PLAN MEALS FOR HEALTH

HOW TO PLAN MEALS. What shall we eat today? for breakfast? for lunch? for dinner? Shall we go to the store or into the kitchen and haphazardly select something to cook? No! As food students we work from a plan.

We will plan, not one meal but the day’s three meals—or better yet, meals for several days. A simple rule for planning each meal of the day is to include a body-building or protein food, enough energy foods for activity needs, a protective fresh fruit or vegetable and other foods as desired.

ESSENTIAL FOODS. Plan the three meals of the day as a whole, to include:

At least 1 pint of milk. Cheese may replace part of milk. Drink milk or use in cooked dishes. Undiluted evaporated or dried milk used in cooking increase protein and calcium content economically.

2 or 3 servings of fruit—at least one uncooked. Include a 6 to 8-ounce glass of orange juice or equivalent in whole oranges.

3 or more servings of vegetables. Of these one should be a generous serving of a yellow or green vegetable, and one of potatoes. Serve raw vegetables often. If fresh fruit is limited, be sure to make up the difference with generous servings of raw salad vegetables—cabbage, salad greens, tomatoes, etc. Conserve vitamins in vegetables by proper cooking methods.

A serving of cereal and bread—preferably whole grain. Enriched flour and breads made from it are to be preferred to the unenriched refined white flours. The natural whole grain products are best.

Butter, or margarine with added vitamin A, together with occasional servings of peanut butter and other spreads. Cream served with cereals or fruits may replace part of butter.

An egg, one a day preferred, at least 3 or 4 a week.

A serving of meat, fish, poultry, dried beans, peas or nuts. Beans, peas and nuts should be used occasionally by every one and frequently on low-cost diets. If used as chief protein source in a meat-free diet, add more milk and eggs.

MAKE MEALS INTERESTING.

Avoid unnecessary repetition of foods, particularly in same meal or day. Vary ways of serving the same food. Foods combined in the same meal should have: a color scheme that harmonizes or contrasts (avoid too many foods of one color, as all white); an interesting variety of flavors, such as sweet and sour—and of texture, such as hard, soft, crisp, succulent, good to chew. Vary courses, a hearty course following a light course, a cold course following a hot course.
A MEAL PLAN FOR BREAKFAST

Choose from list below: a protein food—milk, eggs, etc.; an energy food—cereals, breads, butter; a fresh fruit. Add other foods as desired.

Fruit
One 8-ounce glass of fresh orange juice or equivalent in orange fruit, such as a generous dish of sliced oranges. A second serving of fruit in season. Berries, peaches, bananas or raisins, dates or other dried fruits may accompany the cereal, which they help to sweeten.

Bread
Bread or toast—whole wheat preferred; muffins; waffles; cornbread; French toast.

Beverage
Milk. A hot beverage, if desired.

BREAKFAST CITRUS SERVINGS

Orange Juice: Serve an 8-ounce glass of fresh juice.

Lemon Juice Bracer: Juice of 1 lemon in a glass of hot or cold water. Drink on rising in morning.

Breakfast Orange Egg: Beat an egg into an 8-ounce glass of orange juice. Serve at once.

LUNCH BOX SUGGESTIONS

Lunch Box Orange: An orange should be a regular part of the lunch box meal. This fruit stimulates appetite and is refreshing with sandwiches. It may to some extent replace a vacuum bottle beverage, if lunch must be packed in a paper bag.

Lemonade in the lunch box vacuum bottle is a refreshing hot weather beverage that builds a wholesome "health" habit. The vitamin C of lemon and orange restores the vitamin C lost in perspiration and counteracts heat exhaustion.

For the lunch box, the protein food may be: eggs, cheese, meat, poultry, fish, nut butters, baked beans (these may be sandwich fillings); milk, milk soup or cocoa in vacuum bottle. The energy foods may be breads; potato or macaroni salad (in covered jar); cookies; cake; dates, raisins, figs, dried fruit candy. The protective foods are best provided by the year 'round citrus fruits.

A MEAL PLAN FOR LUNCH OR SUPPER

Choose from list below: a protein food—milk, meat, poultry, fish, egg or cheese; energy foods—bread, butter, potato, a sweet dessert; a fresh, uncooked fruit or vegetable. Add other foods as desired.

Main
Meat, poultry, fish, egg, cheese, vegetable or milk dish—bean, pea, or milk soups; cheese chowders; scalloped or creamed foods; cheese with macaroni, rice, etc.; omelets; souffles; hash; main course salads of meat, fish, or cheese and fruit.

Course
Salads of uncooked fresh fruits in season and vegetables—cabbage, salad greens, tomatoes, cucumbers, celery, peppers, raw carrots. Make a juicy base for a fruit salad, available the year around when other fruits are out of season.

Bread
Bread—some whole grain; crackers with soups; toast with creamed foods. Serve breads with butter or substitute. A meat sauce with milk and eggs—rice or bread puddings, custards, iced cream, cream pies; fruit pies; fruit shortcakes; fruit or fruit cup with or without cookies or cake; gingerbread.

