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FOOD FOR THE CHILD — FROM TWELVE MONTHS TO TWO YEARS

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(Feed the child regularly, if possible at the same hours each day.)

AT TWELVE MONTHS

- 6 a.m. Whole milk (warm), 8 ounces
- 9 a.m. Fruit juice (1 to 2 ounces) or pulp (1 to 2 tablespoons), orange, tomato, prune, or apple (cooked, except orange)
- 10 a.m. Cereal, 1 to 3 tablespoons, any thoroughly cooked and strained cereal salted to taste but not sweetened, and served with milk
Milk (warm) to drink, 4 to 6 ounces
- 2 p.m. Vegetable soup, 4 to 6 ounces, *or* green vegetable pulp, 1 to 2 tablespoons
Egg, $\frac{1}{2}$ to 1, soft cooked, occasionally
Crisp toast, or zwieback, 1 slice
Fruit pulp, apple or prune, 1 to 2 tablespoons
Milk (warm) to drink, 4 to 6 ounces
- 6 p.m. Cereal, as at 10 a.m.
Milk (warm) to drink, 4 to 6 ounces

AT ABOUT THIRTEEN MONTHS

(Add to the foregoing)

- 2 p.m. Baked potato, 1 small *or* rice or macaroni, 1 tablespoon.
Bread, 1 slice a day

AT ABOUT FOURTEEN MONTHS

(Add to the foregoing)

Butter, 3 teaspoons a day, 1 teaspoon at first
 Give cereal unstrained

AT ABOUT FIFTEEN MONTHS

(Add to the foregoing)

- 2 p.m. Custard, junket, rice or other simple cereal pudding, 1 to 2 tablespoons

*Revised, March, 1924.

AT EIGHTEEN TO TWENTY-FOUR MONTHS

(May be added to the foregoing)

2 p.m. Lean beef, lamb, or chicken, or lean white fish, 1 tablespoon cut fine. (Pork must not be given to little children.)

POINTS TO REMEMBER

1. Teach your child to eat slowly and to chew well. Give him something hard to chew every day.

2. A child learns to like foods by tasting them. Help him learn to like the right kinds of food by allowing him to taste only the foods he should eat.

3. New foods should be added only one at a time in very small amounts at first. A child should not be forced to eat when he is not hungry nor to eat a food which makes him ill, neither should a poor excuse be accepted for not eating a desirable food.

4. Meat should be given not over three or four times a week, 1 tablespoon at a time, and should never be allowed to take the place of green vegetables at a meal. Fried meat must never be given to little children.

5. A child should be eating all of the following cooked vegetables by the time he is two years old: spinach, chard, carrots, beets, celery, string beans, asparagus, green peas, cauliflower, tomato, squash, and potato. All coarse vegetables should be mashed fine.

6. Give egg in place of meat not in addition to meat.

7. The child under two should take from 3 to 4 cups of milk (warm) a day.

8. Give boiled water several times a day.

9. The following foods should never be eaten or even tasted by small children:

Tea	Corned beef	Radishes
Coffee	Ham	Cucumbers
Pie	Liver	Green corn
Doughnuts	Pork	Peppers
Hot cakes	Sausage	Green or over-ripe fruit
Hot biscuits	Salt fish	Salads
Waffles	Fried foods of any kind	Pickles
	Thick, greasy gravy	

10. Meal time should be a happy time and a quiet time. Excitement, fear, grief, or anger may cause indigestion.

RECIPES

Coddled Egg

Have a small saucepan three-fourths full of boiling water. Remove the saucepan from the fire and put in the egg. Cover the dish closely and leave the egg in the hot but not boiling water for about seven minutes. A large egg or a very cold egg will take a longer time. This method cooks the yolk without overcooking the white. The white should be of a jelly-like consistency.

Rice Pudding

1 quart of milk	$\frac{1}{8}$ teaspoon of salt
$\frac{1}{2}$ cup of rice	$\frac{1}{8}$ teaspoon of ground nutmeg or
$\frac{1}{2}$ cup of sugar	cinnamon

Wash the rice thoroughly, mix the ingredients and bake about three hours in a very slow oven, stirring occasionally at first. This pudding may be poured over stewed prunes or baked apple pulp in place of soft custard.