

OKLAHOMA
AGRICULTURAL AND MECHANICAL COLLEGE
STILLWATER, OKLAHOMA

EXTENSION DIVISION
IN COOPERATION WITH
UNITED STATES DEPARTMENT OF AGRICULTURE
W. D. BENTLEY, DIRECTOR OF EXTENSION AND STATE AGENT

LESSON XI

THE SCHOOL LUNCH

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1—REFERENCES

Bulletin No. 3, "Daily Meals for School Children", Bureau of Education, Washington, D. C.

2—DIETETICS

Because children must study all afternoon, their school lunches should be composed of food that is nourishing, and that can be quickly digested. They must be selected so that the children will have a sufficient supply of protein as well as fuel food. If food does not digest quickly it will keep the child's blood supply busy at his stomach instead of at his brain. The result will be that the child will be sleepy, or will not care to study.

It is not wise for children to go too long at a time without food, since they need a constant supply to build up their bodies from those of small children to grown men and women, as well as repair tissues that have been worn out from play and study.

It is bad for children to eat hasty breakfasts, throw most of their school lunches away, and then eat a very hearty supper. There is danger in overloading the stomach at this time, as well as in not having enough food at the other part of the day. Children can abuse their bodies for a long time by not eating properly and seem perfectly healthy, but in time this abuse and the bad habits of eating that they acquire will tell upon their health.

There would not be so many grown people with stomach troubles if they had been taught how to eat properly as children.

A Good School Lunch

Two plain brown bread sandwiches.
Two egg sandwiches (made of chopped, boiled egg).
Baked apple.
Sponge cake.

Another Lunch

Two raisin bread sandwiches.
Two nut sandwiches (peanut or pecan).
Orange or other fresh fruit.
Ginger cookies.

Lunch No. 3

Toasted biscuits.
Cooked dried fruit in a cup.
Piece roast chicken.

3—PREPARATION

The bread for sandwiches should be cut in neat slices. Each sandwich and each article of food should be wrapped in a separate piece of oiled or waxed paper. If the family cannot afford to buy the paper as they would for wrapping butter, they can save paper from packages of food. Clean, white tissuepaper can be used for the cake and sandwiches. Do not make the sandwiches too moist as they will become soggy and will moisten and spoil other food in the lunch. Put apples or other heavy articles of food where they will not mash the softer sandwiches. Pack the lunch tight enough so that it will stay in place and will not get jostled. A ventilated lunchbox or basket is better than a tight pail.

All school children should sit down while they are eating their noon lunch. In fact, they should not be dismissed for noon recess until they have eaten their lunches. It is a good plan to have them wash their hands before eating. Fifteen to twenty minutes of the noon hour spent in washing hands and eating lunches in an orderly manner will give profitable results in improved deportment and better lessons.

4—AIM OF THIS LESSON

1. To safeguard the health of school children.
2. To increase their efficiency.

List of Suitable Foods for School Lunches

Sandwiches:

Rich preserves and jelly should not be used as a spread too often.
Egg Sandwiches—not fried.
Lettuce sandwiches.
Cottage cheese sandwiches.
Boiled, baked or creamed chicken sandwiches.
Creamed beef sandwich.
Roast beef sandwich.
Beef loaf sandwich.
Broiled chopped beef sandwich.
Peanut butter sandwich (the peanut butter should be thinned with hot milk).
Stewed fruit sandwich—not preserves or jelly.
Baked apples.
Fruit sauce—like apple sauce—carried in a cup.
Cookies—not too rich.
Ginger cookies.
Sponge cake.
Ginger bread.
Ripe apples.
Ripe peaches.

Ripe grapes—the child should not swallow seeds and skin.
Ripe oranges.
Figs, dates or raisins are better than candy for the school child.
Custards—blanc mange—junket—made in individual cups.
Graham bread.
Rye bread.
Steamed brown bread.
Cottonseed meal bread.
Whole wheat bread.
Raisin bread.
Toasted baking powder biscuits.
Pork is not suitable for school lunches except on rare occasions, and then it should be very carefully prepared.

FOR TEACHERS

Show the children how to wrap sandwiches and arrange food in the dinner basket so heavy foods like apples or oranges will not be on top.

Suggestions for Correlating This Lesson With Other Lessons

Spelling.—New words in this lesson—basket, moisten, brain, stomach.

Physiology.—Where does a large proportion of the blood supply go while food is being eaten and digested?

English.—Keep notebooks.

Arithmetic.—If a loaf of bread is worth 5 cents and makes 12 slices of bread, how much is 1 slice of bread worth? If 1 ounce of butter is worth 2 cents and will spread 3 slices of bread, how much is the butter on 2 of these slices worth? If the spread of jam of 2 of these buttered slices of bread is worth 1 cent, how much is the whole sandwich worth? If 6 children each throw away 2 sandwiches, how much is the food they are throwing away worth? Can you calculate the value of the food thrown away by the children in this school?

