

A. Stewart.
12/11/42.



MINISTRY OF FOOD

HOW TO PLAN MEALS FOR CHILDREN

DIET FOR CHILD FROM 8-12 MONTHS

One food from each of the groups (a), (b), (c), (d), etc., should be served at each meal.

On Waking

1 tablespoonful of orange, tomato, or blackcurrant juice with 1 tablespoonful of water.

Breakfast 8.0 - 8.30 a.m.

- (a) **Whole-grain Cereal.**—1-2 tablespoonfuls of porridge, or groats, or rusk with milk.
- (b) **Half an Egg (yolk)** with:—1 tablespoonful toasted crumbs, or crisp bacon toast $\frac{1}{2}$ -slice, or apple or prune pulp 1 tablespoonful.
- (c) **Milk** 8 oz. (including cereal).

Dinner 12.30 - 1.0 p.m.

- (a) **Fish or Liver or Egg or Broth.**—1 tablespoonful of:—steamed fish (twice a week), or grated liver (once a week), or half lightly boiled egg (once a week), or steamed vegetable broth (2-4 tablespoonfuls) (three times a week).
- (b) **Sieved Fresh Vegetables.**—1 tablespoonful of:—carrots, or cauliflower, or turnip, or sprouts, or greens, or spinach.
- (c) **Potatoes.**—1 tablespoonful mashed.
- (d) **Milk given as 1 tablespoonful of:**—milk pudding, or egg custard, or junket, or milk gravy.

NOTE.—The total bulk should be between 4-5 tablespoonfuls.

Tea 4.30 - 5.0 p.m.

- (a) **National Bread.**—As:— $\frac{1}{2}$ -slice, or 1 rusk with
- (b) **Butter** and
- (c) **Jelly Jam**, or fruit pulp.
- (d) **Milk.**—6-8 oz. (1 cup).

10 p.m.

Milk.—4 oz. until the feed is dropped. This milk may then be given at 6 p.m.

NOTE.—Give drinks of boiled water between meals.



MENU (A)

FOR CHILDREN AGED 8 - 12 MONTHS

Breakfast 8.0 - 8.30 a.m.

1st Day	Porridge and milk ; egg yolk and toasted crumbs ; milk.
2nd ,,	Rusk and milk ; bread crisply fried in bacon fat ; milk.
3rd ,,	Groats and milk ; egg yolk and toasted crumbs ; milk.
4th ,,	Rusk and milk ; fruit pulp ; milk.
5th ,,	Porridge and milk ; egg yolk and toasted crumbs ; milk.
6th ,,	Groats and milk ; bread crisply fried in bacon fat ; milk.
7th ,,	Rusk and milk ; fruit pulp ; milk.

Dinner 12.30 - 1.0 p.m.

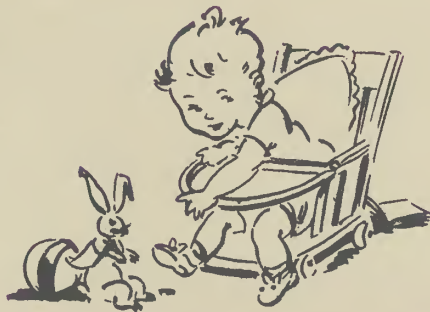
1st Day	Vegetable broth ; sieved cabbage and mashed potato ; milk.
2nd ,,	Steamed fish ; sieved cauliflower and mashed potato ; milk.
3rd ,,	Vegetable broth ; sieved swede and mashed potato ; milk.
4th ,,	Grated liver ; sieved carrot and mashed potato ; milk.
5th ,,	Vegetable broth ; sieved cabbage and mashed potato ; milk.
6th ,,	Steamed fish ; tomato pulp (or sieved sprouts) and mashed potato ; milk.
7th ,,	$\frac{1}{2}$ -boiled egg ; sieved spinach and mashed potato ; milk.

Tea 4.30 - 5.0 p.m.

Each day Bread and butter ; jelly, jam or fruit pulp ; milk.

10.0 p.m.

Each day Milk.



RECIPES FOR CHILDREN (A)

8-12 MONTHS

Wheatmeal Rusk

Cut stale National bread into fingers and bake until golden brown in slow oven.

Apple or Prune Pulp

Wash and soak dried apples or prunes for 12-24 hours. Add a little sugar and cook slowly in the water in which they were soaked. When soft press through a sieve and mix pulp and juice before feeding.

Steamed Fish

Wash fish and steam between two plates over the vegetable saucepan. Remove bones, mash well with a fork before feeding.

Grated Liver

Wipe liver and mince or grate. To cook, steam as for fish until the liver has turned brown.

Milk Gravy

Mix together vegetable extract and hot milk. Be careful not to let the milk boil. Serve mixed with the sieved and mashed vegetables.

Vegetable Broth (Sufficient for one child)

$\frac{1}{4}$ -lb. vegetables.

$\frac{1}{2}$ -pt. water.

1 teaspoonful fine pearl barley or fine oatmeal.

Method.—Prepare vegetables, cut into cubes and place in pan with boiling water. Add oatmeal and simmer $\frac{1}{2}$ - $\frac{3}{4}$ hour. Sieve and serve.

VEGETABLES

Sieved Green Vegetables

Wash well, shred and drop into a small quantity of fast boiling slightly salted water. Cook quickly with the lid on for 7-10 minutes. Drain, sieve and serve immediately.

Sieved Root Vegetables

Wash and slice root vegetables and cook in a small quantity of fast boiling slightly salted water for 10-15 minutes. Drain, sieve and serve immediately.

Potatoes in their Jackets

BOILED.—Scrub well, and do not peel. Put into fast-boiling salted water and cook for 20-25 minutes with the lid on. When cooked, peel and mash.

BAKED.—Scrub well, cook in a medium oven for 1-1½ hours. When cooked, scoop out the inside and mash.

PUDDINGS

(Sufficient for four children)

Milk Pudding

1 oz. cereal.
¼-pint milk.
¼-pint water.

½-oz. dried milk.
¼-oz. sugar.

Method.—Reconstitute the dried milk by sprinkling it into the ½-pint of warm water and whisking well. Wash the cereal and put into greased pie-dish. Pour over the fresh and reconstituted milk. Add the sugar. Bake in a slow oven.

Junket

½-pint milk.
½-teaspoonful rennet.
1 teaspoonful sugar.

Method.—Warm the milk to blood heat, *e.g.*, heat of the little finger. Pour into the serving dish and stir in the rennet and sugar. Leave in a warm place to set. 30 minutes.

Egg Custard

½-pint milk.
1½ dried eggs.
2 teaspoonfuls sugar.

Reconstitute the eggs by mixing 1½ level tablespoonfuls dried egg with 3 tablespoonfuls water till smooth. Heat the milk and pour over eggs and return to pan. Cook slowly till thickened, add sugar and serve in custard cups.

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