	100	

*Extension Nutritionist

Deductions

Subtract 15 if no breakfast was eaten.

Subtract 10 for each cup of tea or coffee if under 15 years of age.

If over 15 years of age, subtract 5 for each cup of coffee after the first one.

Subtract 10 if neither raw fruit, vegetables or tomatoes were eaten.

A score of 100 means an excellent diet and no bad eating habits.

A score of 90 or above—a good diet.

A score of 80—90—a fair diet.

A score of 75 or less—a poor diet.

Planning Meals That Fit the Family

Age differences in my family may range from a baby a few months old, to my children's grandparent who is past 70 years old. In order to feed my family well, and also do my other work, I must plan dishes suitable for all ages.

For the young child and the rapidly growing teen-age boy and girl, I must have—

- Dishes rich in milk and eggs as these supply food for growth.
- A vitamin C rich fruit or vegetable included every day.
- Foods that are readily digested.
- Regular meals.

For the elderly grandparent, I must have—

- Milk and egg dishes served frequently as their liver and kidneys may be overworked if large quantities of meat are eaten.
- Cooked fruits and vegetables.
- Simple desserts.
- Foods that require little chewing.
- Dishes that are easily digested, as

they have a slower flow of digestive juices.

- Foods which will encourage good bodily elimination as these organs tend to become sluggish with advancing years.
- Some warm food at every meal to aid in keeping their bodies warm.
- Regular meals.

For my husband and myself, who are in the prime of life, I must have—

- The same foods as our children, except we do not need protein for growth. For us, less milk and smaller servings of meat than our teen-age children receive will keep our muscles in good repair.
- We must have fruits and vegetables as these supply minerals and vitamins necessary for regulating body processes.
- Regular meals will aid in keeping our bodies functioning well for a long time.
- Our chief problem is keeping our bodies the size that encourages activity. The reason for this is, (1) we tend to overeat, (2) we are less active.

Ideally, we should maintain the weight recommended for our height when we were 30 years of age, allowing a variation of 5—10 per cent from this for differences in body build.

If we weigh 15—20 percent more than is recommended for our height, we are overweight; if we weigh 25 percent more, we are obese.

TABLE OF HEIGHTS AND WEIGHTS—WOMEN

Age	4 ft., 8 in.	4 ft., 9 in.	4 ft., 10 in.	4 ft., 11 in.	5 ft.	5 ft., 1 in.	5 ft., 2 in.	5 ft., 3 in.	5 ft., 4 in.	5 ft., 5 in.	5 ft., 6 in.	5 ft., 7 in.	5 ft., 8 in.	5 ft., 9 in.	5 ft., 10 in.	5 ft., 11 in.	6 ft.
30	112	114	116	118	120	122	124	127	131	134	138	142	146	150	154	157	161
35	115	117	119	121	123	125	127	130	134	138	142	146	150	154	157	160	163
40	119	121	123	125	127	129	132	135	138	142	146	150	154	158	161	164	167
45	122	124	126	128	130	132	135	138	141	145	149	153	157	161	164	168	171
50	125	127	129	131	133	135	138	141	144	148	152	156	161	165	169	173	176
55	125	127	129	131	133	135	138	141	144	148	153	158	163	167	171	174	177

TABLE OF HEIGHTS AND WEIGHTS—MEN

Age	5 ft.	5 ft., 1 in.	5 ft., 2 in.	5 ft., 3 in.	5 ft., 4 in.	5 ft., 5 in.	5 ft., 6 in.	5 ft., 7 in.	5 ft., 8 in.	5 ft., 9 in.	5 ft., 10 in.	5 ft., 11 in.	6 ft.	6 ft., 1 in.	6 ft., 2 in.	6 ft., 3 in.	6 ft., 4 in.	6 ft., 5 in.
30	126	128	130	133	136	140	144	148	152	156	161	166	172	178	184	190	196	201
35	128	130	132	135	138	142	146	150	155	160	165	170	176	182	189	195	201	207
40	131	133	135	138	141	145	149	153	158	163	168	174	180	186	193	200	206	212
45	133	135	137	140	143	147	151	155	160	165	170	176	182	188	195	202	209	215
50	134	136	138	141	144	148	152	156	161	166	171	177	183	190	197	204	211	217
55	135	137	139	142	145	149	153	158	163	168	173	178	184	191	198	205	212	219

Rather than punish ourselves in later years by severe dieting or constant annoyance by too much weight, we should recognize that after we are 35—40 years of age, overweight is very likely to develop. The wisest plan is to check our weight frequently. If we find we are gradually gaining, rather slowly but surely, we can know we are consuming more calories than we need. We should then alter our habits of eating in the following ways:

- (a) Eat clear soups instead of cream soups.
- (b) Use no cream and little butter.
- (c) Use sugar sparingly, if at all.
- (d) Eat no pies, cakes, candy or soda fountain delicacies.
- (e) Do not eat oily salad dressings and rich gravies.
- (f) Reduce the quantity of bread and cereals eaten.