Recess Lunch

Because school children often rush off to school without taking time to eat their breakfast, or because they eat breakfast very early in the morning, the school child should have something to eat at morning recess like an apple, pear or grapes. If they cannot have fruit, a cookie or sandwich should be allowed each child. He should not eat enough at this time to spoil his appetite for noon lunch, nor should it be of a kind that will interfere with his ability to study. This lunch is especially necessary for the children from 6 to 10 years of age.

Hot Lunches

The continued round of sandwiches, cake and fruit grows monotonous to many children and they refuse to eat their lunches. In cases like these, and in other cases where the children have the bad habit of running out to play, and hence to do see the necessity of sitting down to eat, the hot supplement to the school lunch gives a legitimate reason. In schools where domestic science or cooking classes are held the hot lunch gives a use for the food prepared by the class. When no hot lunch is served this food is either thrown away or eaten at a time when it is not needed by the children.

Domestic science, morals and manners and physiology can be taught to the children in a practical way when these subjects are correlated with the hot lunch, its care and service. It will also be a practical means of increasing the efficiency of the school child and in raising the standard of the school.

Much has been said in educational circles about training the hands as well as the head. The preparation of food in quantities large enough to serve a family is an excellent way in which to train girls to be skillful in the use of their hands. There is manual skill in beating eggs to a light froth. The same is true in cutting a loaf of bread into even slices.

Preparation of the Hot Supplement to the Lunch

There are various methods of preparing hot supplements to the school lunch, depending on the equipment and size of the school.

Method 1. Rural schools using school heating stoves with stove lid on top and a few utensils, and not more than thirty pupils to a heating stove. The large girls can take turns preparing the food. It is best when this work is carried on in the schoolroom that it be done in the front of the room much as classwork is done. The work conducted from this position is not a mystery to the other children, and they are not disturbed or their interest distracted from other work after the first few times.

The girls should be taught to work quickly and quietly and keep their utensils in good order while working. It is good mental drill for the girls to carefully think out exactly how they are going to proceed with their work before beginning. It will also help in facilitating the work.

The variety of food served will be limited to such foods as cream soups, other soups, steamed bread, or other foods that can be steamed. Boiled custard junket, omelets, creamed eggs, cocoa.

The girls cannot be given much supervision as the teacher will be busy with other pupils, so they will have to be girls who are in earnest. One girl in each group will have to act as a leader.

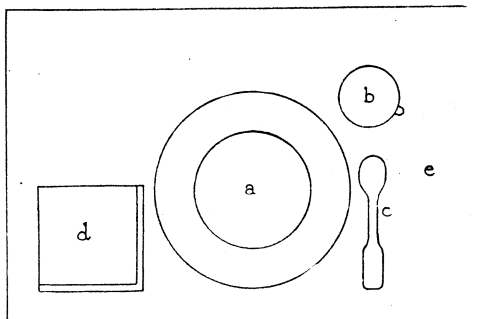
Method 2. In a two-teacher school a larger number of girls can be permitted to work at one time. One of the teachers would probably have some time to supervise their work. The work could be conducted more like regular domestic science school work. Such a school could probably afford an oil or gas stove with an oven, which would increase the variety of dishes that might be prepared. Some things might be started cooking before school takes up in the morning, or at the morning recess period.

Method 3. Where each girl has a special set of equipment the work should be conducted as regular classwork. The class ought to come at the period just preceding the noon hour and the food prepared in quantities that will amount to enough for a dish for each pupil. The food prepared should be selected so that it will teach the lesson intended to be taught the class, and yet be a wholesome food for school children.

Service

When the noon hour arrives the pupils should be required to wash their hands. Then spread their desks with napkins which they bring from

home. These napkins can be made from any cheap white cotton material, for example, flour sacking. The pupils should be required to keep these napkins clean and to iron them when washed. Upon this they should arrange their spoon or fork, their plate or bowl, and drinking cup. This should be done just as neatly as if the desks were being set for a fine banquet.



(a) Soup plate or saucer; (b) glass or drinking cup; (c) spoon; (d) napkin; (e) napkin for desk cover

The food from the dinner pail should be arranged neatly on the desk. The girls preparing the supplement should serve a portion to each pupil. The hot dish served at school should be simple and of a kind that is easily digested.

List of Foods Suitable for Hot Lunches

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| Cream soups, such as: | Custard—baked |
| Peanut | Custard—boiled |
| Potato | Custard—steamed |
| Spinach | Junket—plain |
| Celery | Junket—caramel |
| Creamed vegetables, such as: | Baked bananas |
| Creamed potato | Cocoa |
| Creamed onions | String beans |
| Creamed celery | Parboiled steak |
| Creamed carrots | Baked fish |
| Creamed cauliflower | Boiled mutton chops |
| Creamed peas | Boiled rice with cream |
| Creamed beans—strained | Spinach |
| Creamed turnips | Squash |
| Also | Beets |
| Creamed toast | |
| Creamed eggs | Cooked and served with salt and butter |
| Eggs: | |
| Poached on toast | Cocoa |
| Baked in cream | |
| Omelet—French | These are some dishes that can be cooked quickly and are wholesome for the child that needs to study in the afternoon. |
| Omelet—plain | |
| Omelet—economical | |
| Scrambled | |
| Escalloped | |

