

# **DIETETICS FOR HIGH SCHOOLS**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649562343

Dietetics for High Schools by Florence Willard & Lucy H. Gillett

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THE MACMILLAN COMPANY

NEW YORK • BOSTON • CHICAGO • DALLAS  
ATLANTA • SAN FRANCISCO

MACMILLAN & CO., LIMITED

LONDON • BOMBAY • CALCUTTA  
MELBOURNE

THE MACMILLAN CO. OF CANADA, LTD.  
TORONTO

# DIETETICS FOR HIGH SCHOOLS

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New York

THE MACMILLAN COMPANY

1921

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Set up and electrotyped. Published July, 1930.

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Norwood Press  
J. S. Cushing Co. — Berwick & Smith Co.  
Norwood, Mass., U.S.A.

## PREFACE

As our knowledge of physiology and hygiene on the one hand, and of the composition of foods on the other, increases, we are more and more impressed with the extent to which a healthy efficient body depends upon the adaptation of food to bodily needs.

Those who provide the food for a family, especially where there are growing children, have an opportunity to serve not only the few members of a family as individuals, but these individuals as part of a whole community. The health of a community depends on individual welfare in which food plays a very important part. It is important therefore that those who select the food for a family should be intelligent with regard to the composition of food and its use in the body.

The purpose of this book is to teach, in a manner adapted to high schools, the applications of the principles of nutrition to the feeding of the family, with especial emphasis on the relative values of different foods, economy in buying, and the importance of good food habits. The problems are in the form of practical exercises dealing with the food problems of the average family and may be modified to suit the immediate needs of any class. The subject matter has direct application to the work given in the Hygiene and General Science courses in many high schools. It is hoped this book may be of use also to Women's Clubs as the basis of lectures, and to social workers and public health nurses.

The presentation of the material is the result of several years' experience of both authors in the teaching of the sub-

ject, and of one of them in dealing directly with individual family problems where malnutrition had resulted because of lack of proper attention to diet.

The authors wish to acknowledge their indebtedness to Professor Henry C. Sherman of Columbia University for valuable advice and helpful criticism in the preparation of the manuscript.

F. W. AND L. H. G.

MAY, 1920.

## CONTENTS

### CHAPTER I

OUR DEPENDENCE ON FOOD . . . . .	PAGE 1
----------------------------------	-----------

Relation of food to growth, health, and activity. Normal weight and height for each year with increase per month. Composition, digestion, and absorption of food as related to the composition of the body. References.

#### PROBLEMS

1. To find the weight and height of the class members.
2. To find the average weight and height of the class members.
- 3, 4. To make a chart for recording weights.

### CHAPTER II

A STANDARD FOR MEASURING FOOD — THE CALORIE . . . . .	15
---	----

The Calorie, a measure of food value. 100-Calorie portions are convenient quantities for discussion. Weight and measure of the 100-Calorie portions of the most common foods. A comparison of the energy of different foodstuffs. References.

#### PROBLEMS

5. To learn to use the scales.
- 6, 7, 8, 9. To find the measure of the 100-Calorie portion of (6) various grain products, (7) fruits, (8) vegetables, and (9) dairy products and some fats.
10. To compare the relative value and cost of food.
- 11, 12, 13. To find the measure of the 100-Calorie portion of (11) various meats and fish, (12) nuts, and (13) chocolate, sweets, and sugars.
14. To select a luncheon from the foods weighed.