

Oregon Agricultural College Extension Service

PAUL V. MARIS

Director

Cooperative Extension Work in Agriculture and Home Economics
Oregon State Agricultural College and United States Department of Agriculture, Cooperating
Printed and distributed in furtherance of the Acts of Congress of
May 8 and June 30, 1914

A Day's Diet for the Child—From Two Years to Six Years

By

JESSAMINE CHAPMAN WILLIAMS,

Professor of Foods and Nutrition, Oregon State Agricultural College

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

EVERY CHILD SHOULD BE GIVEN THE FOLLOWING FOODS
EVERY DAY:

- One quart whole milk.
- Two vegetables other than potatoes.
- Fruit, preferably fresh, but canned may be substituted.
- Cereal for breakfast, cooked, rather than the ready-to-serve.
- An egg, or a very small piece of tender meat.
- Whole grain bread at one meal at least.
- Three to five glasses of water daily.
- Plain, simple, nourishing dessert—pudding, custard, or plain cake.

SUGGESTED BREAKFAST

- Fruit, fruit juice, or cooked fruit slightly sweetened.
- Any thoroughly cooked cereal, salted to taste but not sweetened, and served with milk.
- Milk to drink, 1 cup.
- Bread, 1 to 2 slices, dry toast, or stale bread.
- Butter.

SUGGESTIONS FOR DINNER

- Vegetable milk soup
- or*
- Coddled egg
- or*
- A very small portion of fresh lean meat, beef, lamb, chicken (not fried)
- or*
- Fresh lean white fish (not fried, cut fine).
- Potato, baked, 1 medium, *or* rice or macaroni.
- Other vegetables (*see* Points to Remember).
- Bread, 1 to 2 slices, dry toast, or stale bread.
- Butter.
- Dessert (*see* Points to Remember).
- Milk, or water, 1 cup.

*A Revision of Extension Bulletin 343, Food for the Child from Two Years to Six Years, by Margery M. Smith.

SUGGESTED SUPPER

Cereal with milk as for breakfast

or

Milk toast

or

Vegetable milk soup.

Bread, 1 to 2 slices, dry toast, or stale bread.

Fruit cooked, or a small portion of a simple dessert.

Milk to drink, 1 cup.

POINTS TO REMEMBER

1. Give food only at the three regular mealtimes. If a midmorning or afternoon lunch is given it should be light and given at a regular hour.

2. The day's food should be nearly equally divided into three meals, dinner being heaviest and supper lightest.

3. Children should not "make a meal" from one food, such as potatoes, alone.

4. Insist that the well child finish everything to which he is helped. Serve small amounts.

5. Reduce amount of food when the child is not well.

6. This is the period when important food habits are being formed. Help your child to eat regularly, to eat slowly, to chew thoroughly, to eat quietly and happily.

7. Serve food as attractively as possible and teach your child to eat all foods suitable for young growing children.

8. The following cooked vegetables are suitable for children from two to six years: asparagus, beet greens, beets, celery, carrots, chard, onions, spinach, squash, string beans, and tomato. Uncooked vegetables except chopped lettuce should not be given but cooked vegetables should be given every day.

9. Fruit (except orange, ground dates, and raisins, and occasional scraped apple) should be cooked. Apples, apricots, pears, peaches, bananas, and prunes may be given cooked.

10. Cooked fruit, custard, junket, well-cooked rice, or other simple cereal puddings are the best desserts. Plain cookies or stale sponge cake may be given. Candy or sweets, if given, should come at the end of a meal, never between meals.

11. Children should have some hard food each day, such as bread crusts for the proper development of the jaws and teeth.

12. Tea, coffee, hot breads, pastry, fried foods, pork, sausage, smoked meats, corn, salads, nuts except nut paste, pickles, and all highly seasoned foods are forbidden foods for young children.