

MOTHERS' GUIDE IN CARE OF CHILDREN



The body, in order to be kept in good running condition, should receive a little of everything. The foods which we eat may roughly be classified into building, energy, protective and regulative foods. No demarcation line can be drawn to determine which foods should fall definitely under each class, because most foods contain more than one of the food groups at the same time. The element which forms the bulk of a certain food decides where it should belong for general purposes of classification. It is no wonder then that one food should belong to different food groups at the same time but of varying importance.

I. PROTEINS

Proteins are sometimes body-builders, growth producers and tissue repairers. Protein foods contain more elements than the other groups and are responsible for the growth of muscles in growing children and the repair of worn-out tissues. We ignore the little bumps, cuts and bruises which we daily get because we consider them little

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The Young Citizen PANTRY

BY

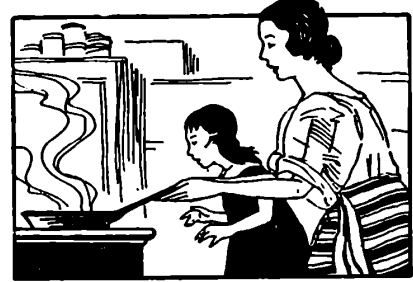
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THE FOOD GROUPS

things. But even these little things injure the muscles that is why we have black and blue spots whenever we bump against anything. The injury caused by more serious illness like fever, cholera and other diseases are, of course, very much greater. Now, worn-out tissues in such cases as these are taken care of by proteins. The additional height or plumpness of your friend is also due to the protein which he eats.

Proteins come from animal sources like meat, fish, chickens, eggs, milk and cheese and from plants like legumes and nuts.

Those that come from animals are generally considered complete proteins because they will not only help children grow but will also repair the worn-out tissues. Those that come from plants, however, are generally incomplete proteins because they do not have all the elements necessary for body building and tissue repair. They can only keep life but cannot help growth. Do you now see the reason for combining vege-



tables and shrimps or pork in our "Guinisa"?

II. MEATS

One of the chief sources of proteins is meat. It is the flesh of animals used for food. It is made up of fibers filled with juice and kept together by connective and fatty tissues.

The meat which we get from the:

cow is called beef

calf is called veal

hog (pig) is called pork

deer is called venison

sheep is called mutton

lamb is called lamb

The tough cuts of meat come from old animals and from the parts of the body that are much used like the legs and shoulders; while tender cuts come from young animals and from parts of the body which are not often used like breast and back. Some cuts of meat have bones, the juice of which adds to their food value. Hollow bones from the legs and other parts of the body contain marrow—a fatty reddish substance which is delicious.