
COOKERY PAGE

THE TODDLER AND HIS DIET.

The feeding of children after the weaning stage is often a difficulty to mothers and nurses. As long as the child is on milk it gets on all right but once the solid foods begin then troubles arise.

In arranging the Toddler's diet there are certain things to consider, first the food must meet the physiological requirements of his age and weight; quantity required comes next and this is regulated by age, weight, rate of growth, energy production, loss of heat and any other conditions due to climate and so on.

The quantity required is best regulated by the calorie value of the food. The calorie is the unit of heat and is the amount required to raise one pint of water one degree. Calories measure heat as a pint measure measures milk.

To maintain the body in health a certain amount of heat is necessary daily, the amount being regulated by the amount of energy required, rate of growth, age and climate. Toddlers being active and growing rapidly sufficient heat to compensate the wear and tear on their bodies, to provide energy for their activities and for the building up of their muscles as they grow bigger and bigger, must be supplied.

Next we have to consider the balance of the food, the amount of protein, carbo-hydrate, fat, salts and water. Thirdly the food must be chosen with a view to its taste, and digestibility.

Now for the calories required by the Toddler—Children from 1 to 2 years need 900 to 1500 daily. Children from 2 to 5 years need 1500 to 2000 and so on increasing as the child grows up according to age and requirements.

Food is roughly divided into five classes, Proteins or building foods, Carbohydrates or starchy foods, these supply energy. Fats or heat giving foods; and mineral salts which are so necessary for the growth of teeth, bones and for the secretions of glands. Water is the fifth part of the food and as the body needs it great deal it should be given freely from birth.

On the correct proportion of these different parts of the food, the health of the Toddler depends.

The chief sources of protein are meat, milk, fish, eggs and so on. About $2\frac{1}{2}$ to $4\frac{1}{2}$ ounces daily are required. Fats are the various oils and ghi, butter, etc. Fats growing children need $3\frac{1}{2}$ to $4\frac{1}{2}$ ounces daily. Starchy foods form the bulk of the diet and Toddlers of 2 to 5 should have 12 to 16 ounces a day. This may be in the form of bread, puddings, cereals, syrup and sugar, potatoes and other vegetables. Mineral salts are essential but when a mixed diet is taken there is no need to worry about them. They are contained in milk, fruit and vegetables.

No tea or coffee should be given to the Toddler but he may have cocoa, and plenty of water.

Next month I will give some simple calorie values.

POTATO SOUP

2 lbs. of potatoes, 3 pints water or stock, 2 oz. dripping or butter, 2 onions, $\frac{1}{2}$ pint milk, 1 oz. sago and salt and pepper.

Cut the potatoes and onions into slices and simmer a few minutes in the butter but do not allow to brown. Add the water or stock and simmer till all is quite soft. Put through a sieve, add milk, salt and pepper and return to saucepan, sprinkle in the sago and stir over the fire till the sago is quite clear.

Ounces of

	Protein.	Fat.	Carbo-hydrates.	Calories.
	1'32	2'73	8'48	1861
One portion ...	'2	'45	1'4	310

BAKED FISH

2 lbs. white fish Cod, etc. $\frac{1}{2}$ pint of milk, 2 oz. flour, 1 large onion, 2 oz. butter, 1 tablespoonful chopped parsley, salt and pepper.

METHOD

Wash the fish, put into well-greased piedish. Add milk, parsley and butter, the onion chopped fine, and salt and pepper. Cover with greased paper and bake slowly for about 1 hour, or until the fish is cooked. Mix the flour in a little cold water, stir well into the liquor round the fish, and put back into the oven for about 10 minutes. Serve in the dish in which it was cooked.

Ounces of

	Protein.	Fat.	Carbo-hydrate.	Calories.
	5'57	2'21	2'00	1444
One portion ...	'9	'4	'3	240

SNOWDON PUDDING

6 oz. stale breadcrumbs, 4 oz. suet, 4 oz. rasins, $1\frac{1}{2}$ gills milk, 4 oz. ground rice, 4 oz. Castor sugar, 3 oz. Marmalade, 2 eggs.

Chop suet finely, stone the rasins. Mix all dry ingredients, then stir in marmalade, eggs and milk. Make rather moist, so that it drops easily from the spoon. Steam for $2\frac{1}{2}$ hours in a greased basin.

Ounces of

	Protein.	Fat.	Carbo-hydrate.	Calories.
	1'49	4'22	17'19	3364
One portion ...	'2	'7	2'8	560

(To be continued.)

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