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no. 327

MAR 28 1921

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Oregon Agricultural College Extension Service

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Director

Extension Bulletin 327

Corvallis, Oregon

March, 1921

Cooperative Extension Work in Agriculture and Home Economics
Oregon 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

FEEDING YOUNG CHILDREN*

Children must receive the proper food every day, if they are to be well and happy and finally achieve maximum success in life. While fresh air, wholesome exercise, and rest are important factors in good nutrition, suitable food is the most fundamental thing in the physical progress of the child.

Improper feeding may not show bad results immediately. A building laid on a poor foundation may not fall but it will not stand as great stress and strain as one built on a good foundation. See, then, that the foundations of the future man or woman are well laid by giving active growing children the foods best suited to them.

Children Need Food for Growth. The bones and muscles cannot be built without suitable materials. The food which does this best and cheapest is milk. It not only builds, but it protects children from disease. Every child under six years should receive a quart of milk a day, those older the same when it can be afforded. No child can thrive on less than a pint of milk a day.

Milk should be given at each meal as a beverage—slightly warmed for young children. It may also be used on cereals, with toast, in soups, and in puddings.

Very few children dislike milk unless it has been made distasteful to them at some time. Care should be taken to avoid giving sour milk or giving medicine in milk.

If a child refuses to drink milk it may be made attractive by allowing the use of a straw or a glass tube through which the milk may be drawn. Milk may be disguised by serving it with other foods as in the following examples:

- (1) Soups
- (2) Cooking cereals in milk instead of water
- (3) Custards
- (4) Cereal puddings, as tapioca pudding, thickened milk, or corn-starch pudding
- (5) Cream sauce on vegetables
- (6) Cocoa

Green vegetables help to make children grow. For little children the vegetables should be cooked, put through a sieve, and combined with

*This bulletin is largely a reprint of Extension Bulletin 320, The Feeding of Children, by Winona Cruise, former Instructor in Household Science. Different tables of weights and measures are used in the present bulletin.

milk or given on toast. Baked potatoes may be given as often as once a day. A rule of serving two vegetables a day is a good one to follow, after the first year.

Give at least a teaspoonful of egg yolk three times a week to every child under three years. If possible older children should receive a whole egg or an egg yolk three or four times a week. The yolk contains growth-promoting substances.

Milk, egg, and well-cooked vegetables will produce better growth than meat. Meat should be used sparingly or not at all until children are six or seven years old.

Children Need Food for Energy. Their great activity demands suitable food which will supply plenty of energy. The best food for this purpose is well-cooked cereal. It may be taken for breakfast and supper and in simple puddings and desserts. The latter will be especially satisfying for the boy who is always hungry.

Children may dislike cereals because they are not well cooked or they may need to be taught to like them. Give a little cereal each morning, gradually increasing the amount offered. Oatmeal is the best. Change occasionally to corn meal, farina, wheat flakes, and other cereals. Serve with plenty of whole or top milk with little or no sugar.

Toast or stale bread is a valuable food to develop the jaws and teeth and to teach mastication. Whole wheat bread may be used after the second year. Fresh or hot bread is never beneficial.

