

COOKERY PAGE

THE TODDLER AND HIS DIET

This month we will consider the energy-giving foods for our toddler. Often cereals are too freely used in his diet to the exclusion of more solid things. Cereals are mushy and do not need much chewing so the teeth do not get the exercise they require.

Carbo-hydrates are the energy-giving foods and are substances built up of carbon, hydrogen and oxygen—the latter two being in the same proportion as in water. If one could extract water from sugar, a typical carbo-hydrate, there would be nothing but carbon left.

The carbo-hydrates of most importance are starch and sugar. The starches are storage products of plants and so are found in tubers, such as potatoes (18 per cent) and artichokes (14·5 per cent) and in roots such as carrots and turnips; also in some seeds and pulses.

The tiny starch grains are covered with a thin cellulose envelope which must be burst before the starch goes into solution. This happens when the starch is subjected to heat in cooking. The thickening of cornflour, etc., is due to the bursting of these little envelopes.

Starches during digestion turn into a form of sugar and in this form they are absorbed into the blood.

Sugar is well known and needs no description; it is easily and quickly absorbed and it is said that three or four lumps of sugar dissolved in a glass of water will provide energy half an hour after it is taken.

Honey contains a high percentage of grape sugar or glucose and other forms of sugar occur in different foodstuffs. Milk contains a very important sugar known as milk sugar.

Carbo-hydrates as a whole are of great importance in diet, particularly for the toddler who is growing and full of energy. He therefore requires food to provide for this energy and carbo-hydrates should form about two-thirds of the total food. They help to burn the fats and are, according to modern theories, the source of all muscle energy.

In the Toddler's diet the carbo-hydrates should be represented by bread, rice, cereals and vegetables. Bread should be given crisply toasted generously spread with butter. This will provide work for the teeth and jaws. Potatoes can be baked in their jackets and scooped out and mixed with the raw yolk of an egg. Carrot creamed, artichoke boiled and mashed with a little butter. Plain cake, honey, golden syrup, plain well-baked pastry and crisp rusks should all form part of our toddler's diet.

Scotch Broth

1½ lbs. scrag end of mutton
2 Turnips
3 Pints water
3 Carrots

2 onions
1 Dessertspoonful chopped parsley
2 oz. pearl barley
½ small cabbage
Salt and pepper

Cut up the mutton and put in a saucepan with the onions and pearl barley. When it has boiled $1\frac{1}{2}$ hours, add carrots, turnips and cabbage, cut up. Cook till barley is soft. Sprinkle in chopped parsley. The barley should be soaked overnight.

Ounces of

	Protein.	Fat.	Carbo-hydrates.	Calories.
	4.69	1.05	3.77	1258
One portion ...	.8	.2	.6	220

Beef steak pie.

2 Hard boiled eggs	1½ lbs. beef steak
½ lb Kidney	1 Tablespoonful flour
Water	Pepper and salt
Pastry, rough puff	

10 oz. Flour, 6 oz. lard or dripping or butter, salt, cold water. Cut up the meat and kidney, cut the eggs into 6 pieces, dip meat into flour salt and pepper mixed, put into pie dish with egg and water, cover with the pastry. Decorate and bake for 2 hours.

Ounces of

	Protein.	Fat.	Carbo-hydrates.	Calories.
	7.97	8.38	7.87	4130
One portion ...	1.3	1.4	1.3	690

Rice Fritters

1½ lbs. Rice cooked	3 Eggs
Pepper and salt	Egg and breadcrumbs
	1 Egg 4 oz. breadcrumbs

Mix rice and eggs, pepper and salt. Shape into croquettes, egg and bread-crumbs, and fry.

Ounces of

	Protein.	Fat.	Carbo-hydrates.	Calories.
	2.08	.42	13.22	2074
One portion ...	.3	.1	2.2	34

Swiss Roll

6 oz. Flour	3 Eggs
6 oz. Jam	6 oz. Castor sugar
3 Tablespoonfuls Milk	3 oz. Butter

Cream, butter and sugar, beat in eggs, add flour by degrees and enough milk to make it drop easily from spoon. Spread on tin lined with grease paper. Bake till just set. Turn quickly on to sugared paper, spread with warmed jam roll up quickly.

Ounces of

	Protein.	Fat.	Carbo-hydrates.	Calories.
	1.00	.47	14.73	300
One portion ...	.2	.1	2.4	45

(To be continued.)

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