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*Nutrition Instruction

ABSTRACT

Intended for use by food service personnel and management, dietitians, college teachers, students, and researchers, this catalog lists a wide variety of instructional resource materials in the areas of nutrition, health education, cooking, and food services management. The main sections of the catalog are: (1) bibliography--a complete citation of the author, title, source, date of release, descriptor terms, and informative synopsis of the contents; (2) subject index--a listing according to descriptor terms; (3) personal author index; (4) corporate author index; and (5) title index. As a supplement to the main catalog, the bibliography and the indexes of this volume list only the entries indexed from April 1974 through February 1975. (EMH)

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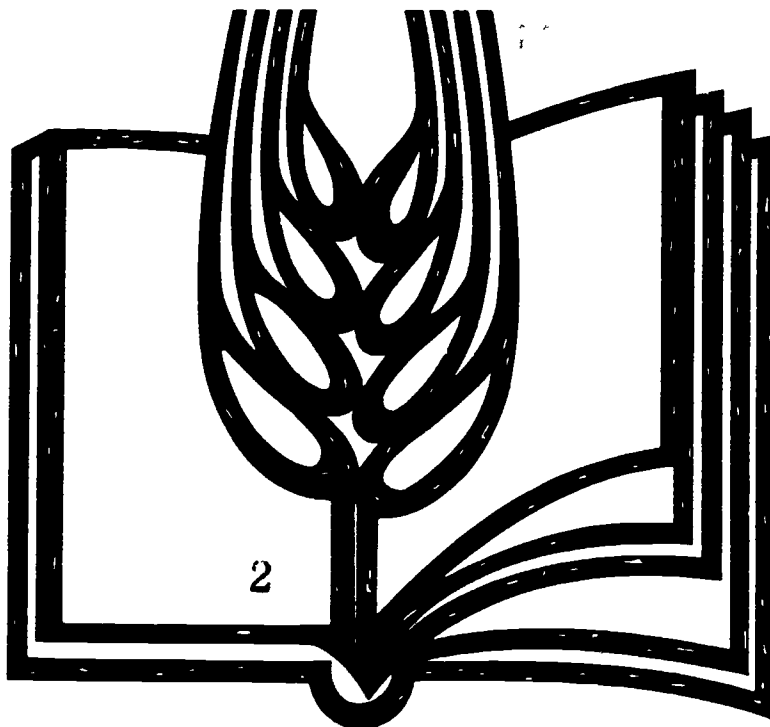
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**SUPPLEMENT 2
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**FOOD AND
NUTRITION
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MATERIALS CENTER**



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HOW TO REACH THE CENTER

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Visitors: The National Agricultural Library is
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Route 1 and Interstate Route 495
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area is accessible from Route 1 and
from Rhode Island Avenue. Shuttle
service is available between USDA
(downtown Washington) and the Library.
Transportation is also available by
Greyhound bus and by taxicab.

April 1975

CONTENT

The Center's Scope

The Food and Nutrition Information and Educational Materials Center (FNIC) is designed to disseminate information on School Food Service training. FNIC was developed cooperatively by the National Agricultural Library and the Food and Nutrition Service of the U.S. Department of Agriculture.

The Center assembles and maintains a collection of materials useful in training personnel for food management of Child Nutrition Programs including School Lunch, Breakfast, and other non-school food service programs.

In addition, through the FNIC, users have access to the total resources of the National Agricultural Library (NAL).

FNIC collects literature related to food service and nutrition. These materials include books, journal articles, pamphlets, government documents, special reports, proceedings, bibliographies, etc. In addition, FNIC maintains a collection of non-print media in the form of films, filmstrips, slides, games, charts, audiotapes and video cassettes.

Documents, articles, and audiovisual aids of substantial interest to the school food service and nutrition education community are selected for inclusion into the Catalog. To further aid the user in selecting materials of interest, each document selected for inclusion in this catalog has been indexed using a specialized vocabulary specifically developed for this collection. An informative abstract, extract, or annotation is also included. Documents located in the NAL collection are designated "Available from NAL."

Supplement 2 to the Catalog contains a listing of materials processed by the Center from April 1974 through February 1975. Additional supplementary catalogs will be issued as warranted by the number of acquisitions processed for the collection in subsequent periods. A separate Catalog "Audiovisual Guide to the Catalog of the Food and Nutrition Information Center" is available.

Comments and suggestions about the content of these Catalogs should be addressed to:

Head, Food and Nutrition Information and
Educational Materials Center, Room 304
National Agricultural Library
Beltsville, Maryland 20705

AVAILABILITY OF REFERENCES CITED

The Food and Nutrition Information and Educational Materials Center accepts requests for materials by mail, telephone, and personal-on-site visits.

Loans: The FNIC lends most print materials for a period of one month. Non-print media (i.e., films, transparencies, etc.) can be loaned for two weeks only. No more than three (3) non-print media can be loaned at any one time to one person. Films will be scheduled no more than one month in advance.

When ordering materials listed in the Catalog please include the following information: Accession Number (i.e. 157-74); Title, and FNIC Call Number (i.e. TX655.U5 F&N). (See page ix for sample entry).

