

13 MC 0181 Home Economics Association of Yonkers, "Facts about Food" Lessons in Thrift 1

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LESSONS IN THRIFT

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No. 1.

FACTS ABOUT FOOD.

Your Body is an Engine.

An engine needs certain materials to build it and to repair it as it wears out; it needs fuel to make it run, and furnish heat, and certain substances to regulate its action.

So Does Your Body.

An engineer would not expect to get work out of an engine if he built it out of coal, gave it steel to burn, and oiled it with melted brass.

Why do you expect impossibilities of your body if you give it the wrong materials to use?

Now, See Here :

Food is fuel for the human engine; some is stored for future use and some is burned at once, giving heat and energy. Every activity demands energy, even when you move an eyelid or use your brains to think. A man at hard physical work needs more fuel than one sitting at a desk. A growing child needs more building material than an old man.

That is Reasonable.

And the chances are that we all need more of the right things to regulate the working of our bodies than we think we do.

So let's find out something about food and what it will do for our bodies.

First of all, food is fuel; but some foods also build, some repair, some regulate.

Every day

give your body a food chosen from each of these five groups—a food from A, one from B, one from C, one from D, and one from E; use at least one, and use from all groups every day.

Group A—Water.

Water makes up about 60% of the body's substance; you need it to supply that amount to the body; it also regulates the action of the body. It is found in water as such, fresh fruits, fresh vegetables, milk, beverages.

Drink water freely, but be sure it is pure.

Group B—Protein (nitrogen).

Protein furnishes material for building and repairs. It is found in lean meat, fish, eggs, both white and yolk; milk, cheese, nuts except chestnuts, beans, peas, cow-peas, lentils, the cereal grains, wheat corn, rye, barley, etc.

If one kind of protein costs too much use another; if meat is high, eat cheese, for instance, or beans, or bread made from any of these grains.

The growing child needs more protein proportionately than the grown man.

The chances are that grown people eat more protein than they should; probably we could all get along on less of it than we are taking, especially of the animal proteins.

Too much protein causes trouble in the body.

Group C—Mineral Matter (sulphur, phosphorus, soda, potash, lime, iron, magnesia, and some others).

Minerals furnish building material, and also regulate the action of the body. They are found in egg-yolks, milk, green vegetables, fruits, the outer layers of wheat and other grains.

We probably do not eat as much as we should of these foods. Use whole wheat, whole corn, in meals and flours. Use brown rice.

Group D—Fats, solid and liquid.

This group furnishes fuel for energy; what is not burned at once is stored for future use. Found in fat meats, beef-fat, lard, bacon, butter, cream, cocoanut-butter, olive-oil, peanut-oil, corn-oil, cottonseed-oil, oleomargarine.

If you eat too much fat you may put on too much flesh, but some reserve fat is valuable. To save money, use cheaper fats in place of butter, cream, olive-oil.

Group E—Carbohydrates (carbon, hydrogen and oxygen).

These foods furnish fuel for energy. Found in starches of the cereal grains—wheat, rice, corn, etc.; potatoes, chestnuts, bananas; sugars of fruits, plants (beet-sugar, cane-sugar, corn-sugar), maple-sugar, honey.

If more carbohydrates are eaten than needed to burn at once, they are stored in the body for future use in the form of a substance called glycogen, or if too much is taken for the body's needs, the surplus is transformed into fat.

Some foods contain more than one element. Whole-wheat and whole-corn, for example, contain all the elements needed by the body.

Milk contains all the elements, especially protein and mineral matter; every growing child needs a quart of milk a day—be sure the milk is clean and fresh.

By courtesy of

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Reference books employed:

"Chemistry of food and nutrition"

H. C. Sherman

"Food products"

H. C. Sherman

"Foods and household management"

H. Kinne and A. M. Cooley

"What the body needs"

U. S. Dep't of Agriculture bulletin 808.

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