1960

Menus For Young Appetites

Sylvia Noid

Iowa State University

Follow this and additional works at: http://lib.dr.iastate.edu/homemaker

Part of the Home Economics Commons

Recommended Citation

Available at: http://lib.dr.iastate.edu/homemaker/vol40/iss7/3

This Article is brought to you for free and open access by the Student Publications at Iowa State University Digital Repository. It has been accepted for inclusion in The Iowa Homemaker by an authorized editor of Iowa State University Digital Repository. For more information, please contact digirep@iastate.edu.
Planning pre-schoolers' meals is part of the nutritionist's work.

by Sylvia Noid, H.JI. 4

Menus For Young Appetites

Nurseries school provides a laboratory for nutrition students as well as Child Development majors. As part of child and family nutrition courses, students serve lunches to the preschoolers.

Dr. Marion Moore, supervisor of the nursery school lunch program, said one of its objectives is to provide a noon meal of high quality for this age group. Other goals are to offer the children a learning experience in food habits and to provide experience for Food and Nutrition and Child Development students in the guidance of children.

Mary Korslund, nursery school nutritionist, plans all menus but is assisted in food preparation and serving by a full-time cook and the child and family nutrition students. Meals are planned to meet one-third of the daily food requirement and include meat, potatoes, vegetable, raw fruit or vegetable, milk, bread and dessert. New foods are introduced to get the children's reactions as well as to give variety and interest to the meals. Children's likes and dislikes are also considered in the planning. Miss Korslund said the most disliked foods are cooked vegetables and mixtures of foods, such as a combination of fresh fruits or complex casseroles. These dislikes are observed but not completely avoided. They may be repeated but not so often as to be aggravating. Simple casseroles containing tuna and noodles seem to be a favorite, however. Miss Korslund added that children like nearly all individually served fruits, jello with one fruit, ice cream and crisp foods.

She also stated that it is a policy of the school to avoid serving cake, pie and other heavy sweets. It is felt that a well balanced, simple meal should be stressed and that the children should learn to eat natural sweets found in fruits and vegetables.

Since children of the pre-school age group do not have adequate control over silverware, many finger foods are served. Meat is cut into small pieces and bread is spread for them before it is served. Serving portions are adjusted to meet typical appetites with the average serving being two tablespoons each of main dish and vegetable, one-fourth cup dessert and eight ounces of milk. Seconds of all foods are available. A mid-morning snack of four ounces of milk or a high vitamin C fruit juice is also considered in the balancing of the menu.

A copy of the week's menu is sent to the parents of all nursery school children. The amount of food eaten by each child is recorded by an instructor during the meal, and this record is available to the interested parent. Students in the human growth and development nutrition course discuss the results of these records, and each student prepares a study of a particular child's fulfillment of the recommended allowances. This gives the students experience in calculating nutrients and also helps determine if the menus actually meet the children's needs.