



Sunkist Bulletin

Food Lesson Number 1 (1939 Series)

MENU PLANNING FOR HEALTH

IMPORTANCE OF MENU STUDY. What foods shall we serve for breakfast? lunch? dinner? for the family? for guests? To be able to plan, cook and serve well-balanced, healthful menus is the reward for food study. The food student with this ability may graduate to actual home-making, confident of efficiently handling the "three meals a day," which mean so much to family health and happiness.

RULES FOR MENU PLANNING. In planning menus certain rules will help:

Aesthetic Aspects—Plan menus for variety, interest and appetite appeal. Cook foods well. Serve them attractively and correctly. See that:

Color schemes harmonize or contrast.

Flavors provide variety and contrast as sweet and sour.

Textures differ, including hard, soft, crisp, succulent, good to chew.

Temperatures are well distributed, hot and cold courses alternating. Every meal should have one hot dish. Serve hot foods hot, cold foods cold.

Courses contrast, a light course following a hearty one. First course foods should stimulate appetite, later courses satisfy it.

Economic Aspects—Systematic menu-planning aids marketing.

By planning menus for several days together, time is economized in preparing food, "left overs" used to advantage, time and money saved in buying.

If strict economy is necessary, plan menus to use the cheaper of two or more foods that fill nutritional needs. The protective foods—milk, fruits, vegetables—are most important. Watch sales. Foods in season are usually best buys.

For best nutritional efficiency plan menus that will spend the food dollar in five food groups, of 20 cents each: (1) milk; (2) fruits and vegetables; (3) meats, eggs, cheese; (4) bread, cereals, legumes; (5) sugar, fat, other staples.

Nutritional Aspects—Plan the day's menu—breakfast, lunch, dinner—as a whole to include the following foods required by each person daily for a normal diet.

Milk (1 pint to 1 quart)

Vegetables (2 to 3 servings in addition to potatoes, 1 a leafy, uncooked vegetable such as lettuce)

Fruits (2 to 3 servings, 1 uncooked, oranges especially advised)

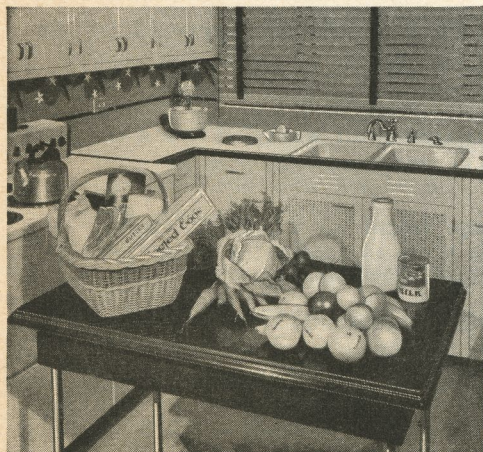
Sweets (in moderate amounts)

Cereal products (at least 1 serving of whole grain cereal; breads, etc.)

Butter and a moderate amount of other fats

Meat, cheese (at least 1 serving of one); also 1 egg daily.

Water and other fluids (6 to 8 glasses)



The protective foods—milk, fruits, vegetables—should take a prominent place in the market order



ORANGE JUICE

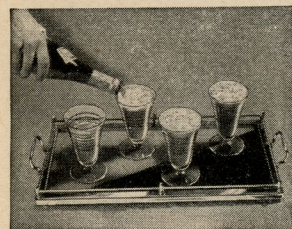
Orange juice should always be served fresh since flavor is lost when juice stands. A mechanical or electrical extractor or a good hand reamer makes juice extraction easy. When California seedless oranges are used, juice may be served unstrained. To chill juice, cool fruit in ice-box and avoid flavor loss from ice dilution or storage of juice in refrigerator. Juice stored over night also loses 10 per cent or more of its vitamin C content according to experiments reported by the United States Department of Agriculture. (Jnl. Home Ec. 28:470-474.)

Serve juice for beverage use in an 8-ounce glass or goblet, holding 1 measuring cup or 16 tablespoons. This is a larger glass than the 3 to 6-ounce glass, sometimes called a fruit juice glass. The smaller glass is correct for serving a fruit juice cocktail.

