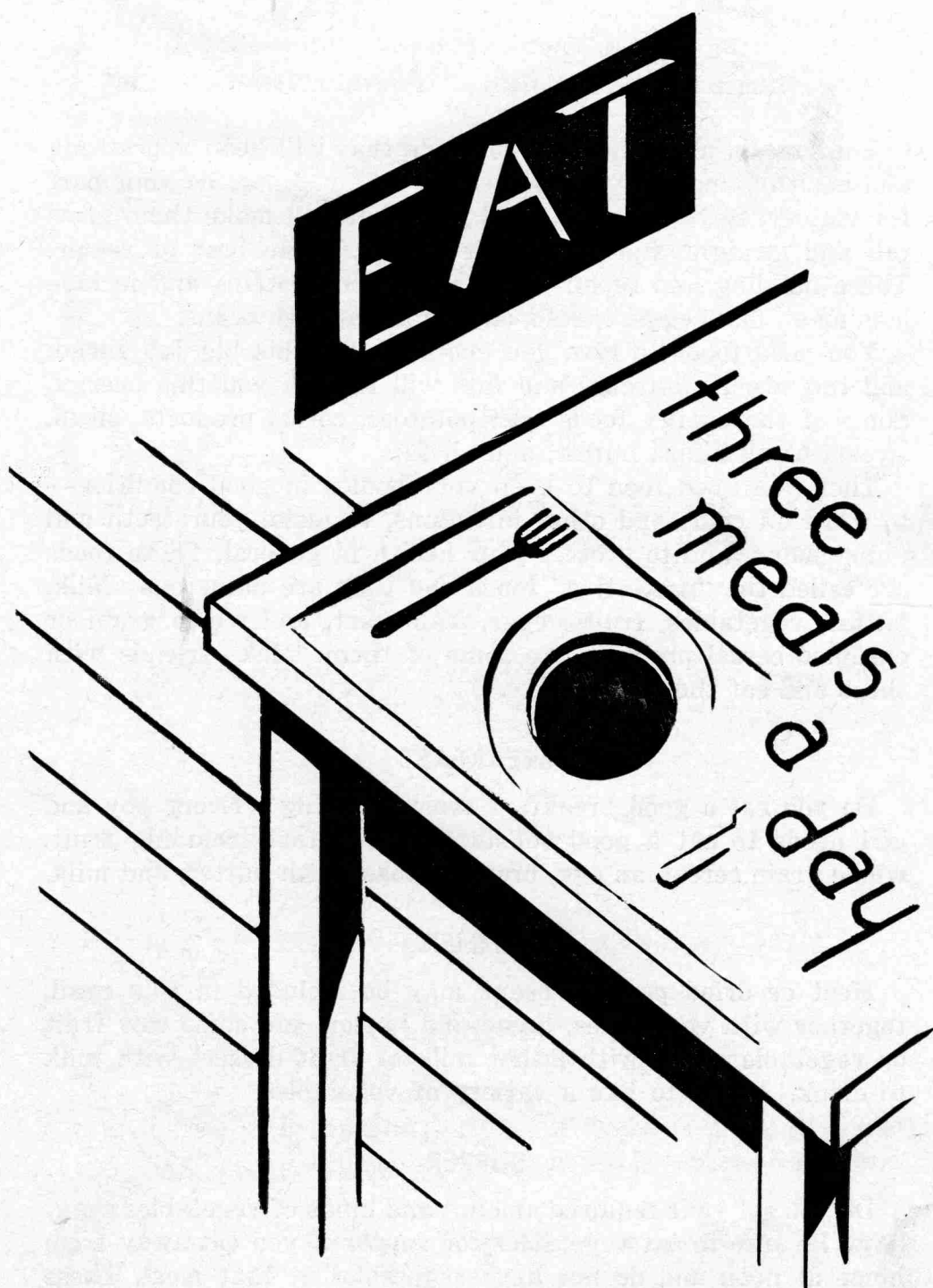


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CLUB SERIES NO. 31



the victory way

Well Planned Meals For Victory

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Your meals must include the foods that will keep you strong and healthy, and your minds alert so that you may do your part for victory. Boys and girls need food that will make them grow tall and straight and keep their bodies in the best of repair. These building and repair foods are called proteins and include lean meat, milk, eggs, cheese, and dried peas and beans.

You need foods to give you energy to do this big job ahead, and the sweets, starches and fats will furnish you this energy. Some of the energy foods are: potatoes, cereal products, sirup, sweets of all kinds, butter, and all fats.

Then you need food to keep your bodies in good condition—to ward off colds and other infections, to make your teeth and gums sound, and to protect your health in general. These foods are called the “protective” foods and they are numerous. Milk, butter, vegetables, fruits, eggs, lean meat, and whole grain or enriched cereal products are some of them. Make friends with these and eat them every day.

BREAKFAST

Do you eat a good breakfast every morning? Every boy and girl needs to eat a good substantial breakfast including fruit, whole grain cereal, an egg, bread or toast with butter, and milk.

DINNER

Meat or dried peas or beans may be included in this meal, together with vegetables, bread and butter, and some raw fruit or vegetable salad, with either milk or fruit dessert with milk to drink. Learn to like a variety of vegetables.