AVERAGE HEIGHT AND WEIGHT, AGES 2 TO 4 YEARS*

AGE	BOYS		GIRLS	
	Height	Weight	Height	Weight
Mos.	in.	lbs.	in.	lbs.
24	33 $\frac{3}{4}$	27 $\frac{1}{2}$	33 $\frac{3}{8}$	26 $\frac{3}{8}$
25	34	27 $\frac{7}{8}$	33 $\frac{3}{4}$	26 $\frac{7}{8}$
26	34 $\frac{1}{2}$	28 $\frac{1}{4}$	33 $\frac{7}{8}$	27 $\frac{1}{4}$
27	34 $\frac{3}{4}$	29	33 $\frac{7}{8}$	27 $\frac{1}{2}$
28	35 $\frac{1}{8}$	29 $\frac{1}{8}$	34 $\frac{5}{8}$	27 $\frac{3}{4}$
29	35 $\frac{3}{8}$	29 $\frac{1}{4}$	34 $\frac{3}{4}$	27 $\frac{3}{4}$
30	35 $\frac{3}{8}$	29 $\frac{1}{2}$	34 $\frac{7}{8}$	28 $\frac{1}{4}$
31	35 $\frac{1}{2}$	30 $\frac{1}{2}$	35 $\frac{1}{8}$	28 $\frac{3}{4}$
32	36	30 $\frac{5}{8}$	35 $\frac{3}{8}$	29
33	36 $\frac{1}{8}$	30 $\frac{5}{8}$	35 $\frac{5}{8}$	29 $\frac{1}{8}$
34	36 $\frac{1}{2}$	31 $\frac{1}{8}$	36 $\frac{1}{2}$	30 $\frac{1}{8}$
35	36 $\frac{3}{4}$	31 $\frac{7}{8}$	36 $\frac{1}{2}$	30 $\frac{1}{4}$
36	37 $\frac{1}{8}$	32 $\frac{1}{4}$	36 $\frac{3}{4}$	30 $\frac{1}{2}$
37	37 $\frac{3}{8}$	32 $\frac{1}{4}$	36 $\frac{3}{4}$	30 $\frac{3}{4}$
38	37 $\frac{1}{2}$	32 $\frac{3}{8}$	37	31
39	37 $\frac{7}{8}$	33 $\frac{1}{8}$	37 $\frac{1}{4}$	31 $\frac{5}{8}$
40	38 $\frac{1}{2}$	33 $\frac{1}{2}$	37 $\frac{1}{2}$	32
41	38 $\frac{5}{8}$	33 $\frac{5}{8}$	37 $\frac{3}{4}$	32 $\frac{1}{4}$
42	38 $\frac{5}{8}$	33 $\frac{3}{4}$	38	32 $\frac{1}{2}$
43	38 $\frac{3}{4}$	33 $\frac{3}{4}$	38 $\frac{1}{4}$	32 $\frac{3}{4}$
44	38 $\frac{7}{8}$	34 $\frac{1}{4}$	38 $\frac{1}{2}$	33
45	39	34 $\frac{1}{2}$	38 $\frac{1}{2}$	33 $\frac{1}{4}$
46	39	34 $\frac{3}{4}$	38 $\frac{3}{4}$	33 $\frac{1}{2}$
47	39 $\frac{1}{4}$	35 $\frac{3}{4}$	38 $\frac{7}{8}$	33 $\frac{1}{2}$
48	39 $\frac{1}{2}$	35 $\frac{7}{8}$	39	33 $\frac{3}{4}$

Averages are given for every month from 24 to 48. With a child over 4 years of age, use the age at his last birthday.

The figures for height and weight are from the Anthropometric Table compiled for the American Medical Association by F. S. Crum, and are based on the measurements of 10,423 normal babies (5,602 boys and 4,821 girls) examined at baby health conferences in 31 states and possibly represent measurements slightly above the average, especially in weight. A variation of from 1 to 2 pounds from the averages given in the table above should therefore not be considered abnormal.

*Prepared by Children's Bureau, U. S. Department of Labor.

Butter will yield a good deal of energy and promote growth as well. It should be used sparingly or not at all until after the first year. Increase to a normal amount as children grow older.

Children Need Food to Keep the Bowels and Blood in Good Condition. Fruits are our best regulators. Fruit juices should be given daily to small children and well-cooked ripe fruits to older ones. The juices of cabbage, tomatoes, and most vegetables are as valuable as fruit juice. One to three tablespoonfuls of juice given in the morning between meals proves best. Dried fruits well cooked, baked apples, baked bananas are all excellent for young, growing children. Fruit should not be allowed between meals.

Candy, always the purest, or loaf sugar, may be fed sparingly at meals, but never between meals, for that spoils the natural appetite.

Water is necessary and should be given frequently between meals. Never give tea or coffee.

Learning to eat the right kind of food is one of the most important parts of a child's education. All bad food habits are due to the lack of knowledge or to indulgence of the parents and not to the inherited tastes of the child.

