EAT THE RIGHT FOODS

EAT THESE FOODS EVERY DAY. Essential to life are air, water, food—the elements from which our bodies are built. Air and water we take without thought. Food we choose. A wise choice helps us to have sound, strong bodies. For such a choice, eat every day:

**Milk and Milk Products**—At least a pint for every one, or cheese. Milk furnishes:
- Protein.
- Milk sugar.
- Fat.
- Minerals—calcium, phosphorus.
- Vitamins A, B1, B2, some D.

**Fruits**—Oranges or equivalent source of vitamin C—a 6 to 8-ounce glass of orange juice daily is recommended—and other fruits in season. Fruits furnish:
- Carbohydrate—chiefly sugars.
- Pectin.
- Cellulose.
- Organic acids.
- Minerals.
- Vitamins C, B1, B2. These vary with fruit. Yellow fruits contain carotene, plant form of vitamin A.

**Vegetables**—One big helping of or more of a green or yellow vegetable; raw salad vegetables and cabbage, especially if other vitamin C sources are low; potatoes; other vegetables in season. Vegetables furnish:
- Carbohydrate—starch, sugars.
- Cellulose.
- Minerals. Green leafy vegetables with a few exceptions supply iron and calcium.
- Vitamins B1, B2, C, niacin. These vary with the vegetable. Yellow and dark green vegetables are good sources of carotene.

**Eggs**—At least 3 or 4 a week; 1 a day, preferable. Eggs furnish:
- Protein.
- Fat.
- Minerals—iron, phosphorus.
- Vitamins A, B1, B2, D, niacin.

**Meats, Poultry, Fish, Dried Beans, Peas and Nuts.** These foods furnish:
- Protein.
- Fat.
- Minerals—iron, phosphorus.
- Legumes—beans, peas, lentils, peanuts—supply carbohydrate also.

**Bread and Cereal**—Whole grain products preferably or "enriched" refined products. Whole grains furnish:
- Carbohydrate—starch.
- Protein.
- Minerals—iron, phosphorus.
- Vitamin B complex.

**Butter and Other Spreads**—Margarines with added vitamin A, peanut butter and similar spreads. Butter furnishes:
- Fat.
- Vitamin A.
- Peanut butter furnishes vitamin B1, as well as fat, protein and carbohydrate.

**Other Foods**—After eating these "must" foods, we may eat other foods we also like, including sweets in moderation.

These foods offer excellent sources of the nutritional elements needed to maintain good health. The simple rule of eating a certain amount from each group daily, helps to insure an adequate diet. If substitutions are made, diet must be even more carefully planned.
EASY-TO-SERVE REFRESHMENTS
1. Orange juice and cookies or sandwiches.
2. Fruit Punch and cookies or sandwiches.
3. Hot Fruit Punch and doughnuts or pie.
4. Orange Waldorf Salad with hot buttered biscuits and beverage.
5. Tea 'n Snacks. Orange half shell holding cherries or grapes of different colors and wedges of unpeeled orange and lemon on cocktail picks; tea; crackers, topped with jelly and mint leaves.
6. Rookie Hand-Out. Put an orange and an apple or banana, 2 or 3 cookies and a bag of peanuts in a box or bag for each guest. Add sandwiches if to be used soon.
7. Vitamin Tray. Lemonade; raw vegetables—carrot and turnip sticks, celery, radishes, sections of cauliflower; crackers spread with peanut butter.

FRUIT DRINKS FOR A CROWD
(Fill an ordinary punch bowl—make 1 gallon—16 8-ounce or 32 small punch glasses)
Fruit Punch: Combine, first chilling tea:
1 1/2 cups sugar, dissolved in 1 cup lemon juice
2 cups strong tea (Pour 2 cups boiling water over 8 teaspoons of tea)
5 cups orange juice
2 quarts ice water or ice
Orange and lemon slices
Variations: Substitute berry or additional orange juice for tea, and honey or corn syrup for sugar.

Hot Fruit Punch: Make with hot tea, boiling water and juices brought just to the boiling point.

Hollywood Parade: Beat with whirl-type beater until well mixed:
1 quart orange juice
1 quart vanilla ice cream
Add: 1 quart chilled ginger ale
Stir and serve at once.
Serve for:—Party or patio refreshment.

SUNKIST SALAD BOWLS (Serve 6)
Line salad bowls with crisp salad greens.

Orange Fruit Salad Bowl: Arrange in groups:
6 oranges, sliced
1 cup strawberries
1 cup melon balls
1 cup blackberries
Serve a portion of each fruit with French dressing. Other fresh fruits in season—apples, bananas, apricots, cherries, grapes, peaches, pears or melon—may also be used with the orange, which is always retained as the flavor base.

Orange Luncheon Salad Bowl: Combine:
2 cups diced cold roast meat (tomb, veal, beef)
2 cups orange juice
2 cups lettuce
1 cup celery, diced
Lemon Mayonnaise to blend

Orange Waldorf Salad: Mix and serve in bowl:
1/2 cups orange pieces
1/4 cup diced celery
3 cups diced apple
1/4 cup walnuts or raisins
Lemon Mayonnaise to blend
Serve for:—Main course salads—Buffet service.

