

Food Forum

Dorothy Johnson

FOOD FOR CHILDREN

In most homes it is not convenient or practical for the children to eat meals entirely different from those prepared for grownups.

From the time the baby begins to receive solid food, the objective should be to teach him to like and eat all the foods that are good for him. This does not mean he will eat everything his parents eat, and in just the same form; for actually a child's meals should be tailored to fit him just as much as his clothes are.

WHAT IT DOES MEAN IS--that food prejudices should be prevented from developing in the growing child if he is to grow up healthy, well-nourished and happy.

One of the most important influences on the child's attitude toward food is his parent's attitude. If the father dislikes vegetables and says so, the child who is devoted to his father is more than likely to copy his dislike and his refusal of vegetables. If the mother dislikes some particular food and never serves it at home, the child will never become acquainted with it, and may never learn to like it.

Parents who, with the welfare of their children foremost in mind, conquer their own food dislikes lest they influence the children, are benefiting not only the youngsters but themselves in the long run since it is impossible to have a well-balanced diet if one has a number of food prejudices.

To introduce a child to a new food, give him a small quantity of it (not more than a tablespoon at first) in addition to his regular meal. After two or three trials he should be able to accept the new food as an old friend.

THE SMALL CHILD should never be given highly seasoned food. Other taboos for the pre-school child are coffee or tea in any form. It is desirable for the pre-school child to have his heaviest meal in the middle of the day, rather than with the rest of the family in the evening. His evening meal may be very light with a milk soup, cereal and milk or even bread and milk as its basis. And it may be more convenient for him to finish his meal and be put to bed before the rest of the family have dinner.

After his school life begins, the child's diet will gradually begin to conform more closely to the grown-up pattern. From eight or nine years on, the growing child's calorie requirement will be nearly the same as an adult's; and during adolescence, the boy's requirement often exceeds his father's unless his father is very active.

IF THE CHILD has been trained from babyhood to accept and enjoy a variety of foods, including the important vegetables, both raw, as in salads, and cooked, he will present no special feeding problems during the school years or later in life.

Breakfast is an important meal for the child, and he should never be allowed to hurry off without it in the morning. It must be remembered that breakfast, even when the child declares that he is not hungry, must be depended on to supply from 1/4 to 1/3 of the day's caloric and nutrient needs. If less is eaten, morning hunger and resulting inefficiency develop. The other two meals of the day cannot make up the loss of nutrients and calories due to a missed or deficient breakfast.

PREFERABLY, THE BREAKFAST should be a hot one, especially in cold weather. An all cold breakfast does not give the quick warmth and energy needed to start the day right. A child who is never hungry for breakfast will find his appetite stimulated by arising half an hour earlier.

The school lunch box should always contain some fruit, either a raw apple, orange or banana. Unless a hot dish is provided at school, the lunch box should contain a thermos bottle. The hot drink provided may be cocoa, or a milk soup; or in hot weather, cold milk or a milk beverage may be preferred.

Ways to Prepare Milk for the Child Who refuses to Drink Plain Milk

COCOA
1-1/2 tablespoons cocoa, 2 tablespoons sugar, pinch salt, 3/4 cup boiling water, 3 cups scalded milk or 1-1/2 cups evaporated milk and 1-1/2 cup boiling water, 1/4 teaspoon vanilla.

HOT MILK

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Words for the Young and A Thought For All

DR. GEORGE WASHINGTON CARVER, the great Negro-American scientist once offered a bit of poetic advice to Negro Youth which was printed in the December 3, 1964 issue of the VOICE--On the occasion of Negro History Week, the VOICE again submits Dr. Carver's meaningful advice as contained in the following poem:

OPPORTUNITY IS ALWAYS PRESENT

Figure it out for yourself, my lad,
You've all the greatest men have had,
Two arms, two hands, two legs, two eyes,
And a brain to use if you'd be wise;
With this equipment they all began,
So head for the top and say "I can."

Look them over, the wise and the great,
They take their food from a common plate,
And similar knives and forks they use,
With similar laces they tie their shoes;
The world considers them brave and smart,
But you have what they had to start.

You can triumph, can achieve the skill,
You can be great if you only will;
You're well-equipped for the goal you choose,
You have arms and legs and brain to use,
And men who arose great deeds to do,
Began their lives with no more than you.

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1 quart milk, 2 tablespoons sugar, 1/4 teaspoon salt, 1/2 tablespoon vanilla, cinnamon or nutmeg.

HOT SPICED MILK

1/4 cup moist shredded coconut, 1 tablespoon butter, 4 cups milk, 1/2 teaspoon cinnamon, 1/2 teaspoon nutmeg, 2 tablespoons honey.

MOLASSES NOG

2 cups evaporated milk, 2 cups ice water, dash of salt, 2 or 3 tablespoons sorghum or light molasses, dash nutmeg.

PRUNE MILK SHAKE

1-1/2 cups prune puree (about 1/2 lb prunes) pinch salt, 4-1/2 cups milk, sugar to taste. Mix the prune puree thoroughly with lemon juice--to taste--and salt. Add milk--beat with rotary beater; add sugar to taste, amount depends on sweetness of prunes.

PINEAPPLE EGG PUNCH

1 quart milk, chilled
2 eggs separated
1/2 cup sugar
1/8 teaspoon salt
9 oz can crushed pineapple
Scald 1 cup milk in double boiler. Beat egg yolks until thick and light colored with sugar and salt. Pour scalded milk over egg yolk mixture--stirring until blended; chill. Just before serving, add rest of milk and the pineapple pulp and juice. Beat egg whites stiff; fold into rest of mixture. Serve at once.



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