

## Another Angle on Nutrition

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It's easy to determine whether students know how many little calories there are in a big Calorie. But it's hard to determine whether they are improving their eating habits. Maybe that is why so much of our teaching is less practical than it should be.

While listening to a radio program on nutrition, I was impressed with the notion that our teaching of dietary problems could be simplified and improved at the same time. Martha Duncan of Station WOI, Iowa State College, was reading a menu that an Iowa farm family had submitted for criticism; she then discussed the changes recommended by nutrition experts.

Through the kindness of Dr. Ercel S. Eppright, Head of the Department of Foods and Nutrition, the original menus submitted by five different families,

along with the revised menus and comments were used as source material in biology classes at Ames High School. Results were encouraging.

After studying basic material in texts and bulletins,\* the students were given copies of the original menus. They revised the menus as they thought desirable. Then, in class discussion, their revisions were compared with the recommendations submitted by the specialists.

The material, essentially as presented on the radio program, is reprinted here. Note that the menus are for rural families, whose calorie requirements are higher than for most urban families.

\*One of the more effective bulletins used was "Americans Are Gambling With Their Health," available from Westinghouse Electric Corporation, Mansfield, Ohio. It describes a study conducted by Pennsylvania State College.

ORIGINAL MENU	REVISED MENU	COMMENTS
I		
Bread, butter Sirup Coffee	Prunes French toast Butter Sirup or honey Coffee, milk	French toast a good way to make bread more nutritious and tasty. Fry it crisp and golden brown.
Hamburger Boiled potato Bread, butter Coffee	Hamburger, bun Relish Lettuce, onion, carrot strips Milk Stewed dried apricots Oatmeal cookies	Nothing wrong with a good hamburger. Heat the bun before serving. Add green vegetables rather than potatoes. Have milk, even if you have coffee, for a hamburger meal needs it to be complete. The apricots are important.
Hamburger Riced potatoes Bread Vanilla pudding Coffee	Smothered liver and onions Riced potatoes Seasoned stewed tomatoes with toasted croutons Vanilla pudding with jelly topping Coffee	Should vary meat as well as bread and vegetables. Make tomatoes tasty; they are important. Vanilla pudding will look more tempting with a bit of jelly on top.

ORIGINAL MENU	REVISED MENU	COMMENTS	
<b>II</b>			
Sliced oranges	Sliced oranges		
Ham	Ham		
Scrambled eggs	Scrambled eggs		
Toast	Toast, butter		
Coffee	Coffee, milk		
Roast beef	Roast beef	Use more creamed vegetables in order to increase much-needed milk. Replace pie and cheese with fruit cup to keep calories down.	
Browned potatoes	Browned potatoes		
Buttered peas	Creamed peas		
Home-made rolls	Rolls		
Pickles	Pickles		
Coffee	Coffee, milk		
Apple pie	Fruit cup		
Cheese			
Scalloped potatoes	Oyster stew		A good combination for a light meal, needed after the heavy breakfast and noon meal. This day's menu is good but is too much except for very active person.
Buttered beets	Crackers		
Bread	Relish plate		
Ham	Mixed crisp vegetables		
Coffee	Cup cake with lemon sauce		
Bananas			
Cup cake			
<b>III</b>			
Grapefruit juice	Add milk	A good standard menu. Only improvement would be to add a small glass of milk. This is desirable in breakfasts which do not include cereal and milk.	
Fried egg			
Buttered whole wheat toast			
Grape jelly			
Coffee			
Meat loaf	Meat loaf	Save the beans for supper; not a good combination with potatoes. Use French dressing with the lettuce. Save the pineapple for later.	
Gravy	Gravy		
Mashed potatoes	Mashed potatoes		
Baked beans	Buttered beets		
Lettuce, pineapple salad	Lettuce salad		
White bread	Bread		
Pumpkin pie	Pumpkin pie		
Coffee	Coffee, milk		
Baked beans	Baked beans	Beans and hot corn bread, a good combination. Make cornbread with yellow corn meal. No dessert is needed because one can finish up with honey on the cornbread.	
Potato salad	Relish		
Milk	Crisp celery, carrots, green pepper, sliced onion		
Coffee	Cornbread, honey		
	Milk		

ORIGINAL MENU	REVISED MENU	COMMENTS
<b>IV</b>		
Oatmeal Sugar, top milk Toast Coffee	Add tomato juice	Cereal and milk breakfast excellent. Add tomato juice for vitamin C; it will be improved in flavor and nutritive value by adding a little lemon juice.
Sausage Mashed potatoes Creamed corn Lettuce salad Bread, butter Coffee	Sausage Creamed corn Waldorf salad Rye bread, butter Coffee Chocolate pudding and cookie or chocolate pie	Glad to see some pork. Corn good with sausage. Save potatoes for evening meal this time. Add color to salad with small pieces of apple unpeeled.
Eggs, poached Potato cakes Cookies Coffee	Eggs, poached Potato cakes Lettuce salad Hot whole wheat muffins, jam	Potatoes left over from yesterday; well seasoned and fried to golden brown.
<b>V</b>		
Pancakes Sirup Butter Oatmeal, sugar, milk Coffee	Grapefruit Pancakes Butter Sirup Coffee Milk	Since pancakes are largely a cereal food, substitute fruit for oatmeal. With omission of oatmeal, add a small glass of milk for both old and young.
Beefsteak Potatoes Gravy Bread, butter Slaw Coffee	Beefsteak Mashed potatoes Gravy Bread, butter Slaw Coffee Tapioca pudding	A pretty good menu as it stands. Main meal is a bit more satisfying with a dessert. Also since no food was prepared with milk, suggest a milk dessert. Slaw is a good dish; pep it up with sour cream dressing. Add chopped carrots for color, flavor, and nutrition.
Eggs Fried potatoes Bread Butter Peach sauce Tea	Scrambled or deviled eggs Creamed corn Brown bread, butter Peach sauce or canned peaches Milk	Potatoes a good food but once a day sufficient. Add some cheese to the corn; let it melt, and if you like the flavor chip in some pimento or green pepper. Season well. Vary the bread; if you used white at noon, use brown for evening meal.