BREAKFASTS ARE IMPORTANT

VALUE OF AN ADEQUATE BREAKFAST. Breakfast, far too often is the forgotten meal in student life. This is true for almost every one except the team. Athletes need their food to build strong, sound bodies and supply energy for their activities, and they are wise enough to eat it. The man or girl who makes a goal for good old High is also making a goal for personal good health by leaving the day’s starting line with the encouragement of an adequate, well-balanced breakfast. The “skip breakfast” fad is a handicap no health champion can afford.

BREAKFAST MENU PATTERN OR GUIDE. In planning breakfast menus, a basic pattern or guide is helpful. The following is a sample pattern for an average student:

- 1 glass milk
- 1 glass orange juice
- 1 egg
- 2 slices toast with butter

Add to this according to needs:

- Cereals and cream; or bacon; or jelly, marmalade, honey; or additional fruit.

Breakfast should furnish ⅓ to ⅔ of the day’s food.

A second serving of fruit is especially recommended. For rapidly growing boys or where weight gain is important, increase high calorie foods, such as cereal, preferably cooked, raisins or dates, jelly or other sweets.

While the breakfast menu need not provide the wide variety of foods that lunch and dinner do, it should be interesting and should avoid monotony. An occasional surprise dish, such as the Orange Waffles given in this lesson, will be popular. Foods should be well-cooked and attractively served.

Breakfast offers opportunities for novel and pleasant guest events. These may combine breakfast and luncheon foods in the popular brunch or bruncheon.

Orange juice stimulates appetite at this important meal. Orange and lemon juice and peel, give delicious flavor to popular breakfast hot breads. Citrus marmalades offer a supplementary fruit serving, excellent with toast, biscuits, waffles. They do not, however, replace a serving of fresh fruit.
ORANGE MARMALADE (Makes 10-12 glasses)

Slice 4 medium unpeeled oranges and 2 unpeeled lemons very thin. Measure fruit. Add 3/4 cup sugar to 2 cups fruit. For best results, cook in 2- or 3-cup lots, boiling vigorously until syrup gives jelly test of thick, translucent drops from side of spoon (12 to 15 minutes). For pleasant tartness, now add 2 tablespoons lemon juice. Boil again for about 1 minute. Pour into sterilized glasses. Cover with paraffin when cold.

Use For:
- Meat accompaniment
- Spread on bread, waffles, etc.
- Cooking purposes, to flavor cakes, pies, breads, puddings, frostings, fillings, sauces; for cake and pie fillings
- Holiday gift (attractively wrapped)

Lemon and Sugar for Waffles: A simple and novel but delicious spread for waffles or pancakes is to sprinkle with sugar and then with lemon juice.

Serve For:
- Breakfast or luncheon or tea (particularly for guest events)

Waffle supper (good as tea accompaniments)
DENTAL HEALTH. An interesting report of a dental, nutritional research (one of the most comprehensive studies on record), made recently with 341 children at Mooseheart, has shown that certain dental troubles may be greatly benefited by drinking daily 2 glasses of orange juice to each of which has been added the juice of half a lemon. This supplemented a well-balanced daily diet, adequate in milk, eggs, lettuce, other vegetables and fruits.

On such a diet, general health as well as dental health was benefited, confirming earlier research conducted with adults. The growing boys and girls who received this daily diet addition of orange juice were also found to make important increases in height and weight gains.* The popular breakfast orange juice custom affords an excellent opportunity for serving one of the two daily 8-ounce glasses, recommended.

TABLE SERVICE. For the correct and attractive service of this meal, the following suggestions may be helpful as a general guide:

Linen: White damask or checked or patterned cloths in color; heavy lace or embroidered runners or doilies. Napkins match.

Centerpiece: Fruit bowl or flowers.

Individual Covers: (Vary to fit your particular dishes, glassware, silver, and linen):
1. Bread and butter plate, butter knife.
2. Napkin (fold lengthwise or in triangle).
3. Water goblet or glass (other beverages, such as milk or cocoa, go at right of plate).
4. Breakfast plate of medium size (holds smaller plate on which is placed fruit first course—orange slices or segments, orange or grapefruit halves, melon slices; glass of orange juice; dish of berries or other fruit. For cereal, the bowl is placed directly on breakfast plate. Other foods—eggs, meat, potatoes, waffles—are served and eaten from breakfast plate. Toast, muffins and so on are served on bread and butter plate).
5. 6. 7. 8. Fork, knife, dessert spoon (for cereal or berries), fruit spoon (use with orange or grapefruit halves, melon or similar fruits). Pass teaspoons on saucer of coffee cup.

QUESTIONS FOR REVIEW

Why should we eat an adequate breakfast? List citrus fruit breakfast uses.

Plan sample breakfast menus, using each of the recipes in this lesson. Discuss, criticize and revise these menus in accordance with the rules for menu planning. Describe how you would set the table for each menu, giving changes in service for each course.

SUGGESTIONS TO THE TEACHER

Have each class member take the Breakfast Menu Pattern (page 1) and adapt it to individual needs. Plan lunch and dinner menus at later lessons. Coordinate these to furnish the foods in the normal daily diet requirements. As a part of class health project, have students follow these patterns during the full class term, noting and recording any improvement in general or dental health, and any weight or height gains. A constant gain indicates that the growing body is developing properly.

OFFER OF MATERIAL

*Copy of a booklet, “World’s New Dental Story,” giving summary of the results of this dental research and copy of Sunkist Recipe Booklet will be sent to each class, together with booklet, “Feeding the Child for Health,” helpful in class health project. Address:

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

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