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FEEDING CHILDREN IN GROUP CARE



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While mothers work in our war plants, their children must be afforded the same care and consideration they would have under a normal home atmosphere. Included in this care, as one of its most important functions, is the proper preparation and serving of food.

As a guide for the many workers who are now concerned with the care of children in the newly established day care centers for children of working mothers, this booklet has been prepared by a committee of the Indiana State Nutrition Council at the request of the State Committee on Care of Children in Wartime.

In it will be found general rules for children's diets and specific suggestions for suitable menus for children in groups.

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FEEDING CHILDREN IN GROUP CARE

Right food is necessary for health and good growth.

The main meal of the day should be given at noon.

Mid-morning and mid-afternoon lunches are usually needed.

For some children it may be necessary to serve breakfast and supper as well as the noon day meal.

The home and school should plan together to see that food for the entire day is adequate.

The pre-school child should receive fish liver oil daily.

I. Foods Needed Each Day for Children Two to Five Years Old

Amounts needed depend upon age, size, activity and appetite of child.

<u>Food</u>	<u>Amount</u>
Milk	3 to 4 measuring cups
Egg	1 egg
Meat or Fish	1 to 2 ounces
Potatoes	2 to 4 tablespoons
Cooked vegetables (Green leafy or yellow vegetable often)	1 to 2 servings
Raw vegetables or raw fruit	small amount
Fruit for Vitamin C	1 orange or $\frac{1}{2}$ to $\frac{3}{4}$ cup tomato juice, best

Other fruit 1 to 2 servings

Cereal, whole grain or enriched $\frac{1}{4}$ to $\frac{1}{2}$ cup

Bread, whole grain or enriched 3 to 5 slices

Butter, or margarine with Vitamin A added 2 tablespoons

Fish liver oil Enough to provide 400 U.S.P. Units of Vitamin D.

II. Meals Planned to Use These Foods

If child comes to school without breakfast, the breakfast should include:

Fruit or Fruit Juice	Toast and Butter
Cooked Cereal	Egg may be served
Milk	sometimes instead of cereal.

If child comes to school with breakfast that is inadequate, the supplementary breakfast should include:

Fruit or Fruit Juice	Toast and
Milk	Butter

The mid-morning lunch should consist of:

Fruit Juice or Fruit	Fish Liver Oil
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The noon meal should include:

$\frac{1}{2}$ pint of fresh milk or $\frac{1}{2}$ cup evaporated milk diluted with $\frac{1}{2}$ cup water.
1 egg, liver, fish, beef, lamb or chicken.
1 cooked vegetable and 1 raw vegetable or raw fruit.

Potato or starchy food.
Cooked fruit or simple pudding.
1 slice whole wheat or enriched bread & butter.

The mid-afternoon lunch might consist of:

$\frac{1}{2}$ pint milk and graham crackers.

If supper is served the two to five year old child, it should consist of:

$\frac{1}{2}$ pint milk

A filling food, as cream soup rich with vegetables; or baked potato; or a dish with eggs, as creamed eggs and peas; or a cheese dish, as cottage cheese.

Lettuce or other raw vegetable.

Fruit

Bread and Butter

III. Foods for the Menu should be selected from the following lists:

Protein

Egg

Liver

Canned Fish

Beef

Lamb

Chicken

Dried Beef

Tongue

Cheese

Peanut Butter

Starchy Food

White potato

Sweet potato

Rice

Macaroni

Noodles

Spaghetti

Yellow Corn Meal Mush

Cracked or Rolled Wheat

Oatmeal

Fruits

Orange

Apple

Banana

Grapefruit

Tangerine

Cooked Fruits

Prunes

Raisins

Apricots

Rhubarb - Peach

Pear - Apple

Cooked Vegetables

Cabbage	Cauliflower
Spinach	Parsnips
Tomatoes	Squash
Carrots	Onions
Asparagus	Spring Greens
Celery	Kale
Green beans	Broccoli
Peas	Celery Cabbage
Beets	

Raw Vegetables

Cabbage
Tomatoes
Carrots
Celery
Cauliflower
Turnip
Lettuce
Spinach
Chinese Cabbage
Kohlrabi

Fruit Juices

Orange (undiluted)
 Grapefruit (slightly diluted)
 Tomato (undiluted)
 Pineapple (undiluted)

