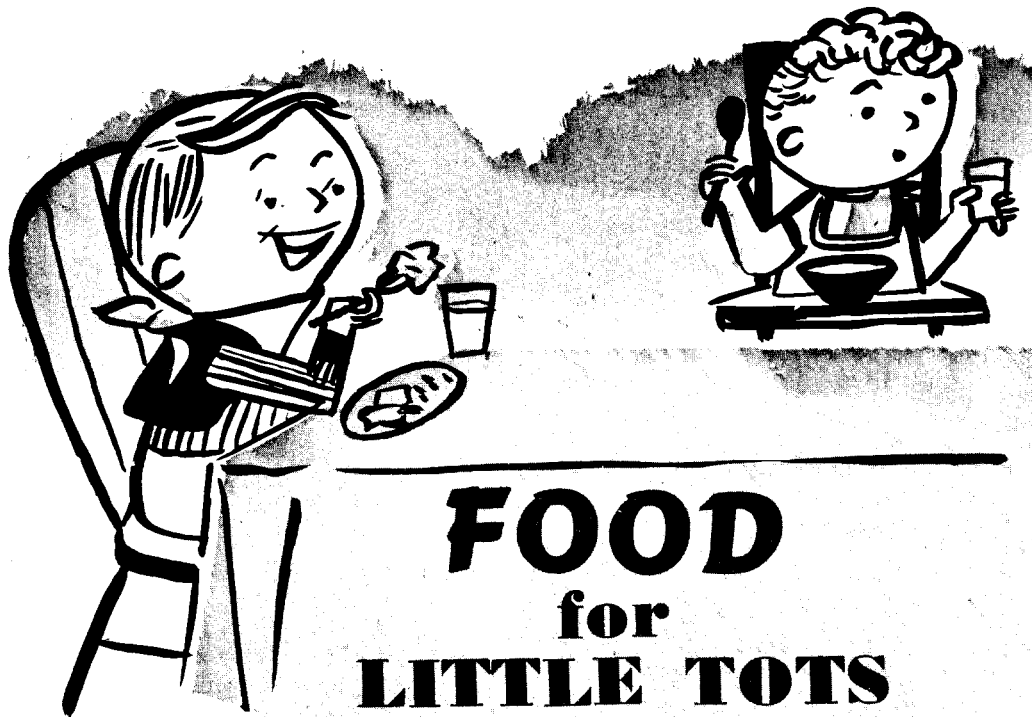


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# FOOD for LITTLE TOTS

"Yes, indeed, meal times can be happy times--for the whole family--if we remember to look at food from the child's point of view." Dr. Mariam E. Lowenberg.

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## FOOD FOR YOUNG CHILDREN

After the baby has had his first birthday, he is growing up, changing from an infant to a child. His attitude toward food changes too. It is important that parents recognize and accept this fact--for it is now that small girls and boys need a little different kind of treatment. Let the child when eating begin to do things for himself. He may spill and be very clumsy but he will learn and this is all a part of growing-up.

The amount of food each child eats depends on his body's needs, activity, temperament, and attitudes developed toward food. Allow each child to develop in his own way. Bobby may down his food in a great hurry in order to return to play, while little Jane may inspect each mouthful of food and sit with it much too long, squirrel style, in her mouth. Each child needs help and guidance to form good habits, but the greatest need is for understanding the child at meal time on the part of the parents.

Plan meals carefully to meet the child's needs, prepare them as part of the family meals in order to save time and effort. Include foods daily which will maintain a healthy, rapidly growing body.

## FOOD NEEDS FOR THE PRE SCHOOL CHILD

**MILK** - 3 to 4 cups (pasteurized for safety)

**MEAT** - 2 tbsp. for a 2 year old

- 3 tbsp. for a 3 to 4 year old

- 4 tbsp. for a 5 year old

(Liver once or twice a week. Seafood once a week.)

**EGG** - One

**FRUITS** - 2 to 3 servings. 1/3 to 1/2 cup

(1 citrus as orange, grapefruit, or pineapple, and 1 or 2 fruits such as peaches, ripe bananas, apricots; prunes, apples, plums, cooked raisins and cherries; alone or in combination)

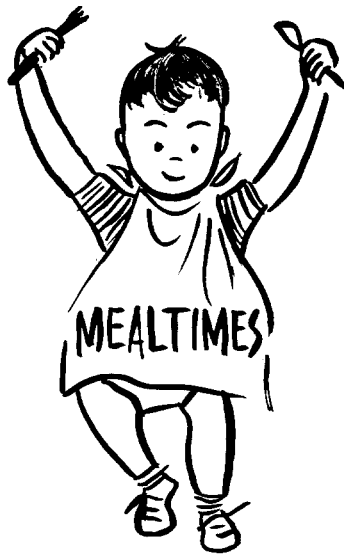
**VEGETABLES** - 3 or 4 (1 raw vegetable, 2 to 3 cooked vegetables, including 1 green leafy vegetable.) Same size servings as meat.

**BUTTER** - 1 oz. or 2 tbsp.

**CEREAL** - 1 serving - 1/3 to 1/2 cup (whole grain or enriched)

**BREAD** - 2 to 3 slices (enriched and day old)

**COD LIVER OIL OR HALIBUT LIVER OIL** - (during winter months) (amount prescribed by physician)



"Don't expect him to eat every meal with the same gusto."

Plan meals with a variety in texture, flavor and color. Every meal should include one crisp food, one soft food and one chewy food.