The foods which we should eat liberally are:

- (a) Green vegetables of all kinds, raw and plainly cooked.
- (b) Lean meat.
- (c) Skimmed milk.
- (d) Fresh fruits.

Strict adherence to these recommendations will enable us to lose weight. We should not lose more than one or two pounds a week. Only when under doctor's supervision should we try to lose more.

Preparing the Family Dinner

Dinner, during the winter months in many rural homes, means the preparation of frozen meat, potatoes, canned vegetables, and dessert. This meal would be improved in food value and eating pleasure if these foods were correctly and interestingly prepared, something crisp was always included, and greater emphasis placed on the use of milk. Let us prepare the following meal as an example of the above recommendation:

Frozen Beef, Roasted	
Steamed Potatoes	Brazilian Greens
Apple, Kohlrabi	Finger Salad
Bread	Butter
Milk Pudding	
Milk	Coffee

Frozen meat may be thawed before it is cooked or during the cooking. The loss of juice is slightly greater if the meat is thawed and then cooked. However, the cooking time is so much shorter that thawing before cooking is recommended.

Thawing in the refrigerator is preferred as the surface of the meat remains cold, lessening the danger of spoilage. A 4—5 pound frozen roast will thaw in a refrigerator in 30 hours, a 1—2 pound steak will thaw in 5 to 10 hours. The thawed meat may be held for a day or longer after thawing is complete without the development of off odors.

When meat is thawed at room temperatures, it should be cooked promptly. The cooking time for frozen meats is about the same as for fresh meat. The



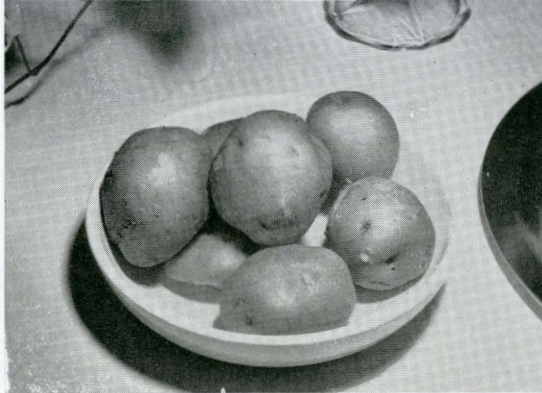
Roast in an Uncovered Pan

principle of cooking tender cuts in dry heat and less tender cuts in moist heat should be followed.

These frozen beef roasts were cooked in dry heat and are examples of true roasts. You will notice, they were cooked on a rack in an uncovered pan. Salt could be added at any time during the cooking periods as these pieces of meat were several inches thick. Salt penetrates for a depth of half an inch and does tend to draw out juice. For this reason thin pieces of meat should not be salted until they are cooked.

Roast meat with oven temperature 300 to 325° F. Approximately 22 minutes per pound cooking time will be needed to cook a thawed rib roast medium well done. If the roast is unthawed, 47 minutes per pound should be allowed.

Frozen steaks of 1 to 2-inch thickness are delicious when oven broiled. Set oven at 500° F., place meat on broiler 3 inches from heat, leave door open. After the meat is nicely browned on one side, season and turn. Do not turn meat again. Reduce oven temperature to 350° F. and



Cook in Jackets to Save Vitamin C

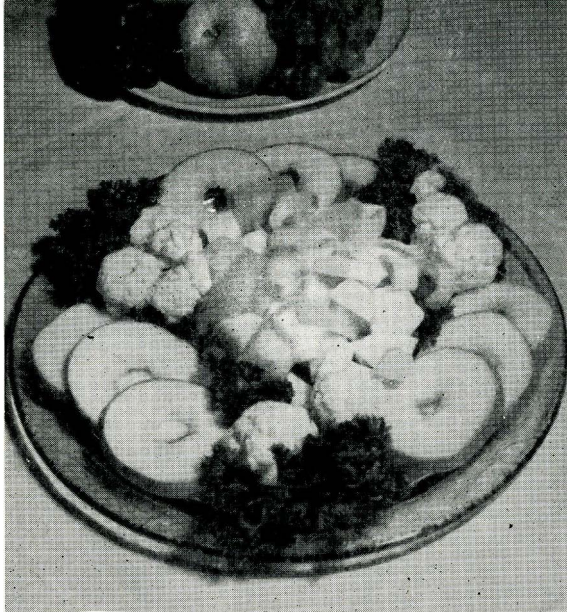
cook until meat is sufficiently cooked. A thawed 1-inch steak will require 8-10 minutes per pound cooking time to be rare to medium well done; if unthawed allow 20-30 minutes per pound. For a thawed 2-inch steak allow 20-30 minutes per pound; and if unthawed, 33-43 minutes.