The FNIC primarily lends materials to the following groups:

1. Employees of the Food and Nutrition Service, USDA
2. State School Food Service Directors and Staff
3. School Food Service Personnel involved in local training programs
4. Colleges and Universities offering courses applicable to school food service training
5. Professional societies and research institutions involved in food service and related subject areas
6. Selected libraries with which FNIC shares reciprocal arrangements

Journals and other noncirculating materials are available in the Center for on-site use by other persons working or visiting in the Washington metropolitan area who are qualified researchers or students from the general public.

Photoduplication: The Center reserves the right to provide photocopy of journal articles or reprints in lieu of loan of the journals which are requested outside the Washington area. Inasmuch as one copy of these publications are purchased and shelved by the Center, direct loan of magazines and newsletters is not feasible. No more than six (6) journal articles will be photocopied at any one time for one person.

Free Distribution: Most of the printed publications of the Department of Agriculture, and publications issued by the State Experiment Stations and the State Agricultural Extension Services, may be obtained free of charge by applying directly to the issuing agency. The FNIC does not distribute them.

Special bibliographies and lists of materials obtained in quantity by the Center may be distributed to school food service personnel from time to time. Mailing lists are maintained by the Center.

ORGANIZATION AND RETRIEVAL

The food service and nutrition profession represents a diverse audience--the State School Food Service Administrator, the District Supervisor or Manager, the individual school food service personnel, the dietitian, the college teacher, the student or researcher. The Food and Nutrition Information and Educational Materials Center (FNIC) Catalog has been organized to serve the information needs of this audience.

The main sections of the FNIC Catalog are:

1. Bibliography: The bibliography is composed of bibliographic citations of the materials acquired by FNIC prior to the publication of this Catalog. Each citation includes an accession number (i.e. 237-74). Following the accession number is the title; author; publisher and place or an abbreviated journal title; volume, issue and inclusive pagination; series number, when appropriate; date of publication; and FNIC's call number. Descriptor terms indicate the subject matter included in the article. An informative abstract or annotation follows each citation.
2. Subject Index: Descriptor terms appear in an alphabetical index followed by title arranged numerically by accession number.
3. Personal Author Index: Names of all personal authors are arranged alphabetically, followed by accession numbers of pertinent citations.
4. Corporate Author Index: Names of all corporate authors are arranged alphabetically, followed by accession numbers of citations.
5. Title Index: Titles of all citations appear in alphabetical order followed by the accession number.
6. Media Index: Titles of all audiovisuals are grouped by type of media such as motion pictures, film loops, transparencies, etc.

Format

The Catalog is arranged so that the user may focus his attention on that area in the field of food service and nutrition education which is of interest to him. This is possible by the grouping of documents and articles into broad subject categories within the bibliography.

The categories used in this Catalog include:

Consumer Education

Consumer Economics, Consumer Protection,
Open Dating of Food

Nutritional Science and Nutrition Education

Diets, Food Analysis, Food Habits, Food
Science, General Works on Nutrition Education,
Health, Malnutrition, Nutrition Related
Diseases or Disorders, Nutritional Surveys

History

Food Problems, General Works on Foods and
the Food Service Industry, Historical Works
Tracing the History of Food Programs

Food Standards and Legislation

Food Grades, Food and Nutrition Related
Legislation, Food Standards, Labeling,
Laws, Food Policy

Management and Administration

Administration, Computer Applications,
Contracts, Financial Management, Food
Preference Surveys, Food Service Management,
Personnel Management, Public Relations

Education and Training

Adult Education, Use of Audiovisual Aids, Career Education, Curriculum, Educational Planning, Educational Programs, Inservice Education, Personnel Training, Teaching Techniques, Vocational Education, Vocational Guidance, Child Development

Menu Planning

Automated Menu Planning, Cycle Menu, Meal Management, Menu Design

Food Preparation and Production

Food Delivery Systems, Merchandising, Quantity Food Preparation, Weights and Measures

Equipment

Cleaning Equipment, Cooking Equipment, Equipment Standards, Equipment Storage, Facilities Planning and Design, Waste Disposal Equipment

Sanitation and Safety

Accident Prevention, Equipment Sanitation, Food Sanitation, Foodborne Illnesses, Hygiene, Pest Control, Safety

Food Technology

Food Packaging, Food Processing, Food Preservation, New Products

Programs-General

Child Nutrition Programs, Federal Programs, Food Programs, International, National, State, and Local Programs

Recipes

The Art of Cooking, Cookery Native to a Specific Country or Locale, Recipes

Reference Material

Dictionaries, Directories, Food Composition
Tables, Information Science, Statistical Data

Purchasing, Receiving and Storage

Care and Handling of Food, Food Delivery,
Food Selection, Food Storage, Purchasing
of Food and Equipment

Retrieval

This Catalog provides the user with several access points to the FNIC Collection. The broad subject categories group citations within designated areas of interest.

When trying to locate a particular document by a specified author, title, or on a specific subject, use the indices at the back of the catalog. These indices will aid in locating relevant documents in the main bibliography section of the Catalog.

Computer Retrieval

The FNIC data base has been included in the National Agricultural Library's sale magnetic tape. Therefore it is possible to search the FNIC data base by using a computer on-line interactive system. This type of bibliographic searching is currently available through the Lockheed, "DIALOG" System and System Development Corporation's on-line bibliographic search service.