Introduce new foods occasionally, only one at a time in a small amount and served preferably with a favorite food. Don't worry if a food is refused at first. Take it away without "too much talk" and try again in a few days. Avoid being oversolicitous--urging or nagging the child to eat. During the pre-school years, a child learns to like new flavors and textures more readily than later so don't give up trying.

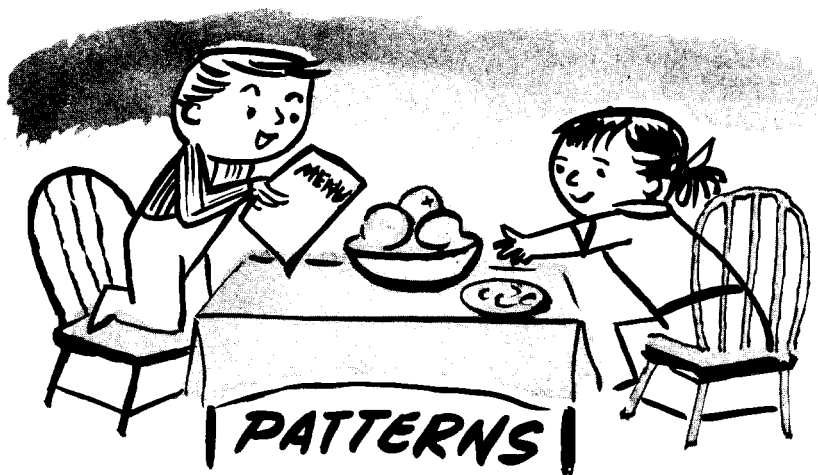
Keep to a regular schedule for mealtime. Serve meals punctually. The child loses both initial interest and appetite, or gets overly tired if meals are late.

Serve meals simply, for little children tire quickly when eating. If possible, all the food except the dessert should be served on the same plate. Use lots of finger foods.

Furnish an element of "surprise" whenever possible to add to the child's joy in eating. Once in awhile serve animal crackers or use alphabet noodles in the soup. Cut bread and cookies in fancy shapes. Hide pieces of fruit in bottom of servings of custards and cereals. Keep desserts covered until the first part of the meal is finished. Serve colorful foods with eye appeal.

Let the child master the business of eating before expecting much in the way of "table manners".

Have the child learn to eat enough food for body needs. The quantity as well as the balance of food is important. Keep servings and dishes small. Fatigue, emotional upsets, excitement, fear, anger, or distractions while eating take away appetite. The child should relax before meals. Sufficient outdoor play and sunshine each day are important for appetite. Regular hours of sleep, daily naps or rest periods plus the full time of night sleep are necessary to promote appetite.



1. **BREAKFAST** (about 7 - 8 o'clock) Some stewed fruit or fresh fruits. Cereal with plenty of whole milk. Crisp toast or dry bread . . . sometimes egg and bacon. Milk (1 cup).
2. **MID-MORNING LUNCH** (about 9:30 - 10:30 o'clock)  
Cod liver oil (amount prescribed by physician) and orange or tomato juice.
3. **NOON MEAL** (12 o'clock)  
Some body-building food (such as meat, fish, egg, cheese or peanut butter)  
Some starchy food (such as potatoes, rice, tapioca, or macaroni)  
1 or 2 cooked green or yellow vegetables plus raw vegetable (for sake of vitamins, minerals, and bulk)  
Milk (to drink)  
Bread with butter  
Dessert to supplement factors lacking in rest of meal.  
(At a meal weak in body-building food, serve an egg or gelatin dessert. . .such as custard or gelatin pudding. If the meal is weak in starch, serve a starchy dessert. . .such as rice or tapioca pudding. If the meal is weak in fresh vegetables, serve fresh fruit for dessert.)
4. **MID-AFTERNOON LUNCH** (about 3:30 o'clock)  
Milk with cracker, plain cookies, or sandwich.

5. SUPPER (about 5:30 - 6 o'clock)

Some vegetable

Some starchy food

Milk

Possibly egg or cottage cheese or crisp bacon

Possibly fruit

“Remember children prefer lightly seasoned foods.”



## ***HABITS - ATTITUDES***

Regularity is the keynote of good habit formation.

Agree on the methods of training and avoid discussing the child or his peculiarities or food dislikes in his presence.

Set a good example yourself. The child imitates older people. If you fuss about the food, he will do the same.

Give words of praise when they have been earned without creating too much of a scene.

Serve very small quantities of any new or disliked food. There is nothing equal to the joy of accomplishment, even if it is only that of having consumed all the food on the plate.

Never try to force a child to eat. By so doing you only create anger and a REAL inability to digest food.

Always take the child's point of view--put yourself in his place.

Recognize that each child is an individual, with personal likes and dislikes.

Remember that hunger is painful for a child and that food brings satisfaction and pleasure.

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## RECIPES

### Fruit Milk Sherbet

2 c. milk and	2 egg whites
2 c. thin cream	Juice of 2 lemons and
or 4 c. milk	2 oranges and pulp of
2 c. sugar	2 bananas

Mix all ingredients except egg whites. Freeze partially. Add well-beaten egg whites and freeze.

### Prune Custard

4 eggs, slightly beaten	2 c. milk, scalded
1/4 c. sugar	1 c. cooked prunes,
1/4 tsp. salt	chopped

Combine eggs, sugar, and salt. Add milk, mix well. Add prunes sweetened to taste. Pour into buttered molds. Set in pan of warm water. Bake in a moderate oven (350° F.) 45 to 55 minutes. Serves 8.

### References:

Betty Crocker series on "Child Feeding" General Mills, Inc.

Children's Bureau, U.S.D.A.

Publications by Dr. Mariam E. Lowenberg, Pennsylvania State University.

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