1942

Nutrition in the Nursery

Phyllis Lee
Iowa State College

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/vol22/iss8/3

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.
Preschool children soon become accustomed to the novelty of eating in groups. Attractive meals help establish good food habits

Miriam Lowenberg, M.S. '29, helps wartime nurseries solve food problems, says Phyllis Lee

Day nurseries, nursery schools, war nurseries and day care centers have all come to the aid of the working women. Day care centers are being established in industrial areas all over the nation to provide a healthful, happy environment for children whose mothers are working in large factories or offices of war industries.

Requests for literature and guidance in the establishing and maintaining of these schools have met with considerable response, but up to this time there has been a need for literature about child feeding.

Miss Miriam E. Lowenberg, working for her doctor's degree at the University of Iowa, was called to Washington, D. C., by the Children's Bureau of the Department of Labor last spring to write a bulletin concerning group feeding for children in the newly established day care centers.

Miss Lowenberg, who obtained her master's degree from Iowa State, is on leave of absence from the college while working on her doctor's degree. Because she has done much writing on child care, Miss Lowenberg was chosen to write the needed bulletin, "Food for Young Children in Group Care." In it she has tried to give suggestions for well-balanced, inexpensive meals for children from 2 to 5 years of age.

In listing factors conducive to good eating habits, she includes the child's comfort as a "must." Attractive, well-served meals contribute toward good eating habits. It must be remembered, Miss Lowenberg warns, that eating habits may at first be affected by the novelty of eating in large groups.

Estimated food needs per day for the average child from 2 to 5 years are presented from observations of children in this age group.

A few general hints and suggestions are presented by Miss Lowenberg as a guide, primarily for group feeding, but which could be applied to individual homes. Recognizing that the small child may have difficulty in coordinating his eating movements will help the older person to require less exacting rules of etiquette than might otherwise be expected.

"Finger foods," such as toast or raw vegetables, may help the young child, while meats, vegetables and fruits should be cut in bite size for further aid. All sweet foods, foods high in fat and foods that contain condiments in excess should be omitted from the diet because, according to Miss Lowenberg, they are hard to digest. Simple meals are easier to prepare and are more appreciated than elaborate dinners. Lack of appetite may be caused by too much fat in the diet, she says.

Other suggestions offered include buying large size cans for economy, buying lean meat with relatively fine grain and as many oranges as it is possible to store. Whole grain, unsliced, 24-hour old bread is the most satisfactory for children. Buying as far ahead on non-perishable foods as possible is advised.

Special notice is given to the fact that children notice burned or scorched flavors quicker than do most adults. Children are also sensitive to texture of food. They seem to have trouble especially with dry foods, gummy, sticky ones, strong flavored foods and those "with tough pieces in them." To avoid any of these characteristics in meat, eggs, cheese and fish, they should be cooked at low temperatures.

A few hints for making more appetizing and interesting combinations of food are presented in methods of adapting recipes for use in children's meals. Meat can be made less chewy by grinding or by pan broiling instead of frying as a preliminary processing. More milk may be used in mashed potatoes to make them creamier while whole milk is often preferable to cream in making frozen desserts. Simple cookie and cake recipes are desirable, using small amounts of sugar and fat, cane or sorghum molasses in place of part of the white sugar and greatly reducing spices.

The third division of the bulletin is devoted to suggested menus for meals in all seasons. These menus are planned to give variety to well-balanced meals and meal supplements over a 4-week period and to be highly nutritional and economical.