Further information on the Lockheed "DIALOG" System is available from Lockheed representatives, Dr. Roger K. Summit, Department 52-08, Building 201, Lockheed Palo Alto Research Laboratory, 3251 Hanover Street, Palo Alto, California 94303, Phone: (415) 493-4411, extension 45034 and Mr. Robert Donati, 405 Lexington Avenue, New York, N. Y., 10017, Phone: (212) 697-7171.

Additional information on the System Development Corporation is available from (West Coast) Ms. Judy Wanger, SDC, 2500 Colorado Avenue, Santa Monica, California 90406, Phone: (213) 393-7277 and (East Coast) Ms. Linda Reuben, SDC, 5827 Columbia Pike, Falls Church, Virginia 22041, Phone: (703) 820-2220.

SAMPLE CITATIONS

Book Citation

Accession Number — 12-73
Title — PLANNING THE SCHOOL LUNCHROOM
US Dept. of Agriculture, — Corporate Author
School Lunch Division — Place of Publication
Personal Author — Margaret M. Morris — Pagination, Date
Washington 9 p. illus. 1947
FNIC Call number — TX655.U5 F&N
Facilities planning and layout, — Descriptor
School food service, School Terms
lunch programs
Notes — Reprinted from The American
School and University, 1946
edition
Abstract: With proper planning,
minimum lunchroom requirements
can be met on a budget while
allowing for future expansion. — Informative
Sample floor plans are shown, Abstract
and the important factors af-
fecting planning are discussed.

Journal Article Citation

Accession Number — 250-73
Personal Author — OPTIMIZING OUR HUMAN RESOURCES — Title
J. E. Shinn
Journal Title — Sch Lunch J 25(4): 28-30, Apr 1971. — Vol., Issue, Inclusive
Abbreviation — 389.8 SCH6 — Pagination, Date
Call Number — Food service occupations, School
food service, Training, Work — Descriptor Terms
simplification
Informative Abstract — Abstract: Suggestions for effi-
cient use of food service person-
nel by management through improved
performance, training, and work
methods.

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Note: Mention of a company name or a proprietary product does not necessarily imply endorsement by the U.S. Department of Agriculture, National Agricultural Library, Food and Nutrition Information and Educational Materials Center	