Serve For:

Beverage with meals

Mid-meal pick up



ORANGE GINGER ALE COCKTAIL

Fill cocktail glasses $\frac{2}{3}$ full with chilled orange juice. Finish filling with chilled ginger ale. Serve at once while effervescing. If desired a little crushed ice may be placed in glasses.

SUNKIST COCKTAIL (Serves 4-6)

| | |
|--|-------------------------|
| $\frac{1}{4}$ cup lemon juice | $\frac{1}{4}$ cup sugar |
| $\frac{1}{2}$ cup orange juice | Few grains salt |
| 1 cup carbonated or iced water or ginger ale | |

Combine and pour over cracked ice in cocktail glasses. Garnish, if desired, with mint sprigs, or maraschino cherries.

Serve For:

Formal dinner (served to guests before coming to dining room)
 Buffet supper (with or without hors d'oeuvres. As a courtesy to those who prefer them, it is always correct to include fruit juice drinks as a part of any beverage service)



ORANGE JUICE BEVERAGES (Serve 1)

Orange-Lemon Juice: For sharper flavor, add juice of $\frac{1}{2}$ lemon to each glass of orange juice.

Orange Banana Squash: Mash and beat a banana into a glass of orange juice. Sweeten and chill to taste.

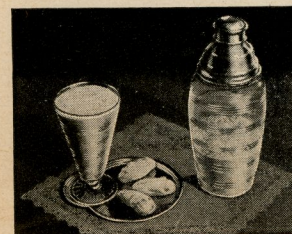
Frosted Orange Juice: To a glass of chilled orange juice, add a dip of vanilla ice cream. Stir until partially dissolved. Serve at once.

Orange Nog (see illustrations): Combine $\frac{1}{2}$ cup orange juice and 1 teaspoon lemon juice. Stir slowly into $\frac{1}{3}$ cup evaporated milk, diluted with $\frac{1}{3}$ cup water. Sweeten to taste with sugar or honey and chill, if desired, by shaking well with cracked ice.

Serve For:

Between meal pick up

Party and special refreshments



These recipes may be cut out and pasted on cards for filing in a recipe card cabinet, after lesson has been studied. All recipes have been tested by a distinguished home economics teacher. Citrus fruit beverages are an especially excellent means of increasing the daily vitamin C intake.

LEMONADES (Serve 1)

Plain Lemonade: For each one served, allow:

| | |
|-----------------------------------|------------------|
| 1 lemon | 1 cup cold water |
| 1 to 3 tablespoons sugar or honey | Crushed ice |

Extract lemon juice, add sugar to taste, stir to dissolve. Add water. Serve over ice in large glasses with lemon slice on rim.

Lemon Fizz: Substitute carbonated water for plain.

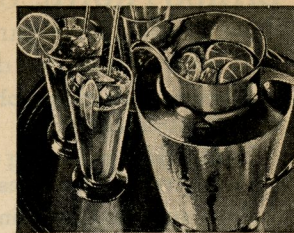
Lemon Float: To each glass of Lemonade, add a dip of Lemon or Orange Sherbet.

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

Hot Lemonade for a Cold: To juice of 2 lemons, add 1 cup boiling water. Sweeten to taste.

Serve For:

Party and special refreshments
 Plain Lemonade as beverage with meals



LEMON EGG-NOG (Serves 1)

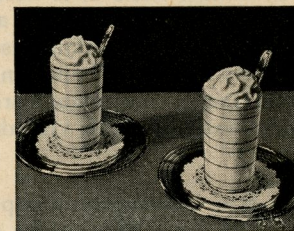
| | |
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| 1 egg | 2 tablespoons sugar |
| 2 tablespoons lemon juice | Milk (fresh or evaporated) |
| Grated lemon rind | |

Beat egg yolk with lemon juice and 1 tablespoon sugar. Pour into a tall glass. Beat egg white very stiff with 1 tablespoon sugar. Fold $\frac{3}{4}$ of egg white into egg yolk mixture. Add milk to almost fill glass. Stir well with a spoon. Top with remainder of beaten egg white. Grate a bit of lemon rind onto this. Serve at once.

