



# *Your Children's* **FOOD IN WARTIME**

You want your children to be healthy and happy, of course; and to grow up strong and sturdy. Do you know that all that depends very largely upon

the food you give them now, and the food habits you help them to form? By following the few simple rules given in this leaflet, you can do much to make sure that your children build sound constitutions and healthy, active bodies.

## **Why is a child's food so vitally important?**

- 1 Because a child develops bones, muscles and teeth entirely from food. Through the mother before birth, and in the diet of early and late childhood.
- 2 A child's food must also provide for the daily upkeep of the body, for protection against illness and for the supply of energy for almost ceaseless activity.
- 3 The younger the child, the smaller the quantity of food that can be taken at one meal; therefore each food served must be of good nutritional value.

## **Foods that build bones, muscle and teeth**

### **1 MILK**

- A Take full advantage of the Government's Milk Schemes. See that your child gets all the "priority" milk he or she is entitled to at home, and that school children get milk in school wherever possible.
- B See that each child in the family actually consumes his or her full allowance of milk, and that it is not given to any grown-up.
- C Use the National Household Skimmed Milk as an extra when it is obtainable.
- D Use milk in vegetable soups and stews, as well as in puddings, sauces and drinks.

## **2 CHEESE**

- A** Give each child over two years of age the full ration.
- B** From one year onward, toddlers can have dried grated cheese served with vegetables and salads, or as sandwiches.
- C** Stretch the ration out over the week and serve with vegetables, oatmeal, wholemeal or national bread or with pulses (beans, peas, lentils) for older children.
- D** Start cooked cheese dishes after children have reached the age of two.

## **3 EGGS**

Give each child under five years the full ration of eggs provided under the Priority scheme. If using them in cooking, see that the children, and the children only, are served with the dishes made from their allowance of eggs. For those over six years, the best alternative to eggs are :

- A** Dishes made from dried eggs.
- B** Liver, when obtainable.
- C** Sardines, salmon, pilchards, herrings or any other oily fish.
- D** Increased quantities of pulses, green vegetables and wholemeal or national bread, and oatmeal.

## **4 MEAT**

- A** Each child over two years should have his or her full ration of meat.
- B** Do not give the man or other grown-up members of the household the children's meat. They are not growing and do not need it so much as the children, particularly the children at school or those under twenty-one years of age who are at work.
- C** Do not serve the whole of the week's ration in two or three days. Stretch it out over the week, serving it with pulses, oatmeal, or wholemeal or national bread or pastry.
- D** Serve cheese or egg dishes in place of meat.

## 5 FISH

- A Give the children their fair share of the fish bought on the points ration.
- B Use fresh fish at least once a week. Make it into dishes with potato or vegetables. Do not serve it plain with sauce.

## Foods for the general upkeep of the body and for protection against illness

### 1 VEGETABLES

- A Give a serving of cooked green vegetables or root vegetables sprinkled with chopped parsley every day. Sieved for the toddlers.
- B In addition give a small serving of root vegetables every day in soup or stew, sieved and mashed for the toddlers.

### 2 SALADS OR FRUIT JUICE

Raw Vegetables or Oranges should be served every day in addition to the above Vegetables.

ORANGE ALTERNATIVES FOR INFANTS AND CHILDREN UNDER TWO YEARS :

- 1 Black-currant syrup or puree, obtainable from Welfare Clinics or the Food Office.
- 2 Rosehip syrup, obtainable from the chemist.
- 3 Fresh swede or turnip juice.
- 4 Tomato juice, in season.

ORANGE ALTERNATIVES FOR CHILDREN OVER TWO YEARS :

- 1 Rosehip syrup, from the chemist. Rosehip jam or jelly, home-made. Recipes for jam or jelly can be obtained from the Food Office or Food Advice Centre.
- 2 Stewed black currants, or black-currant jam.
- 3 Tomatoes, in season.
- 4 Raw green vegetables such as chopped parsley or watercress, raw shredded cabbage, sprouts or lettuce. These can be used stirred into soup or stew immediately before serving, in sandwiches or as salads.
- 5 Thinly sliced raw young turnip or swede.



Number

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## **Foods to provide energy for ceaseless activity**

These foods should be served with or at the end of a meal ; never between meals.

- 1 Wholemeal or national bread.  
Besides giving as bread-and-butter or bread-and-margarine, serve as rusks, sandwiches or in steamed or baked puddings.
- 2 Potatoes, with the main dish, or in pastry, puddings, soups or stews.
- 3 Oatmeal or rolled oats ; as porridge, or as thickening for soups or stews, or in scones, cakes or puddings.
- 4 Rations of sugar, jam or fat.

## **Teaching good Food Habits**

The food habits developed during the first few years generally remain in later life. It is important, therefore, to teach children to like those foods that are necessary for health.

- 1 Introduce new flavours very slowly, together with some other food that is known and liked.
- 2 With older children, remember that colour and attractiveness in meals are most important.
- 3 Do not force children to eat a particular food. This tends to create a permanent dislike for it.
- 4 Your own example has a great effect on the children.

## **Foods that should be restricted**

- 1 Sweets, sugar, also buns, cakes and biscuits—because these foods spoil the appetite for the important foods that are necessary for development and health protection.
- 2 Fried foods, because they are not easily digested.
- 3 Highly seasoned sauces and flavourings.
- 4 Strong tea or coffee.



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