BIBLIOGRAPHY

CONSUMER EDUCATION

- 1-74
FACTS ON QUACKS: WHAT YOU SHOULD KNOW ABOUT HEALTH QUACKERY.
American Medical Association
Chicago, American Medical Assn. 32 p. 1971.
8730.84 P6N
Alcoholism, Cancer, Drugs, Health beliefs, Nutrition, Quackery, Weight control.
Abstract: Britain is a question and answer style. Facts on quacks home to show the general public that health problems should be taken to a physician. Many times, in the hopes of a quick and easy cure, people with a disease that can be cured, or at least checked, will delay seeking the correct medical medicine until it is too late. At the end of the book, there is a list of eight groups whose function it is to help the public from being duped by health quacks. There are questions and answers on the fields of arthritis and rheumatism, cancer, nutrition and weight control, over-the-counter drugs, epilepsy, mental health, retardation, baldness, etc.
- 2-74
NUTRITION AWARENESS IN THE SUPERMARKET.
J Armstrong
Nutr News 35 (1-2): 6. 1972.
389.B H557
Advertising, Consumer education, Educational programs, Exhibits, Food stores, Illinois, Instructional materials, Nutrition education.
Extract: Jewel food stores presented in-store nutrition education using banners, posters, point-of-sale signs, window blinds, and brochures.
- 3-74
NEEDS AND INTERESTS OF YOUNG HOUSING PROJECTS--LIVING IN TWO LOW-INCOME HOUSING PROJECTS.
Ann Barton, Virginia Gilchrist
J Home Econ 52 (6): 389-392. June 1970.
321.B J62
Attitudes, Budgeting, Child rearing practices, Low income groups, Minority groups, Professional education, Young adults (20-34 years).
Abstract: White and nonwhite housewives living in public housing in Montclair, Alabama were studied and compared as to needs and interests. Most were under 40 years of age. All were low income. Nonwhite housewives asked for programs on understanding credit, and were interested in their children's optimal development but not aware that they needed more information on how children grow. White housewives were interested in information on money management, and were found to read less than nonwhites. More white than nonwhite women wanted information on caries for and using an oven, estimating food costs, eating well, and having a freezer, while nonwhites asked to know about caries for a refrigerator and having packaged foods. Nutrition educators will be interested to learn that residential mobility was more stable than had previously been believed.
- 4-74
WHICH MILK SHOULD YOU BUY. (SPA)
B Bay
Fort Collins, Colo. 1 single-sheet flyer printed front and back. Mar 1969.
TX379.833 P6N (Colorado State University Cooperative Extension Service. Spanish nutrition brieflet 2-8)
Canned foods, Consumer education, Dried foods, Fresh foods, Milk, Milk products.
Title of Original: Ous lecha se debe comprar?
Abstract: Here is a cost-per-serving comparison of canned milk, fresh pasteurized milk, fresh milk with or without cream, and dried milk.
- 5-74
BE A BETTER SHOPPER: BUYING IN SUPERMARKETS.
Suzie Bismdorf, Mary Ellen Burris
New York State College of Human Ecology
New York 43 p. illus. [1970].
TX335.84 P6N (Cornell University. Cornell Miscellaneous Bulletin 86)
Budgeting, Consumer education, Cost effectiveness, Food purchasing, Food selection, Food stores, Independent study, Merchandising, Money management.
Accession: Be a better shopper file slides (TX335.84S P6N AV), folder includes record sheets.
Abstract: Today's supermarkets are like giant food carnivals with large colorful posters, prominent product displays, and big bargain bins all calling the consumer to spend, spend, spend. It is up to the purchaser to learn how to negotiate supermarket shopping so as to get the best food buys for his money. This teaching kit with accompanying slides is designed to develop and improve shopping skills, help shoppers stretch their food dollars, demonstrate the advantages of planned spending, and emphasize the importance of total family involvement in money management. Specific topics covered include: supermarket "specials;" store brands vs. national brands; labels and packaging; size and cost relationships; food budgeting and recordkeeping; seat purchasing; and retail gimmicks such as trading stamps, games, and free or cheaply-priced books, dishes, etc. that can be had with a certain minimum food purchase.
- 6-74
BE A BETTER SHOPPER (LEADER'S GUIDE): BUYING IN SUPERMARKETS.
Suzie Bismdorf, Mary Ellen Burris
New York State College of Human Ecology
New York, Cornell University 47 p. illus. [1970].
TX335.84 P6N
Budgeting, Consumer education, Cost effectiveness, Food purchasing, Food selection, Food stores, Merchandising, Money management, Teaching guides.
Leader's guide to be used in conjunction with Be a better shopper file slides (TX335.84S P6N AV) and booklet (TX335.84 P6N).
Abstract: Today's supermarkets are like giant food carnivals with large colorful posters, prominent product displays, and big bargain bins all calling the consumer to spend, spend, spend. It is up to the purchaser to learn how to negotiate supermarket shopping so as to get the best food buys for his money. This teaching kit with accompanying slides is designed to develop and improve shopping skills, help shoppers stretch their food dollars, demonstrate the advantages of planned spending, and emphasize the importance of total family involvement in money management. Specific topics covered include: supermarket "specials;" store brands vs. national brands; labels and packaging; size and cost relationships; food budgeting and recordkeeping; seat purchasing; and retail gimmicks such as trading stamps, games, and free or cheaply-priced books, dishes, etc. that can be had with a certain minimum food purchase.
- 7-74
BEST BUYS IN MILK. (SPA)
California, Dept. of Health, Public Health Education Division
Los Angeles County, Calif. unp. [n.d.].
TX379.C3 P6V
Consumer education, Cost effectiveness, Filled milk, Food purchasing, Food selection, Infant milk, Milk, Milk products, Money management.
Title of Original: Mejores compras en leche.
Abstract: Milk bills can be reduced by mixing whole milk with nonfat dried milk or by using all skim milk made from nonfat powdered milk. Evaporated milk or nonfat powdered milk is economical in cooking and baking. Beware of milks labeled "filled product" or "non-dairy product." These products do not have the proper nutrients.
- 8-74
ORANGE JUICE--CANNED, FROZEN, FRESH, AND BOTTLED (CHARTS).
(SPA)
California, University, Berkeley, Agricultural Extension Service
Berkeley, Calif. 4 charts, 8 1/2" x 11", col. printed front and back. 1970.
TX558.C7C3 P6N
Ascorbic acid, Consumer education, Food cost, Food prices, Food purchasing, Food selection, Fruit juices, Labeling, Orange juice.
Title of Original: Jugo de naranja--enlatado, congelado, al natural, y en botellas (Charts) with accompanying teacher's instructions; 4 identical companion charts available in English.
Abstract: The pictures and text of this exhibit are intended to help people compare the costs of various forms of orange juice. It also reminds people that orange juice is an important food that is high in vitamin C.
- 9-74
SEE THE FACTS ABOUT THE FOOD YOU EAT.
Ceresal Institute
Chicago, Ceresal Institute 6 p. Mar 1974.
TX356.C4 P6N
Consumer education, Nutritional labeling.
Abstract: A simply written and illustrated leaflet prepared for the general public giving information on how you can be helped by nutritional labeling; which foods have nutritional information on their labels. An example of labeling on a cereal package and the nutritional need for an adequate breakfast are given.
- 10-74
OOFS! YOU'D BETTER GO SHOPPING.
V B Chamberlain
What's New Home Econ 33 (8): 83-85. Sept 1969.
321.B H55