SUPPER

Do you eat your required amount and kinds of vegetables every day? Be sure to eat vegetables for supper if you eat away from home at noon and do not have vegetables at that meal. These may be served creamed, scalloped, in cream soup or chowder, or as a salad. A simple supper may include a vegetable dish, bread and butter, stewed fruit, and milk to drink. If a heavier meal is needed, an egg or a cheese dish may be added.

LUNCH AWAY FROM HOME

If you eat your lunch away from home, see that it balances with the other two meals of the day so that you will get all of the foods you need for health and growth. If you carry your lunch, see that it includes:

1. **TWO SANDWICHES** made of whole wheat, enriched, or rye bread; now and then rolls, corn bread or biscuit.
Sandwich Fillings—Vary these. Some suggestions are: cheese in many ways, peanut butter or peanuts ground up and mixed with top milk, egg, minced ham or liver; sweet fillings as peanut butter with jelly or dried fruit; or vegetable fillings provided these do not get limp before they are eaten.
2. **FRUIT**—Fresh when possible. If fresh fruit is scarce, carry canned or stewed dried fruit in small jar with lid.
3. **RAW VEGETABLES**—As tomato, carrot, turnip, celery, or wedge of cabbage or lettuce.
4. **BEVERAGE**—As milk, fruit juice or cocoa.
5. **SURPRISE**—Something easy to eat as: nut meats, cookies, piece of candy, deviled egg, or piece of cheese.

WELL-PLANNED MEALS

No. 1

Breakfast

Cracked Wheat Cereal
Bacon — Eggs
Biscuit — Butter — Jam
Milk

Dinner

Roast Pork — Gravy
Sweet Potatoes — Collards
Buttered Beets — Sliced Onions
Corn Bread
Baked Apple — Milk

Supper

Baked Beans
Health Salad
Brown Bread — Butter
Milk

No. 2

Breakfast

Fresh Fruit
Oatmeal
Sausage
Toast — Butter — Honey
Milk

Dinner

Baked Chicken — Gravy
Rice — Jelly — Snap Beans
Mixed Vegetable Salad
Rolls — Butter
Berry Cobbler
Milk

Supper

Cream of Tomato Soup — Crackers
Shirred Eggs
Bread — Butter
Ginger Bread — Lemon Sauce
Milk

No. 3

Breakfast

Apple Sauce
Wheat Nuts (homemade)
Hash
Toast — Butter
Milk

Dinner

Vegetable Soup — Crakers
Cheese and Macaroni
Turnip Greens — Carrot Sticks
Corn Bread — Butter
Sliced Peaches — Cookies
Milk

Supper

Baked Liver with Onions
Boiled Potatoes
Whole Wheat Muffins — Butter
Fruit Salad
Milk

NORTH CAROLINA STATE COLLEGE OF AGRICULTURE AND ENGINEERING
OF THE
UNIVERSITY OF NORTH CAROLINA
AND
U. S. DEPARTMENT OF AGRICULTURE, CO-OPERATING
N. C. AGRICULTURAL EXTENSION SERVICE
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RALEIGH

My Score For a Month

HOW WELL DO I CHOOSE MY FOOD?

HOW MUCH AND WHAT KIND	Score 1 Day 1st Week	Score 1 Day 2nd Week	Score 1 Day 3rd Week	Score 1 Day 4th Week
<div>Points</div> <div>1 cup of Milk 10</div> <div>2nd cup of Milk 10</div> <div>3rd cup of Milk or more 10</div>				
1 Egg 10				
One serving of Meat, Poultry, or Fish 10				
<div>Leafy Green or Yellow Vegetable 5</div> <div>Tomatoes, Orange, or Grapefruit 10</div> <div>Potatoes or Sweet Potatoes 5</div> <div>Another Vegetable or Fruit 5</div> <div>One of your Vegetables or Fruits raw 5</div>				
<div>Whole Grain Breakfast Cereal . . 5</div> <div>Whole Grain or Enriched Bread . 5</div> <div>2 tablespoons Butter 5</div>				
Dried Peas or Beans 3 times during the week 5				
SCORE 100				
I skipped Breakfast, subtract . . 10				
I ate Sweets before meals. For each time subtract 10				
My Eating Score 100 is perfect				

Every Day Eat At Least



Milk—3 or 4 cups.



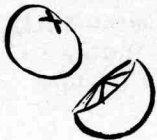
Eggs—1 daily or 3 or 4 a week.



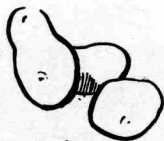
Meat, Poultry, or Fish—1 serving.



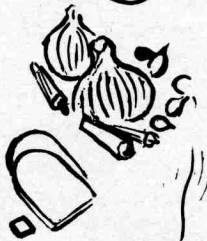
Leafy Green or Yellow Vegetables—such as turnip greens, collards, all other greens, green cabbage, green beans, asparagus, carrots, yellow squash, yellow sweet potatoes, rutabagas.



Tomatoes, Orange, or Grapefruit—1 serving.



Potatoes—1 serving.



Other Vegetables or Fruit—2 servings.

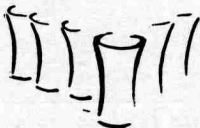


Whole Grain Product—1 serving, such as whole or cracked wheat or oatmeal.



Bread and Butter—If bread is made of wheat flour, be sure it is whole wheat or enriched.

Dried Peas, Dried Beans or Soy Beans—3 times a week.



Water—6 to 8 glasses.