Lemon Honey Biscuit Mix (5x9-inch loaf)
2 tablespoons shortening
1 cup all-purpose flour
1/2 teaspoon baking powder
1/4 teaspoon baking soda
1 egg, well-beaten
1/2 cup milk
3 tablespoons lemon juice
1/2 teaspoon salt
1/4 cup sifted all-purpose flour
1/4 cup chopped Honeyed Orange Peel or chopped nuts
Cream fat and honey. Add egg. Sift dry ingredients. Add alternately with orange juice to creamed mixture. Add peel or nuts. Bake in greased pan in moderate oven (325° F.) for 70 minutes.


ORANGE HONEY BREAD (5x9-inch loaf)
2 tablespoons shortening
1/2 teaspoon salt
1/2 cup sugar
2 tablespoons baking powder
1/2 cup milk
1/2 cup Molasses
1 egg, well-beaten
1/4 cup chopped nuts
Cream fat and sugar. Add egg, one at a time. Sift dry ingredients. Add alternately with milk to creamed mixture. Add nuts. Bake in greased pan in moderate oven (325° F.) for 70 minutes.

ORANGE SHERBET (1 quart)
1 tablespoon gelatine
3/4 cup cold water
1/2 cup orange juice
2 cups orange juice
2 egg whites
1 tablespoon sugar
Lemon Mayonnaise to blend

Combine and beat to a thick custard-like consistency. Freeze quickly in refrigerator tray until stiff. Beat until light and creamy—but not melted. Return to refrigerator and complete freezing.

ORANGE SHORTCAKE: Bake biscuit dough in 2 cake layers. Butter while hot. Between layers and on top, put sweetened orange pieces.

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FOODS AND THEIR FUNCTIONS. Foods perform definite functions. They build and repair the body. They furnish energy for its activities. They regulate its processes and protect against various deficiency diseases. Certain substances are found in foods, each of which is used for one of these functions. These substances are classified as:

- **Proteins**, required for building and repairing of body tissue.
- **Carbohydrates**—sugars and starch—needed for energy for the body’s activities. The energy value of food is measured in calories. Foods high in carbohydrates are high in calories.
- **Fats**, needed for energy and fatty tissue. Certain fats are important as carriers of vitamins A and D. Fats are also high-calorie foods, more than twice as high as carbohydrates.
- **Minerals**, required for building body tissue, regulating body processes and protective purposes. Known to be especially important are calcium, phosphorus, iron and iodine.
- **Vitamins**, essential for growth, for protection against certain deficiency diseases and for regulation of body processes. Sufficient information about vitamins A, B₁, B₂ (also known as G), niacin (first known as nicotinic acid), C and D has made it possible to estimate human requirements.
- **Water**, needed in all body tissues and fluids, for excretion of waste products, and for regulation of body temperature.

Using the information on page 1 and any supplementary texts, make lists of foods that are best sources of the proteins, carbohydrates, fats, minerals and vitamins. Keep these for reference.

These lessons will give special emphasis to vegetables and fruits, particularly citrus fruits, which form the basis of the recipes featured. Fruits and vegetables are also valuable for:

- **Regulatory bulk**, found in their cellulose.
- **Organic acids**, furnished by fruits, valuable in stimulating appetite and digestion.
- **Pectin** furnished by fruits, valuable in counteracting intestinal infection.

**Class Projects**

Have class members score their individual daily diets on blank below. Class members will find this score helpful in getting family members or other groups to improve their meal plans.

<table>
<thead>
<tr>
<th>What did you eat yesterday?</th>
<th>Why did you omit the foods marked “no”?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Did it include?</td>
<td>Write “yes” or “no”</td>
</tr>
<tr>
<td></td>
<td>Do not like it</td>
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<tr>
<td></td>
<td>Prepared wrongly</td>
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<td></td>
<td>Costs too much</td>
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<tr>
<td></td>
<td>Other reasons</td>
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<tr>
<td>Milk—1 pint</td>
<td></td>
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<tr>
<td>Fruits—large glass of orange juice and 1 other fruit</td>
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</tr>
<tr>
<td>Vegetables—3 servings—one of these raw—one, yellow or dark green—and potato</td>
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<tr>
<td>Whole-grain cereal or bread, or “enriched” bread</td>
<td></td>
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<tr>
<td>Butter or margarine having added vitamin A</td>
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<tr>
<td>Eggs—1</td>
<td></td>
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<tr>
<td>Meat, fish, poultry, beans, peas, nuts—1 serving</td>
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</tbody>
</table>

“Yes” for all foods indicates a safe diet. Try to make the “no” foods acceptable through better cooking. Try hard to overcome food dislikes. Find other foods that furnish the same values. Check food values against costs. For example, it takes from 2 to 3 glasses of tomato juice to furnish the vitamin C in one glass of orange juice. Orange juice is, therefore, usually a cheaper source. What appears to be a high cost for food may often prove to be a wise investment in better health.

**Offer of Material**

For further information and recipes, send for free copy of Sunkist Recipe booklet to:

Educational Division, California Fruit Growers Exchange
Sunkist Building, Los Angeles, California

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