11-74

- Adolescents (12-19 Years), Consumer education, Dramatic play, Food purchases, Instructional materials, Teaching techniques. Abstract: A play or skit on family money management provides a consumer experience for a class of teenagers to discuss. It can stimulate thinking about the effects of advertising, coupons, impulse buying, brand names, weights and measures, sources of consumer help, and many other topics.
- 11-74
FOOD MONEY MANAGEMENT.
L E Cleveland
Nutr Program News 4 p. Jan/Feb 1969.
1.982 A2N955
Budgeting, Consumer education, Educational Programs, Elderly (65 + years), Food purchases, Housekeeping skills, Low income groups, Money management, Program design.
Abstract: Personal contact and involvement in a money management program are the best ways to activate low-income groups. A homemaker will more likely serve a food she knows how to make. Television programs featuring housekeeping skills, special programs about saving on food, and food buying workshops for the elderly have also been successful. This report also offers food buying pointers that save money.
- 12-74
NOT BY ENLIGHTENED BREAD ALONE: AN ACTION GUIDE FOR PROFESSIONAL NUTRITIONISTS.
Community Nutrition Institute
Washington, Community Nutrition Institute 8 p. Oct 22, 1972.
TX364.B6 P68
Communication (Thought transfer), Community action, Distinctions, Legislation, Nutritionists, School breakfast, School lunch.
Abstract: This booklet is based on the statement "Nutrition is not merely a body of scientific knowledge but an emotionally-charged subject with profound economic and political ramifications." It gives examples and concrete suggestions for action that can be taken by the nutrition professional—for example, investigations of food programs, local action, communication with the media, lobbying, and influencing organizations and agencies. An appendix gives resource organizations and helpful individuals to contact. The booklet is for professional nutritionists interested in advocacy.
- 13-74
CONSUMER TIPS ON FRESH CITRUS (FILMSTRIP).
Van Nuys, Sankist Grocers [n.d.].
TX813.C5C6 P6N AV
Adelphi, Basic nutrition facts, Citrus fruits, Consumer education, Food sales, Food preparation, Food purchasing, Snacks.
Abstract: The consumer housewife is offered a number of tips on food shopping in this filmstrip, especially for citrus fruits, and on nutrient contributions they make in comparison with other foods.
- 14-74
EGG FLATFES: DO THEY BEAT REAL EGGS?
Consumers Union
Consumer Reports 39 (3): 192-193. Mar 1974.
321.8 C762
Cholesterol-low diets, Consumer education, Eggs, Fat modifications, Fatty acids, Food preparation, Vitamin B complex.
Abstract: Egg haters are a commercially produced, cholesterol-free, polyunsaturated-fat substitute for the egg of the breakfast table. Tested in recipes, it performed as well as fresh eggs in most but not all cases. It was found to be higher in carbohydrates than the real thing, and, although fortified with some B-vitamins, it was lacking in some others, such as pyridoxine and pantoic acid which are available from natural eggs. The article concludes it is a useful product for those consumers who must restrict their intakes of cholesterol and saturated fats, but they should not expect it to substitute completely for eggs from the hen, either nutritionally or in a culinary sense.
- 15-74
WHOLE MILK IS GOOD FOR YOU--IF YOU'RE A BABY.
Consumers Union
Consumer Reports 39 (1): 73. Jan 1974.
321.8 C762
Consumer education, Fats and oils, Food quality, Infant feeding, Milk, Nutrient values, Proteins, Vitamin B complex, Vitamin E.
Abstract: Mothers of small children and other consumers may find this brief review of interest, especially if they are large consumers of whole milk. Although it contains little fat, what fat cow's milk does have contributes a fair amount of calories. Its best contribution to the diet is protein, and minerals. For infants, it lacks iron, is low in B-vitamins and in its natural state is vitamin D. Portions of the population cannot tolerate its lactose.
- 16-74
MILK: WHY IS THE PRICE SO HIGH?
Consumers Union
Consumer Reports 39 (1): 77-80. Jan 1974.
321.8 C762
Consumer education, Cost effectiveness, Dairy foods, Food prices, Milk.
Abstract: Milk prices have risen in part because of large-scale farm cooperative which set prices, in part because both states and the Federal Government regulate these prices,
- according to this article for the consumer.
- 17-74
A GUIDE TO THE DAIRY COUNTER.
Consumers Union
Consumer Reports 39 (1): 74-75. Jan 1974.
321.8 C762
Consumer education, Cream, Dairy food substitutes, Dairy foods, Food quality, Food standards, Milk.
Abstract: The consumer is given a quick guide to the standards required for various kinds of milk, cream and dairy food substitutes in this brief article. Such topics as percent fat, milk solids, and fortification are included.
- 18-74
MILK: IS CHEESE, IT'S DISAPPEARING.
Consumers Union
Consumer Reports 39 (1): 80-81. Jan 1974.
321.8 C762
Caloric intake, Cheese, Consumer education, Dairy foods, Food standards, Processed foods.
Abstract: Consumers who are watching their caloric intake and using certain diet cheeses should find this article of interest. While their butterfat from milk is low, some of these new products contain almost as many calories as regular cheese. A survey by brand gives price per ounce, and butterfat and moisture content as compared with legal standards.
- 19-74
MILK: WHY IS THE QUALITY SO LOW?
Consumers Union
Consumer Reports 39 (1): 70-73, 76. Jan 1974.
321.8 C762
Bacteria, Consumer education, Food quality, Food sanitation, Milk, Pesticide residues, Taste.
Abstract: This article for the consumer is based on analysis of milk from processing plants in five of the chief milk supplying states. Tastes of a given brand were found to differ widely from time to time. Contamination with bacteria was frequent enough to warrant recommendations for regulatory reform and pesticide levels, though below "safe" levels, are still considered a potential hazard. The consumer is recommended to consider substitutes for whole milk, such as nonfat dry milk, buy milk from a store under its own brand to save money, and use care in its storage for assistance of nutritive value.
- 20-74
FOOD AND MONEY (NOTION PICTURES).
Cost of Living Council
Washington, D.C. 20 s.a., ed., celer, 16 ss. [n.d.].
NA40.3876 P6N AV
Consumer economics, Economics, Farm prices, Farmers, Food cost, Labor economics.
Abstract: The economics of food production and consumption are discussed in terms of costs. A market model is used to show factors controlling changes in prices of commodities. When demand increases and supplies decrease prices rise, and vice-versa. When costs of transportation, processing, or storage rise, prices rise. The relationships between crops and livestock prices are described; the problems of farmers and middlemen receive attention. It is pointed out that basic changes are occurring in the American agricultural economy.
- 21-74
HOW THE SHREWDEST SHOPPERS BUY AND USE BEAT, DAIRY PRODUCTS AND EGGS.
Elmer J Dapros
Walton Perina Company 39 p. 1974.
TX356.D3 P6N
Cost effectiveness, Dairy foods, Eggs, Food preparation, Food purchasing, Food selection, Food storage, Meat, Nutrient values.
Abstract: Shrewdness in food shopping means knowing how to find the best nutritional value for the money. Here are hundreds of tips on buying meats, dairy products, and eggs. The particular tips used depend on your life-style and the amount of convenience or economy you demand from the foods you purchase. Full advantage can be taken of the values found in supermarkets only if you are willing to try new foods and experiment with different cooking techniques. In this booklet can be found information on hidden bargains in poultry, the benefits of nonfat dry milk, the differences in hot dogs, the effects of aging on beef and lamb, plus many others.
- 22-74
FDA LAUNCHES NUTRITION LABELING EDUCATION PROGRAM.
FDA Consumer 8 (6): 20. July/Aug 1974.
TX335.76 P6N
Food and Drug Administration, Instructional materials, Labeling, Nutrition education, Nutritional labeling.
Abstract: This notice, of particular interest to industry and consumer groups, describes the efforts of the Food and Drug Administration to educate the consumer in the use of nutrition labeling. Purpose of the program and program content including an available-for-rental film, television and radio spots, slide program, and a brochure and poster are given. Methods for obtaining these materials are listed.

