



The Rural Hot Lunch and the Nutrition of the Rural Child (Classic Reprint) (Paperback)

By Mary Gertrude McCormick

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Excerpt from The Rural Hot Lunch and the Nutrition of the Rural Child A midday meal of cold food, eaten five days a week, throughout the school year is almost certain to have a harmful effect on the both teacher and children. To improve the character of the noon meal, the practice of preparing at school one hot dish is rapidly growing. The teachers who have tried it are enthusiastic about its results, and say that: 1 The children are more attentive in the afternoon. 2 The noon hour is much easier for the teacher; even one hot dish has a soothing effect, and teacher and pupils sit down to a quiet social meal. 3 It affords the tactful teacher an opportunity to make suggestions concerning the kinds of foods children should bring in their lunch boxes from home. She may announce the hot dish for the next day, and then advise the children regarding the food that will be good supplements to that hot dish. Many lessons in nutrition may thus be taught. 4 Children who...

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