IV. Sample Menus for Noon Meal

Cheese Fondue	Liver loaf with tomato sauce
Stewed tomatoes	Buttered green beans
Buttered carrots	Apple and celery sandwich
Toast	Rice Pudding
Baked pears	Milk
Milk	

Creamed Eggs	Beef stew with vegetables
Mashed potatoes	Celery Sticks
Raisin & Lettuce	Toast
Sandwich	Bread Pudding with lemon
Fruit Cup	sauce
Milk	Milk

Fish loaf	Crisp Bacon
Creamed potatoes	Buttered rice with tomatoes
Carrot strips	Green beans
Toast	Peanut butter & raisin sand-
Baked apples	wiches
Milk	Stewed peaches
	Milk

V. Foods Cooked to Preserve Their Food Value, and for Ease of Digestion.

- a. Starches should be cooked thoroughly for ease of digestion.

Cooked Cereal

	Am't of Cereal	Water	Cooking Time
Rolled Oats	1 cup	3 cups	1 hour
Rolled Wheat Cereal	1 cup	4 cups	1 hour
Yellow Cornmeal	1 cup	6 cups	2 hours
Farina	1 cup	5 cups	1 hour

Stir the cereal into boiling salted water. Use 1 teaspoon of salt for each cup of cereal. Cook over fire for ten minutes. Then set pan in another pan of boiling water, or use double boiler and cook length of time given in table. To keep fine cereals from lumping, mix cereal first with a little cold water.

- b. Green Vegetables should be cooked in small amounts of water and should not be overcooked.

Spinach and other green leafy vegetables:

Remove roots, pick over carefully. Wash thoroughly in several waters until all traces of dirt are removed. Put in covered kettle without additional water, cook over slow heat until leaves begin to wilt. Remove cover. Cook 5 - 10 minutes (depending on age and tenderness of leaves.) Lift leaves occasionally from bottom. (A very small amount of water may be necessary in cooking some greens.)

- c. Eggs should be cooked at low temperature for ease of digestion.

Have a large kettle of boiling water allowing 4 quarts of water for 12 eggs. Put eggs into water, cover kettle and turn gas low, keeping water below boiling temperature. Cook four to five minutes if wanted soft, thirty minutes if wanted hard.

d. Meat to be cooked slowly for tenderness.

For ease of eating and ease of digestion, meat should be boiled or roasted until tender and then cut very fine or ground.

e. Dishes containing cheese should be cooked at low temperature.

Cook other food before adding cheese. After adding cheese cook at low temperature to melt cheese.

f. Hot breads not suitable for nursery school children.

Toast or day-old bread of whole wheat or other dark flour should be used. Cornbread of yellow corn meal baked in a thin sheet might be used sometimes.

VI. Seasonings used are to be those suitable for children.

Salt should be used somewhat sparingly.
Pepper, chili powder should not be used at all.
Foods rich with fat are not suitable.
The natural flavor of food should be retained.

VII. Meal served in a way attractive to children.

Simple foods, simply prepared, are best for children. Sight, taste, smell of food have effect on the appetite. In meal planning try to have at least one food with

color. Yellow carrots, green lettuce, brown or whole wheat bread, red beets are attractive to children.

Avoid serving food that is scorched or burned.
Avoid serving food that is too hot to eat.
Have variety in texture. Scrambled egg and peas make a more attractive combination than scrambled eggs and mashed potato.
Have variety in flavor, as cooked salad dressing in sandwiches or fruit in pudding.
Knives, forks and spoons should be of size child can handle easily.
Food should be easily handled. Finger foods, as lettuce leaf, carrot stick, toast strips are correct for children.
Crisp chewy foods exercise the teeth and gums.
Portions should be small and second helpings offered.

VIII. Use Advantages of Group Feeding to Teach Good Food Habits

Children should have some rest before mealtime.
Expect children to eat. Show no concern if they do not eat.
Children eat best in a calm, happy atmosphere.
Individual children vary in their tastes for food and the amount they eat.
Encourage the children to talk to each other.
The subject of likes and dislikes should be avoided.
Children in groups usually accept suitable food with little concern about it.

IX. Food for Birthday Parties

While the use of sweets, except simple cookies or desserts, in the regular meals is discouraged, certain indiscretions are tolerated at

parties. A small, simple cake and ice cream are permissible for a birthday party. A jello dessert containing chopped fruit also makes an attractive party dish. Candy should not be used.