Orange Egg-Nog: For lemon juice, substitute $\frac{1}{4}$ cup orange juice and use grated orange rind.

Serve For:

Mid-meal or bed-time beverages (for child or invalid or for weight-gaining diet)
 Refreshments (for child's party; egg-nogs for New Year's reception)



LEMON WITH TEA

Correct tea service should include a plate of **lemon slices**, as well as the more practical, juice-providing **quarters**. Cut from fruit with clean skins of waxy texture. Insert cloves, if desired.

For Iced Tea serve lemon slice or other lemon garnish over rim of glass.

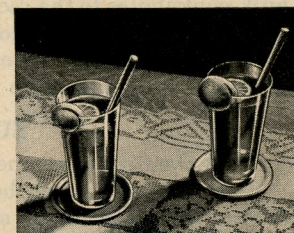
TEA ACCOMPANIMENTS

Citrus fruit tea accompaniments, other than lemon, include:

Candied Orange or Lemon Peel

Orange Marmalade

Lemon or Orange Sugar: Rub sugar lumps over orange or lemon rinds to absorb the flavoring oil.



CITRUS FRUITS. Oranges and lemons, used as the basis of the recipes in these lessons, have particular health and protective value and the menu may well offer at least one daily citrus fruit serving. They contribute:

Minerals (calcium, phosphorus, iron) together with **alkaline salts**, used for body building and regulating.

Fruit acids, providing appetite stimulation and useful with the **water** and **cellulose** (or laxative bulk) of these fruits, as an aid to elimination.

Fruit sugars, furnishing quick energy.

Vitamins A, B, C.

As a result of these dietetic values, citrus fruits:

Stimulate appetite and so aid digestion.

Stimulate growth in children.

Promote the retention of calcium, phosphorus and certain other food elements.

Build body resistance and protect against scurvy.

Counteract acidosis.

Promote development of sound bone and tooth structure.

Oranges furnish laxative bulk and easily digested food energy of the best type.

VITAMIN C. One of the important protective food factors most often deficient in the average diet is vitamin C, which promotes general good health, is one of the important factors in combating dental troubles, and prevents scurvy. This disease, which was the ancient scourge of sailors, has always been associated with limited diets. Particular care, therefore, should be taken with current low cost or relief diets, if food students are planning these, to see that they include ample amounts of vitamin C foods. Lack of this vitamin is particularly serious for children during the years of growth and may result in retarded growth, anemia and poor teeth.

The chemical composition of vitamin C has now been discovered. At first it was called hexuronic acid. It is now known as ascorbic or cevitic acid. There is increasing evidence that vitamin C aids in the prevention and control of a wide variety of ills, particularly infectious diseases, and it is recommended that diets be planned to include larger amounts of vitamin C foods than the mere minimum.

Oranges and lemons are most potent and dependable, and, therefore, most economical sources of this vitamin. Vitamin C is not stored in the body and is required daily.

QUESTIONS FOR REVIEW

Why is menu study important? Give some rules for menu planning.

List foods required by each person daily for a normal diet. Make a poster or food exhibit of these. From your general food study, do you know what protective elements milk contributes to the diet? vegetables? fruits?

What food elements do citrus fruits provide? Name some beneficial results from their use. Why are they especially needed by children? In what way does vitamin C benefit health? List some foremost sources.

SUGGESTIONS TO THE TEACHER

Have class illustrate menu-planning rules with correct and incorrect menus.

Plan service for each beverage recipe in this lesson, suiting these especially to student activities, such as: a lemon egg-nog for mid-meal nourishment, a beverage for meals. With 8-ounce cup, measure the correct service for a fruit juice cocktail (4 to 6 ounces), a beverage with meals (8 ounces), lemonade or iced tea (10 ounces). Measure available glasses and decide for what each may be correctly used.

OFFER OF MATERIAL

For a reference set of reprints giving results of recent research on the food and health value of citrus fruits, also copy of Sunkist Recipe booklet, address:

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