FD88 2

- 23-74
ENERGY CONSERVATION: A CHALLENGE FOR HOME ECONOMISTS.
 Anna Field
 J Home Econ 65 (9): 23-26. Dec 1973.
 321.8 J62
 Conservation, Consumer education, Energy, Energy crisis, Fuel-plant, household, Home economics, Home economists, Home-making skills.
 Abstract: The author puts forth the notion that "home economists can and ought to be involved not only with the short-term conservation measures that could be adopted immediately by almost everyone, but also with the long-term measures that would offer greater changes in life style and resource use. He must be prepared to take a close look at transportation that are related to family consumption patterns." Some of the immediate steps families can take to conserve energy in the home revolve around 5 processes that account for 88% of the domestic energy budget: (1) heating the home in winter; (2) cooling it in summer; (3) heating water; (4) cooking; and (5) refrigeration. The balance of home energy use goes into lighting, drying clothes, and operating various appliances. The energy shortage is a challenge to home economists to teach families to live well while reducing their consumption of fuel resources.
- 24-74
CONSUMERS IS A CONCENTRATED FOOD ECONOMY.
 Food Action Campaign
 Washington, DC, Food Action Campaign 9 p. Aug 6, 1973.
 TX356.P64 P68
 Advertising, Consumer education, Food economics and consumption, Food industry, Food quality, Food supply, Profit.
 Press Release.
 Abstract: Concentration--easy different items being produced by one firm, or a few--is now overtaking the food industry. Concentrates now make many different foods from farm to supermarket. This article for the consumer discusses the cost to him, the profits realized by the companies, the power of advertising (which leads to greater concentration by limiting potential competitors), and analyzes the case of one food industry and the quality of foods it produces. An appendix lists the profits of some food industries for 1972-73.
- 25-74
FOOD FOR THE FAMILY WITH YOUNG CHILDREN. Rev. Apr. 1960, slightly rev. Aug. 1973.
 Washington, GPO 16 p. Aug 1973.
 TX356.P64 P68 (U.S. Dept. of Agriculture. Home and Garden Bulletin no. 5)
 Adults, Basic nutrition facts, Child nutrition, Consumer economics, Food groups, Home diets, Pregnancy.
 Abstract: This booklet uses as an example a family of four, two adults and two preschool children, to demonstrate the nutritional needs of members of various ages and sex, it includes a food plan for a week including the amounts of various foods for each family member, food supply to be needed and source. Ideas for reducing food bills are given.
- 26-74
FOOD FOR THE YOUNG COUPLE.
 Washington, GPO 16 p. Apr 1971.
 TX356.P65 P68 (U.S. Dept. of Agriculture. Home and Garden Bulletin no. 85)
 Budgets, Convenience foods, Food cost, Menu planning, Pregnancy.
 Abstract: An easy to follow booklet for a young couple to use in setting up housekeeping together. Information is given on what kitchen tools and utensils are necessary in the kitchen. There is included a list of staples that should be purchased on the first trip to the grocery. It is assumed that the woman will be working away from home, and information on meal planning and shopping for a week in advance as well as the use of convenience foods is discussed. Information on how best to cut food costs is also included.
- 27-74
FOOD PRICES (FEB. 1974).
 Natl Food Situation #FR-147: 5-9. Feb 1974.
 1.941 52P73.
 Consumer economics, Economic influences, Food cost, Food economics, Food prices, Food supply.
 Abstract: Average retail food prices are likely to post sharper increases during the early months of 1974 than those posted in late 1973. Grocery store food prices are average about 5% above the fourth quarter of 1973. Prices in all major food categories will increase, reflecting tightened supplies, higher farm prices, and rising costs for processing, transportation, and distributive food products.
- 28-74
FOOD SPENDING AND INCOME (FEB. 1974).
 Natl Food Situation #FR-147: 9-17. Feb 1974.
 1.941 52P73
 Consumer economics, Economic influences, Food consumption, Food distribution programs, Food economics, Food prices, Food purchasing, Income.
 Abstract: For all of 1973, food expenditures rose over 11% to \$139 billion, the largest annual increase since 1951. All of last year's advance resulted from higher prices. After adjustment for price increases, real food purchases showed the sharpest decline in over 4 decades. Monthly participation in the USDA family food program averaged 14.8 million persons, the same as in 1972.
- 29-74
THE COST OF FOOD: HOW WOMEN ARE TRYING TO STRETCH THEIR FOOD BUDGETS: FEBRUARY 24TH WAVE RESULTS.
 Foote, Cone and Holding Advertising, Inc.
 New York, Foote, Cone and Holding Advertising, Inc. 35+ p. tables. June 1970.
 HD9005.6.C6 P6W
 Budgeting, Consumer economics, Food cost, Food economics, Food industry, Food prices, Food purchasing.