Beverage
Milk or buttermilk, orange juice, lemonade, fruit punch, or a hot beverage. Orange juice or milk are served if day's quota is not supplied by other meals.

For a mid-meal lunch to increase energy value, serve:

Crackers, cookies or a sandwich with orange juice, lemonade or milk. Workers on night shifts may take this as a "snack" meal after work.

ORANGE MAIN COURSE SALADS (Serve 1)

Arrange on crisp salad greens. Serve with Lemon Mayonnaise or any desired dressing.

Orange Prune Salad: Arrange slices from 1 orange on salad plate. Circle with 6 cooked prunes, stuffed with cottage cheese or peanut butter.

Fruit Meal Plate: On a large plate group: slices from 1 orange; a peach half holding berries; an avocado half holding olives; a cluster of grapes; 3 melon slices; 4 apricots or plums.

Fruit Luncheon Salad Bowl: Around center mound of cottage cheese, group orange sections, strawberries, blackberries or other fresh fruits.

Serve for:—Lunch or supper main dish. For a complete and satisfying meal, serve with sandwiches, hot whole grain muffins, cinnamon or cheese toast and milk or a hot beverage.

MAGIC LEMON PIE (8-inch pie)

1 cup sugar (not evaporated) milk 2 egg yolks
1/2 cup lemon juice
Stir well. Filling will thicken as though cooked. Pour into crumb crust or pastry shell. Cover with 1/2 cup sweetened whipped cream or meringue.

LEMON MERINGUE PIE (8-inch pie)

1/4 cup sugar 1/2 cup water (or milk)
3 tablespoons cornstarch 1 teaspoon grated lemon peel
Mix. Cook in double boiler, stirring frequently until it thickens (10-15 minutes). Add:
2 egg yolks, well beaten 6 tablespoons lemon juice

Meringue: Combine and beat until stiff:

1/4 cup sugar 2 egg whites, beaten frothy
Serve for:—Lunch or dinner dessert.
A MEAL PLAN FOR DINNER

Choose from list below: **protein** and **energy** foods; a **fresh fruit** or **vegetable**. Add other foods as desired. Coordinate this meal with breakfast and lunch plans to see that all normal daily diet requirements are met.

**Appetizer**  
Fruit salad, fruit cup, grapefruit, melon, orange juice or other juice with lemon.

**Soup**  
Bouillon or consommé (hot or cold with lemon) or vegetable soup.

**Main Course**  
Meat, fish, poultry, eggs, cheese dish, baked beans, lima beans, soybeans, lentils or other meat substitute. Liver and fish once a week. Serve with potatoes, macaroni, hominy or rice. Include one other cooked vegetable. This may be the day's green or yellow vegetable—broccoli, greens, carrots, winter squash, sweet potato, etc.

A good dinner main course is a vegetable plate—4 or 5 vegetables of contrasting colors, flavors and textures with a cooked egg or serving of cheese.

Accompany meats and vegetables with garnishes—orange slices, lemon quarters, parsley, sour and sweet relishes, jellies, etc.

**Salad**  
See lunch plan. The fruit salad may be served as first course, as a regular salad course, or as a combined salad and dessert.

**Bread**  
Bread—some whole grain. Serve with butter or substitute.

**Dessert**  
See lunch plan. Choose a light dessert for a hearty meal and vice versa.

**Beverage**  
See lunch plan.

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**ORANGE ACCOMPANIMENTS FOR MEATS**

**Orange Slices:** Cut these from unpeeled fruit. May top with nuts, candied cherries, stuffed olive slices, cranberry or chili sauce.

**Broiled Orange Slices:** Cut unpeeled orange slices ¼ to ½ inch thick. Let stand for 30 minutes in French dressing. Broil about 3 inches from flame for 5 to 10 minutes, or until edges are slightly browned. Serve hot.

**Cranberry Orange Relish** (not cooked):

4 cups fresh cranberries  
2 unpeeled oranges, cut in quarters  
½ unpeeled lemon  
2 cups sugar (or 1 cup sugar and 1 cup corn syrup)

Put all fruit through food chopper. Add sugar and mix well. Serve cold. This is very decorative served in orange half shells. Relish will keep for some time in refrigerator. Makes 1½ quarts. 

**Serve with:**—Lunch or dinner meat course.

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**Class Project**

Have class members plan meals for one or more days, suited if possible to some actual individual or family need. As a guide, use list of essential foods and meal plans in this lesson. Amounts of foods will vary for age, sex and activity. Determine these by supplementary texts. Be sure calorie needs for physical activity as with the growing child or youth, athlete, soldier or industrial worker, are met. This may require a mid-meal lunch. Criticize these meals. Do they meet daily food requirements? and afford variation as outlined on page 1?

Show by demonstration how a poorly chosen meal may be improved. Example: a breakfast of toast, butter and coffee. Have class determine what food elements this meal gains by adding a whole grain cereal? a glass of milk? a glass of orange juice? an egg? Repeat with other meals, such as: a lunch-box meal for an industrial worker—a lunch chosen from a cafeteria counter—a family dinner.

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**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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