



Doctor in the Kitchen®

by Laurence M. Hursh, M.D.
Consultant, National Dairy Council

YOU ARE WHAT YOU EAT

"You Are What You Eat" is the official slogan for National School Lunch Week again this year. Students, educators and many parents are involved in the nationwide celebration this week.

And this is as it should be, for the school lunch program is highly important to each of these groups. Certainly, a major purpose of our educational system is to produce functioning individu-

als. And certainly, an important part of functioning effectively as an individual is knowing how and what to eat to be healthy.

An Educational Force

Well, school lunch is a major force for educating students on just that. It is fine to learn about nutrition in the classroom. But to actually experience meals in which food selections are sound as well as tasty — this has to reinforce the classroom message. And that is what school lunch programs are all about.

Even if some kids don't eat it all — and this happens — it is still a tangible demonstration of good nutrition. And school lunch rooms can and do modify menus to try and meet the desires of students. If there is some waste it probably represents a resistance to some foods just as we encounter in the home.

But as a nutrition-minded physician I am concerned about something this year. Since last summer, for the first time, a new Federal law allows Federally-assisted school lunch programs to have more discretion in the foods they serve. The theory is that meals are to be judged on whether the nutrients in them are sound nutritionally, rather than whether they offer specific foods as the sources of these nutrients. That is well and good. Particularly, as it will allow regional and ethnic differences that may be preferred in making the meals interesting.

However, in conjunction with this change, it is now left to the individual states and schools to decide whether, in addition, the vending of certain beverages and snack-type foods should be allowed in schools. The concern of nutritionists is that school boards, for example, may eagerly decide that a good way to make money for, say, band uniforms or some other school interest, is to start selling carbonated beverages through vending machines in the schools. You may be sure they will be encouraged to consider this, via a share of the profits, by beverage companies.

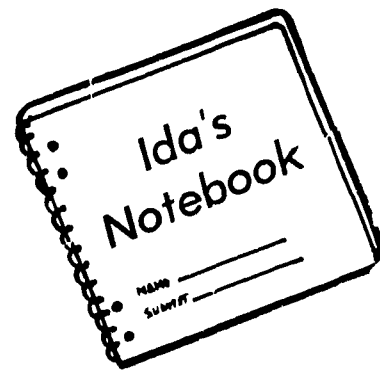
The Important Question

The question is this, is school lunch simply a commercial operation that a school uses to make money for other purposes?

Those of us who for years have encouraged and supported the school lunch program have done so, not just to feed kids, as admirable as that may be, but because of an equal interest that is educational in nature. Parents certainly would not endorse books of less than high educational value being used in the classroom to finance the football team. Well, school lunch is part of the educational curriculum and parents should make their views known to school boards when and if this matter comes up in their community.

Good Alternative

Most fish and seafood contain 18 to 20 percent protein, making them an excellent alternate to meat.



Ida Risser

Somewhere I've read that a mother's power is awesome. I'm inclined to believe it as we often intentionally or unintentionally affect the quality of our family's day.

When we send children to school with unwashed gym clothes or a button off a shirt it certainly doesn't start their day on the right foot. Sometimes a sharp word leaves a bitter taste long after it was spoken.

And a small criticism grows into a big feeling of rejection and can ruin a relationship. Most mothers are sensitive to life around them but they are also quite human and do make

mistakes and misjudgements.

We can't solve all the problems of the world — poverty, overpopulation, and war just to name a few. But we can try harder on the home front to run things on an even keel and to keep the peace.

xxx

You should see my daughter as she sets out for school this week. She is being initiated into a service club and stands at the bus stop with her nose painted red. She wears a shower cap with curlers sticking out. There are bobby socks on her feet plus size 9 green fuzzy slippers. She wears a bathrobe and carries a big stuffed animal in addition to her books.

If I had suggested any of the apparel, I'd have been looked on with disdain but when it is done by a group then it's "okay".

At least it starts each day with a belly laugh as we leave for that early 7 o'clock bus. Actually, I admire her as I can't imagine myself having the nerve to do the same thing at her age.

Fall Planted Trees Need Water

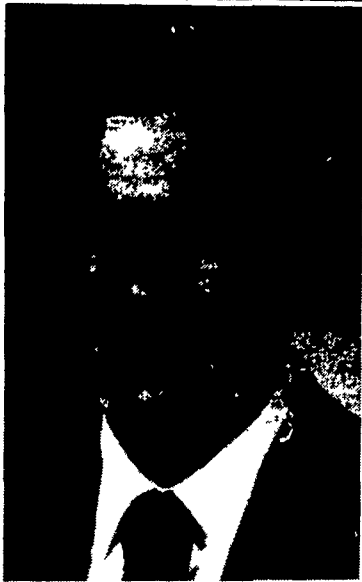
An important thing to remember when planting trees in the fall is to give them plenty of water, reminds Extension ornamental plant specialists at The Pennsylvania State University. Young plants need much water to become well established.

Jay Ober

Says

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