

Youthpower Project Will Plan Nutrition Education

One of the keys to good living—a basic understanding of nutrition and its importance to vigor and achievement—will be the focus of a statewide Youthpower Project developed for high school-age boys and girls, it was announced today.

C. M. Wilson, chairman of the newly organized Pennsylvania Youthpower Committee of the National Food Conference, revealed the overall outlines of the program in which Pennsylvania Farmers' Association is taking the lead.

A Pennsylvania committee, made up of leading youth, educator, and civic groups and cooperating representatives of the food industry throughout the state, has been recommended by the National Food Conference, an informal committee of food industry trade associations and firms, Mr. Wilson said. Its objective to be carried out in many of the 50 states, is to make available study materials and project outlines to high school teenagers for use in classroom, extra-curricula, and club activity during the 1959-60 school year.

The Youthpower Project, Mr. Wilson said, is the coordinated response of a unit-ordinated food industry, including associations and firms representative of production, pro-

cessing, distribution, and marketing to a problem brought forcefully to the attention of the public by numerous studies of teenage diet deficiencies. In general, Mr. Wilson said, the studies as these

14 per cent of teenage boys and 28 percent of girls (16 to 18 age group) often go without breakfast (Cereal Institute study);

50 per cent of teenage girls receive inadequate amounts of protein and iron (University of California study);

After age 12, intake of adolescent girls in total calories, protein, calcium, iron, thiamine, riboflavin, and Vitamin C declined sharply below recommended levels, and the trend continued downward in adult life (University of California study).

While teenage boys are not so badly off as girls, 20 percent of boys are low in calcium; ten percent in iron and vitamin A; 20 percent in thiamine; and 40 percent in Vitamin C (University of New Hampshire study);

Breakfast sets the pattern for the day, and 15 year-olds who skipped breakfast generally do not make up, later in the day, for the foods they missed, resulting in a

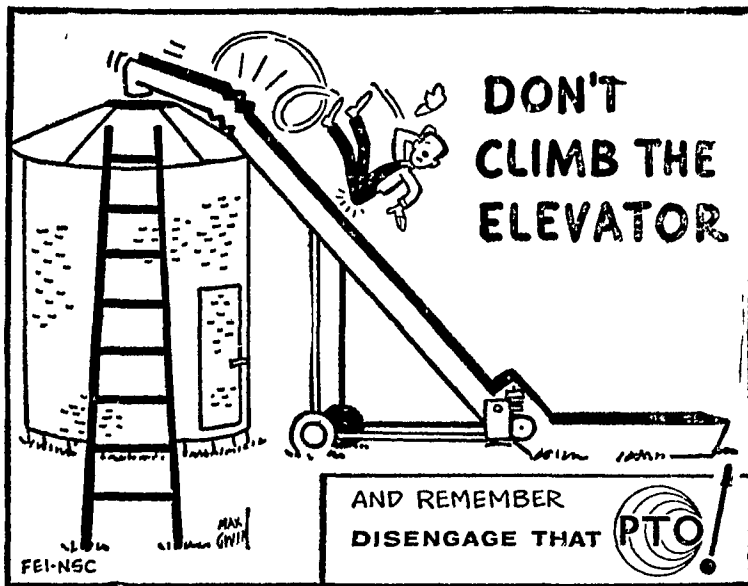
daily shortage of nutrients (Montana Experiment Station study).

These reports and many others resulting in similar findings, Mr. Wilson said make perfectly evident the need for a program of this type directed primarily at the high school age group within Pennsylvania.

Statewide Meeting Planned. Wilson said that the 1959-60 Youthpower Project calls for active study of nutrition and its importance in the school, home and outside activities of teenagers to be capped by a Pennsylvania Youthpower Congress to be held at Harrisburg January 25. At this meeting, participating boys and girls nominated to attend by local school authorities will meet to develop ideas carried out in community programs, to hear leading scientists, nutrition authorities, and to take part in a variety of special events now being planned.

National Youthpower Congress

According to present plans, Mr. Wilson said, Pennsylvania will send eight boys and girls to a National Youthpower Congress to be held in Chicago, February 11-13, 1960. At this meeting a wide range of problems facing modern teenagers will be discussed and studied by the youngsters under supervision of leading educators and scientists, in an all-out effort to better equip boys and girls for the tasks that lie ahead.



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A recent study of 1958 Illinois Dairy Herd Improvement Association records shows that ten cows averaging 10,239 pounds of milk a year can give the same return over feed cost as 34 cows producing 5,311 pounds. With reference to this study Extension Dairy Specialist Ralph Johnson of the University of Illinois says high-producing cows eat more feed than low producers, but as a

cow's production increases, feed costs rise at a slower rate than returns above feed costs. For example, Johnson says, feed costs per cow averaged one-third more for cows producing 10,239 pounds of milk a year than for cows producing 5,311 pounds. But returns above feed costs were nearly 3½ times as high for the high producers

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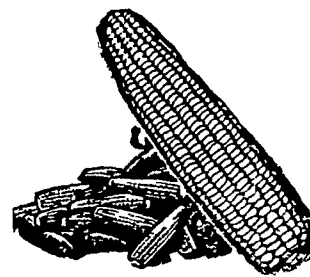
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