



Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

Start Good Eating Habits Early

Do you know that experiences children have between the ages of two and six often become the basis for their food habits later in life? Keeping this thought in mind there are some important things to remember about food and your children.

Most importantly, remember that children learn by imitating. If you as parents set a good example in your eating habits, your children will learn from you.

Children may eat less during this period of their lives than you think they should. Remember that they are growing more slowly than during the first two years of life and require less food.

Kids who feel well are reliable judges of how much they want to eat. Insisting that they always "clean the plate" encourages overeating.

Your youngsters may have

definite food preferences which change from time to time. Don't worry too much about temporary food jags.

A relaxed, calm atmosphere where they are not forced to eat will most likely contribute to good eating.

New foods will be more readily accepted if they are introduced one at a time and in very small servings. If your child refuses a new food, try it again later and perhaps in a different form.

Kids handle small glasses, cups, forks and spoons easier than adult size. Food cut in bite-size pieces and finger foods are easier for them to eat.

Offer your children water occasionally between meals. Thirst can be mistaken for hunger.

Sometimes children can not eat enough at a meal to last until the next one. Choose between meal snacks carefully. Foods such as

milk, pieces of raw fruit and vegetables, fruit juices (not sweetened fruit drinks), cheese, and plain crackers are good nutritious snacks.

Watch Out For Hidden Sugar

Eating foods high in sugars can increase the risk of tooth decay and can contribute to overweight. Foods high in sugar are often devoid of needed nutrients such as minerals and vitamins. Despite this, annual per capita consumption of sugar and other caloric sweeteners is around 130 pounds. That's up from 104 pounds in 1920. Why the increase?

Many researchers question whether Americans deliberately are choosing to eat sweeter foods or whether they are losing control as they eat more commercially prepared foods at home and in restaurants.

In 1920, more than 60 percent of the sugar eaten by the average American was "discretionary" - added to foods in the home.

By contrast, recent studies by the U.S. Department of Agriculture indicate that only about 25 percent of the sugar consumed today is discretionary. The other 75 percent has been added to food or drink at the point of processing before the food is brought into the home.

Even foods we don't think of as sweet have sugar added to them. Catsup, salad dressings and peanut butter are examples.

Most packaged foods have ingredient labeling, with the

ingredient present in the largest amount listed first. The rest of the ingredients are listed in descending quantities. But that doesn't tell you amounts. If more than one type of sugar is listed, the sugars may well be one of the chief ingredients in the food.

If you want to limit your sugar intake, you'll need to learn the

names of the sugars and sugar substitutes often found on labels. The most common ones are sucrose (from cane of beet sugar, generally), fructose (also found naturally in fruit and in honey, along with glucose), lactose (found in powdered or fluid milk), glucose, dextrose, corn syrup, corn sweetener, natural sweetener, invert sugar and honey.

FFA program to emphasize farm chemical safety

ALEXANDRIA, VA -- A program emphasizing farm chemical safety will be launched by FFA chapters in several states early in 1986. The program objective is to encourage users of agricultural chemicals to handle the products with care, utilizing proper clothing and equipment.

FFA members will urge farmers in their local communities to make a "safe and sound" investment in a "2+2 Handy Pak." Each Pak includes two pairs of protective gloves and two pairs of goggles. Proceeds from the sales will go to the local FFA chapters. The program initially will be undertaken on a trial basis.

FFA officials stress that the program's purpose is primarily educational, growing directly out of the FFA's commitment to serve the nation's agricultural com-

munity. FFA members are encouraged to talk to farmers, dealers, county extension agents and others involved with agricultural chemicals about the importance of handling them properly and carefully.

"We believe in the need for a program like this because it encourages everyone who works with farm chemicals to use them correctly and with care," said Ted Amick, Program Specialist-Safety Program of the National FFA Organization.

The FFA will be looking toward a national roll-out of the program in 1987-88 in conjunction with their long-term commitment to farm chemical safety. The trial program is being sponsored by Monsanto Agricultural Products Company in association with Diversified Marketing Associates, Inc.

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