X. Foods Needed Each Day for Children of School Age

A school child needs food from the following seven groups every day:

- Green and yellow vegetables, some raw, some cooked; (fresh, frozen or canned)
- Oranges, tomatoes, grapefruit or raw cabbage or salad greens.
- Potatoes and other vegetables and fruits, raw, dried, cooked, frozen, canned.
- Milk and milk products - fluid, evaporated, dried milk or cheese.
- Meat, poultry, fish or eggs, or dried beans, peas, nuts or peanut butter.
- Bread, flour, cereals - natural whole grain or enriched.
- Butter, and oleomargarine with Vitamin A added.

Same foods recommended for pre-school child should be basis of diet for school child, with other foods to make greater variety.

Quantity of food needed is greater than that for the pre-school child.

School age child may have foods cooked in greater variety of ways than pre-school child.

The school child needs three well planned meals a day.

Some school children need additional feedings- as milk during the forenoon.

Children should not form "piecing" or "nibbling" habit, especially of sweets.

Candy, ice cream, and sweets when used should be considered in the planning of food for the day.

When loss of appetite for essential food occurs, the older child should go back to simple bland diet of early childhood.

Literature Available

Nutrition Service, Indiana State Board of Health
1098 West Michigan Street
Indianapolis, 7, Indiana

Food for Young Children in Group Care
The Road to Good Nutrition
Use Whole Grain Cereals for Minerals and
Vitamins

Recipes Using Milk

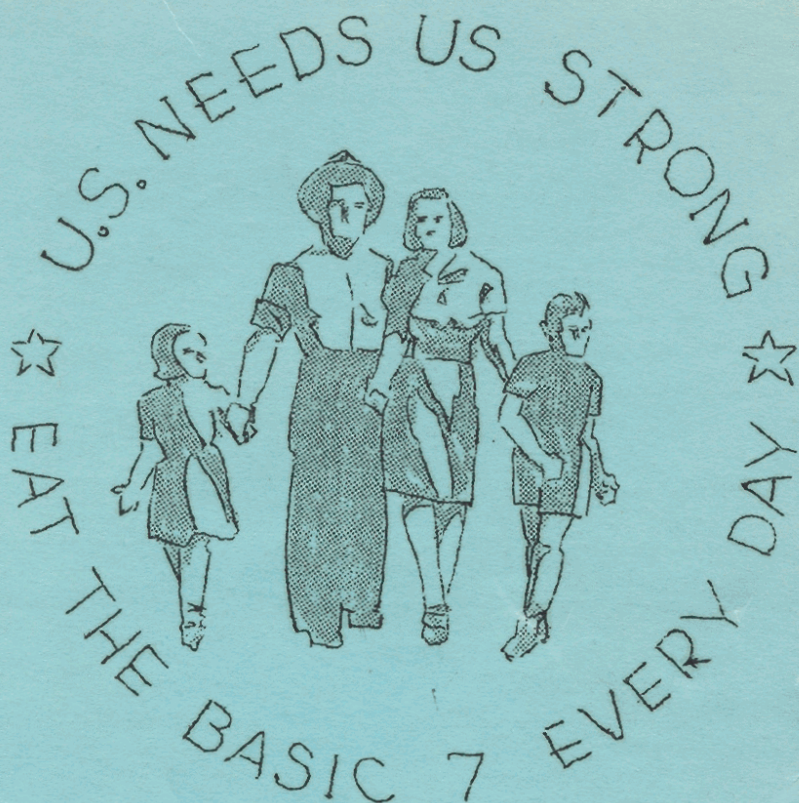
The Healthy, Well Nourished Child 1 - 6 years

The Healthy, Well Nourished Child 6 - 16 years

Substitutes for the Sun

The Merrill-Palmer School
71 East Ferry Avenue
Detroit, Michigan

How to Feed Children in Nursery Schools



EAT SOME FOOD FROM EACH GROUP EVERY DAY

GREEN AND YELLOW
VEGETABLES

ORANGES, TOMATOES
GRAPEFRUIT

POTATOES AND OTHER
VEGETABLES AND FRUITS

MILK AND
MILK PRODUCTS

MEAT, POULTRY
FISH OR EGGS

BREAD, FLOUR,
AND CEREALS

BUTTER AND
FORTIFIED MARGARINE

IN ADDITION TO THE BASIC SEVEN EAT ANY OTHER FOODS
YOU WANT



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