 Abstract: This publication, written for food marketers, reports on a survey done to determine how women stretch their food budget during times of inflation. Over three-fourths of the homemakers indicated they have made some changes in food purchasing. Shopping for size and price, buying the sales, asking store economical advice, substituting less expensive foods, planning meals/weeks in advance, and doing more food preparation themselves are the main methods used by women to economize. Factors involved in these purchasing changes are discussed including age, education, income, race, family size, geographic location, and city size. Detailed tabulations of the study are presented and recommendations for the marketer based on these findings are given.
- 30-74
CONSUMER - FOCUS ON FOOD: FACING THE CHALLENGE OF THE DYSFUNCTIONAL CONSUMER.
 John Gage
 Food Prod Dev 8 (4): 36-37. May 1974.
 HD9000.1.P64
 Advertising, Attitudes, Consumer economics, Consumer education, Consumers, Food purchasing, Marketing, Merchandising, Motivations.
 Abstract: A credibility gap has developed in which food companies and their ad agencies find themselves on one side with consumers on the other. Emphasizing the proportions of the credibility crisis, a Public Opinion Index survey found that advertising agencies and food companies received more criticism than all other industries except auto dealers. Food marketers, whose goal of "consumer satisfaction at a profit" has been so highly publicized, must develop intelligent and sensitive responses to reduce this consumer dissatisfaction. To increase consumer satisfaction, and ultimately boost sales, food firms must accelerate efforts to bring product performance closer to meeting consumer expectations, also, advertising must be meaningful and realistic so that expectations remain consistent with product quality. Dissatisfaction will continue to grow if consumer concerns about nutrition are ignored. Food marketers and ad agencies must direct their energies toward effectively communicating nutrition information to consumers. Traditional marketing values and standards must be reexamined.
- 31-74
OUR INCREDIBLE SHRINKING FOOD DOLLAR (KIT).
 General Mills
 Minneapolis, General Mills kit, filastrip, record, booklets, narration guide. Spring 1974.
 HD9005.6.O8 P6W AV
 Audiovisual aids, Basic Four, Breakfast, Food cost analysis, Food economics, Recipes.
 Abstract: This kit put out by Betty Crocker for homemakers and students of home economics in the secondary schools will aid in stretching the food dollar. The kit consists of a filastrip, with a record narration, a written narration guide, and a booklet that covers such of the same material in the filastrip. Topics include why food prices are high and how to get the most for every cent spent for food. The booklet also includes over 25 low cost, nutritious recipes. The booklet may be kept by the student.
- 32-74
CONSUMER EDUCATION FOR MEXICAN-AMERICANS.
 Irana Gromatzky
 Washington, ERIC Document Reproduction Service 19 p. Mar 1968.
 TX335.C7 P68
 Child development, Communication (Thought transfer), Consumer economics, Education, Family life, Family relationship, Home management, Home-making skills.
 This paper was prepared for the National Conference on educational opportunities for Mexican-Americans, Austin, Texas, April 25-26, 1968. Available from: Lessco Information Products, Inc., 4827 Ragby Avenue, Bethesda, Maryland 20014, EDUS Price MF-\$0.25; HC-\$0.84; ERIC Report No. ED 016 563.
 Abstract: Although consumer education programs in schools and communities are meant to be available to all individuals and families, often those with the greatest financial need receive the least amount of assistance due to lack of skilled persons to break through the communication barriers. Home economists have found that Mexicans value the same basic things for their family as do others. New ideas and methods for providing consumer education for Mexican-Americans are evolving from three programs in Texas. Through the efforts of these programs, family stability will be attained because of more adequate consumer competence.
- 33-74
HARD TOMATOES, HARD TIMES; A REPORT OF THE AGRIBUSINESS ACCOUNTABILITY PROJECT ON THE FAILURE OF AMERICA'S LAND GRANT COLLEGE COMPLEX.
 Jim Nightover

34-76

Cabrillo, Hans., Schebnea Publishing 308 s. 1972.
 LB2827.H5 P68
 Callness, Education, Extensive events, Extensive education,
 Food industry, Lead grant universities, Research, Rural areas,
 Rural population.
 Foreword by Senator James Abdnath.
 Abstract: This report written by an independent research organiza-
 tion in America's lead grant college-agricultural complex.
 It focuses on the work of colleges with agricultural
 experiment stations and state extension services. The message
 of the report is that the tax-paid, lead grant complex has
 come to serve private, corporate interests of a few while
 ignoring those who have the most urgent needs and the most
 insistent claims for assistance-rural America.