Although potatoes are not especially rich in vitamin C, they do supply quite a little of this vitamin because people eat rather large quantities of them. For this reason, one should follow methods of preparation that conserve this food value.

Recent research study has shown that the least vitamin C is lost when potatoes are boiled in their jackets. Baking ranks second. Peeling, boiling, mashing or frying causes the greatest loss.

Potatoes, when served, are often rather soggy because they have been allowed to stand in their cooking water or are drained and left in a covered kettle. A more mealy, better-flavored boiled potato will result if they are drained as soon as they are cooked, dried off by shaking the pan of potatoes over the flame for a few seconds, then left in an open kettle until served.

Many families tire of canned vegetables because of the sameness of flavor. This problem can be conquered by varying the seasonings used. For suggestions, try recipes contributed by Home Demonstration club members in the Vegetable Preparation contests of 1944 and 1945.



Finger Salad of Apples and Vegetables

Tasty cooked vegetables are prepared in Brazil by seasoning them with onion, garlic, and tomatoes. This variation of flavor might be enjoyed by adults and older children.

Brazilian Greens

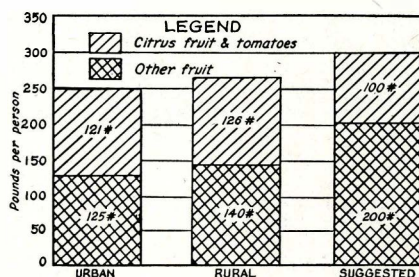
1 qt. cooked greens	4—5 tomatoes or
2 cloves garlic	2 c. canned tomatoes
2—3 tbsp. fat	2 tsp. salt
1 c. diced onion	

Mince garlic, combine with onion and fry until partially cooked but not brown. Add tomatoes and salt, cook 3 minutes. Place greens on a board and chop as one does cabbage for slaw. Combine greens with onion mixture and heat.

When this dish is served, young children and elderly people may wish their portion of vegetable removed before it is combined with the onion mixture. In Brazil this method of seasoning is used for all green vegetables.

Finger salads are well liked by children and add crispness and food value to the family dinner. During the winter months when fresh vegetables are less abundant, vary this dish by including in it both fruits and vegetables—apples, kohlrabi, and cauliflower are an example. The children will select apples first.

Those of us living in South Dakota are inclined to eat less total fruit than is recommended as shown by a survey made in the spring of 1945 by the State Nutrition Committee.



Average pounds fruit and tomatoes consumed per person yearly in South Dakota and amount suggested for an adequate diet.

Apparently, we make an effort to get our needed vitamin C by eating tomatoes and citrus fruits. This deserves praise, but we are limiting our full enjoyment in eating as well as a better diet when we fail to eat other fruits liberally also.

Finishing the meal with something sweet gives one a satisfied feeling as carbohydrates are only slightly digested while in the stomach.

Milk should furnish an important part of the dessert dish as many people of all ages need more milk than they consume. Serving milk puddings for dessert helps solve this problem.

Peach Pudding

½ c. rice	1 ½ c. sliced peaches (well-drained)
3 c. milk	½ c. peach sirup
1 tbsp. butter	½ tsp. nutmeg
3 eggs	¼ tsp. cinnamon
¼ c. sugar	½ tsp. almond flavor- ing
½ tsp. salt	

Cook rice in 1 ½ cups milk until tender. Add butter and cool. Scald remaining milk. Beat eggs, add salt, sugar, hot milk and peach sirup. Cook over hot water until mixture coats a spoon. Remove from fire and add nutmeg, cinnamon and almond flavoring. Combine with peaches and rice. Pour into dessert dishes and chill. Serves 8.

Fruit Ice Box Pudding

2 c. milk	½ c. cold water
3 egg yolks	1 tsp. vanilla
¼ c. sugar	3 egg whites, beaten stiff
¼ tsp. salt	Canned or frozen fruit
2 tbsp. plain gelatin	

Make a custard of milk, egg yolks, sugar, and salt. Soak gelatin in water 5 minutes. Add to hot custard. Chill. When mixture begins to thicken, add vanilla, beaten egg whites. Pour into molds. Chill several hours. To serve, top and surround with fruit. Chill several hours, when firm unmold on platter. Serves 10.

Place Emphasis on Milk

Children should drink milk at all three meals. Adults should drink milk at one meal and preferably two.