RIGHT HEIGHT AND WEIGHT, AGES 5 TO 12 YEARS*

Height inches	BOYS										GIRLS											
	5 yrs.	6 yrs.	7 yrs.	8 yrs.	9 yrs.	10 yrs.	11 yrs.	12 yrs.	5 yrs.	6 yrs.	7 yrs.	8 yrs.	9 yrs.	10 yrs.	11 yrs.	12 yrs.						
39	35	36	37								34	35	36									
40	37	38	39								36	37	38									
41	39	40	41								38	39	40									
42	41	42	43	44							40	41	42	43								
43	43	44	45	46							42	42	43	44								
44	45	46	46	47							44	45	45	46								
45	47	47	48	48	49						46	47	47	48	49							
46	48	49	50	50	51						48	48	49	50	51							
47	51	52	52	53		54					49	50	51	52	53							
48	53	54	55	55	56	57					51	52	53	54	55	56						
49	55	56	57	58	58	59					53	54	55	56	57	58						
50		58	59	60	60	61	62					56	57	58	59	60	61					
51		60	61	62	63	64	65					59	60	61	62	63	64					
52			62	63	64	65	67	68				62	63	64	65	66	67					
53				66	67	68	69	70					66	67	68	68	69					
54				69	70	71	72	72					68	69	70	71	72					
55					73	74	75	76						72	73	74	75					
56					77	78	79	80						76	77	78	79					
57						81	82	83							81	82	83					
58						84	85	86							85	86	87					
59						87	88	89							89	90	91					
60						91	92	93								94	95					
61							95	97								99	101					
62							100	102								104	106					
63							105	107								109	111					
64								113									115					
65																	117					
66																	119					
67																						

*Prepared by Dr. Thomas D. Wood.

Weights and measures should be taken without shoes and in only the usual indoor clothes.

About what a Boy should gain each month		About what a Girl should gain each month	
AGE		AGE	
5 to 8	6 oz.	5 to 8	6 oz.
8 to 12	8 oz.	8 to 11	8 oz.
		11 to 14	12 oz.

Weigh on the same date each month about the same hour of the day.

Children Should be Weighed and Measured Regularly

Meals Should be Regular. Three meals a day are as a rule sufficient for children after they go to school. Before such time four or five are advised.

Breakfast should include milk, cereal, fruit, and bread or toast.

Dinner, at noon, should be the heaviest meal of the day and include, milk, fresh vegetables, potato, egg or meat, fruit or a milk pudding.

Supper should be simple and include bread or cereal, fruit or milk pudding. Plain cakes and simple cookies may be used occasionally.

Never give any food between meals. This does not mean that children under five years will not have four or five meals a day.

All young children should go to bed soon after supper.

SUGGESTED DIETS FOR CHILDREN

Children 2 to 5 years

- 7:00 a. m. Stewed fruit or fruit juice $\frac{1}{4}$ cup
 $\frac{1}{2}$ to 1 cup well-cooked cereal with milk
 1 or 2 slices of toast with butter
 1 cup of milk to drink
- 10:00 a. m. 1 cup of milk with bread or crackers
- 12:30 p. m. 1 cup of cream soup or
 1 egg or baked potato
 1 to 2 tablespoons of spinach, peas, or carrots
 1 cup of milk or junket, custard, or milk pudding
- 5:30 p. m. $\frac{1}{2}$ to 1 cup of rice or other cereal
 1 to 2 slices of toast or bread with butter
 1 cup of milk

Children 6 to 12 years

- 7:30 a. m. $\frac{1}{2}$ to 1 cup of stewed fruit (fresh or dried)
 1 cup of well-cooked cereal with milk
 2 or 3 slices of toast with butter
 1 cup of milk or cocoa
- 12:30 p. m. 1 cup or more of cream soup, or vegetable stew
 (occasionally a small serving of meat)
 $\frac{1}{2}$ to $\frac{3}{4}$ cup of well-cooked vegetable
 (carrots, peas, spinach, onions, turnips, celery, cauliflower)
 1 potato, or more
 2 to 3 slices of bread and butter
 $\frac{1}{2}$ to 1 cup of stewed or baked fruit, or tapioca or bread pudding
 ice-cream, or small piece of cake or cookies
- 5:30 p. m. Poached egg on toast or
 Milk toast or
 Scalloped potatoes
 2 or more slices of bread and butter
 $\frac{1}{2}$ to 1 cup of stewed fruit or junket
 or cake or cookies or rice pudding

Publications which are of value in connection with this bulletin, may be had free from the Oregon Agricultural College, Corvallis, Oregon.

U. S. Department of Agriculture, Washington, D. C., will send free: Farmers Bulletin No. 712. School Lunches
 Farmers Bulletin No. 717. Food for Young Children