III. FOOD AND HEALTH.

Questions to consider:

1. What foods are most important for the growing child?
2. Can we know how much they should eat?
3. What foods take their appetites without being best for them?
4. What are good eating habits?
   Eat good, simple foods at regular meal times.
   Chew thoroughly; don't dawdle, or be greedy.
   Make no unnecessary fuss about food.
   Don't eat between meals.
5. Suggestions for forming good eating habits:
   Serve meal attractively—in *small* servings. Be sure food is mildly seasoned and not too greasy; is the right temperature, fresh, good flavor, and the right consistency and texture.
   (Note to teacher.) Exhibit attractively prepared food for children of different ages.
   Have meals ready on time.
   Be sure he hasn't had food between meals.
   Act as though you expect him to eat.
   Don't talk about anyone's dislikes of food.
   Never coax or try to force him to eat.
   Let him learn to feed himself as soon as he can.
6. Let parents discuss the meals they serve and the devices they use for forming good eating habits. Let them talk about which ways are best and which may not be so good. A check sheet might be used such as the following:

   When my child does not drink his milk—
   I give him a smaller serving next time._____
   I taste some to see if it is fresh and cold._____
   I serve it first and won't give him anything else until he drinks it._____
   I tell him how good it is for him._____
   I offer him a piece of candy or some other reward if he will drink it._____
   I serve it in a pretty little pitcher and a special little glass with a picture in the bottom._____
   I help him drink it; hold the glass for him._____
   I serve it some other way—with chocolate, with