Some people may have formed a dislike for milk because they have seen it handled in a careless manner. Most of the bacteria in milk falls from the body of the cow while she is being milked. The udder, flank and belly of the cow should be wiped with a damp cloth before starting to milk her. Milking into a small top milk pail will lessen the amount of dirt that falls into the milk.

The flour sack, strainer with a screen bottom, and regulation metal strainer with a cotton lined filler are all in use today as milk strainers. The regulation metal strainer and filler is the only one



Peach Pudding

that strains the milk satisfactorily. This can be shown by noticing the sediment in a glass of milk that has been strained through either of the other strainers.

Proper washing of milk utensils will lessen the bacterial count in the milk. First, rinse the utensils in cool water, wash in hot water to which an alkali washing powder has been added, rinse with clear water, then immerse for a few minutes in the chlorine solution recommended for dairy use. Milk dishes should always be washed separately from the household dishes.

Milk which is cooled immediately after it is milked and kept cool will contain fewer bacteria. In like manner, milk which is delivered at one's door, should be put into the refrigerator before it has time to become warm.

No other food which we commonly eat will replace milk as a source of calcium. For example, to get the amount of calcium in one quart of milk from other foods a person would have to eat: 46 average size carrots, or 5.8 pounds of cabbage, or 2.4 pounds of beef, or 29 eggs, or 27 oranges.

Since milk cannot be replaced by other foods, it is especially important that we have clean milk. That is milk from healthy cows. It should have good flavor, be free from dirt, and contain only a small number of bacteria, none of which are harmful.

Serving the Family Meal

An attractively set table increases the enjoyment of meal time. Even when the food is to be passed at the table an orderly arrangement of the food on the table is an advantage. The table is more attractive and it is easier to keep the food passing in the same direction.

The diagram at the bottom of the page shows how to place the dishes for an orderly arranged table setting.

If the family style method of service is followed, the plates are stacked in front of the father; the second vegetable may be served by an older child sitting at his right. In this case, the second vegetable is placed in front of this child. The fam-

ily is served at the table as illustrated on the cover page.

This method of serving is beautiful. It gives father more opportunity to share in the meal service and be aware of how his children are eating.

It encourages training in table manners. Passing to the right will become habitual. The children will learn to appreciate the importance of handling another person's dishes in such a way as to avoid placing the fingers over the edge of the dish.

College administrators consider that this method of table service lends an atmosphere of culture. They encourage its use in dormitories.

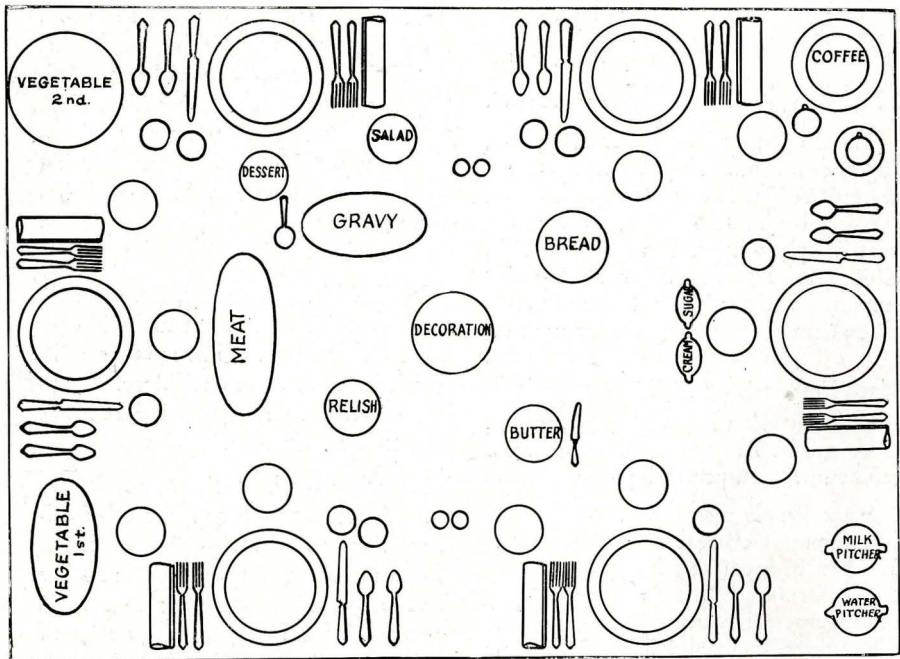


Table Set for Family Service—Note Arrangement of Serving Dishes

Extension Service, South Dakota State College of Agriculture and Mechanic Arts, Brookings, South Dakota—Published and distributed under Acts of Congress, May 8 and June 30, 1914, by the Agricultural Extension Service of the South Dakota State College of Agriculture and Mechanic Arts, Brookings, George I. Gilbertson, Director; U. S. Department of Agriculture cooperating.