

Oregon Agricultural College

Extension Service

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FOOD FOR THE CHILD — FROM SIX YEARS TO TWELVE YEARS

By

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BREAKFAST

Fruit

Cereal (whole grains) with milk

Toast or stale bread

Butter

Beverage: milk, milk in cocoa, or milk in cereal coffee

Egg, not necessary every day for healthy children who eat plenty of
cereal, bread, butter, milk, and fruit

I. Dinner

NOON MEAL

Main course

A. Meat or fish or poultry or an egg

Potato or rice or macaroni

Root or leaf or other green vegetable

or

B. A vegetable combination

(1) Baked potato, creamed carrots, buttered spinach

or

(2) Chowder of chopped vegetables and milk

Bread and butter

Dessert

Fruit, fresh or cooked, or in salad

Puddings, cereal, custard

Cookies, simple cakes, gingerbread

Milk or flavored milk to drink, especially if not used in other dishes

II. Lunch at School

A. Hot dish, at least one

(1) Vegetables and milk: soup or chowder, creamed, scalloped

(2) Cocoa

B. Rest of lunch

(1) Sandwiches

(a) Brown breads

(b) Egg, cheese, nut, meat, vegetable, etc.

(2) Fruit, fresh, canned, dried

(3) Cookies, gingerbread, custard, etc.

(4) Milk, fruit juice, water, to drink

SUPPER

The evening meal should be lighter than the noon meal. Milk, egg, cereal, fruit, and vegetable dishes may be used, as in the following example:

Milk vegetable soup
Corn bread and butter
Oatmeal cookies; stewed prunes
Milk to drink

POINTS TO REMEMBER

1. By the time a child is six years old his food habits should be well established so that during the rest of his growing period he will be eating plenty of foods essential for growth. His food will be—

A. Wisely chosen from—

- (1) Vegetables, all available kinds, large servings, fresh when possible
- (2) Fruits, all available kinds, fresh, dried, and canned
- (3) Cereals, particularly the whole grain cereals in breakfast mush, breads and puddings
- (4) Milk, at least a pint a day
- (5) Eggs (can be omitted) one a day
- (6) Meat or fish (not essential) may be eaten once a day
- (7) Fat, especially butter and cream and bacon, but in moderate quantities
- (8) Sugar and sweets—a limited amount may be given at the end of the mid-day meal
- (9) Water, at least 4 glasses a day. Water is best taken just before, just after or between meals

B. Simply prepared as in—

- (1) Thoroughly cooked breakfast cereals
- (2) Thoroughly cooked bread, crisp toast, very few hot breads
- (3) Simple cereal puddings
- (4) Vegetables
 - (a) Not overcooked
 - (b) Served plain with butter or creamed, in chowders and soups or in simple salads
- (5) Fruit
 - (a) Raw or cooked, fresh or dry
 - (b) Served plain or with cream or in simple salads
 - (c) Cooked in the breakfast cereal, dried chopped dates, prunes, etc.
- (6) Gingerbreads, plain cookies, and plain cake
- (7) Roasted, broiled, baked or stewed meat, or fish

C. Carefully eaten

- (1) At three regular meals (with only bread and butter or milk between meals, except an occasional piece of fresh fruit)
- (2) With time enough to eat slowly and chew food well
- (3) In a quiet, happy state of mind to aid digestion

2. A good breakfast starts the day right. Only children who eat substantial breakfasts should be allowed to go to school.

3. The amount of food a growing school child needs depends upon his age, size, and activity. A well child may be given all the plain food he wants to eat at meal time if his three meals a day are regular with no food between meals except bread or milk.

4. Too little food or poorly chosen food during the period under sixteen years may result in stunted growth.