34-74

CONSUMER BEWARE: YOUR FOOD AND WHAT'S BEEN DONE TO IT.
 Beatrice Trust Bastar
 New York, Simon and Schuster 442 p., [1971].
 TX533.H5 P68
 Consumer education, Food industry.
 Bibliography: p. 429-430.
 Abstract: This book has been written to inform the consumer
 of practices of the food industry which make their product
 harmful to the consumer. Most of the references cited are not
 of data or scientific in nature.

35-74

HOW SODIUM NITRITE CAN AFFECT YOUR HEALTH; DON'T BRING HOME
 THE BACON.
 Michael P. Jacobson
 Washington, Center for Science in the Public Interest 49 p.
 Mar 1973.
 TX523.J3 P68
 Additives and adulterants, Cancer, Consumer education, Carad
 meat, Food and Drug Administration, Infant diets, Nitrites.
 Abstract: The author examines the functions of sodium nitrite
 as used in food processing, and the hazards. Most of the book
 is devoted to the hazards of potential hazards and the possibili-
 ties of their elimination. Questions as the use of sodium
 nitrite by leading food manufacturers are given. The author
 recommends that nitrite-substitutes be developed and unaccept-
 able ones be banned.

36-74

STATE NUTRITION COUNCIL HOLDS CONFERENCE ON FOOD, NUTRITION,
 AND HEALTH.
 A. K. Jernigan
 Hospitals 84 (13): 100-101. July 1969.
 HA960.H6 P68
 Conferences, Consumer education, Food administration, Informa-
 tion dissemination, Iowa, Nutrition education, Nutrition pol-
 icy, State government.
 Abstract: After the 1969 White House Conference on Food, Nutri-
 tion and Health, the state of Iowa held its own governor's
 conference on the same subject. Among the needs discussed was
 a nutrition education program for the public to equip people
 to be intelligent consumers and to distinguish between dispropor-
 tion and truth in popular nutrition verbiage.

37-74

HOUSEHOLDERS' OPINIONS ABOUT DAIRY PRODUCTS AND IMITATIONS:
 A NATIONAL SURVEY.
 Judith Lea Jones
 U.S., Dept. of Agriculture, Statistical Reporting Service
 Washington, U.S. Dept. of Agriculture 89 p., illus. 1973.
 TX377.J6 P68
 Consumer education, Dairy food substitutes, Dairy foods, Fat
 modifications, Milk products, Surveys.
 Abstract: Householders (2,219) in the United States were inter-
 viewed to find out their views on various dairy products both
 natural and imitation and their use in the home of these prod-
 ucts. They were questioned about their individual reasons for
 choosing the dairy products they chose, and statistical tab-
 les reflect these factors.

38-74

HOW NATURAL ARE THOSE 'NATURAL' VITAMINS?
 Adolph Kasil
 Nutr Rev 32 (suppl. 1): 34. July 1974.
 389.B 8953
 Consumer education, Consumer protection, Natural foods, Suppl-
 ements (Nutrient), Vitamins.
 Abstract: This article, originally written for the general
 public, critically examines the claim of natural vitamins to
 be natural. The author, who visited two manufacturers, found
 synthetic chemicals to be used in various stages of natural
 vitamin manufacture. However the labels state natural or orga-
 nic without qualification, no local definition of "natural"
 and "organic" exists.

39-74

UPDATE ON NUTRIENT LABELING: CONSUMER AWARENESS, USE, AND
 ATTITUDES.
 Lawrence H. Klinger
 Food Prod Dev 5 (5): 30-40. June 1974.
 HD9000.1.P64
 Consumer education, Labeling, Merchandise information, Nutri-
 tion knowledge, Nutritional labeling, Nutritional surveys,
 Purchasing.
 Abstract: Consumer awareness, utilization and attitudes to
 nutrient-labeled foods were examined in three recent studies.

Assessment of actual use of the labels indicated that only a
 small number of consumers read the information for purchase
 decisions, and that this segment was composed of young, high-
 ly-educated, high income people. Some 15.6 per cent of inter-
 viewed consumers said that they understood the nutrient infor-
 mation. Billingson's pay score for labeled foods was high in
 the initial study (44 per cent), but dropped to 27 per cent in
 the third study. Brand-switching to labeled product evoked
 little interest. The most important element listed by consum-
 ers was protein. A large part of the total number of consumers
 reported that they did not have time to read labels.

40-74

THE CHILD CONSUMER--CULTURAL FACTORS INFLUENCING HIS FOOD
 CHOICES.
 H. Levtina
 J Home Econ 54 (5): 376-375. May 1962.
 321.B J82
 Attitudes, Behavior change, Children, Consumer education,
 Cultural factors, Food habits, Food preferences, Food selection,
 Feeding techniques.
 Abstract: The ubiquitous vending machine encourages placid
 eating, a pattern very like that of children in primitive
 cultures. In this respect, middle-class children approach the
 behavior of the urban and rural poor. The machine could not
 have flourished had the snacking pattern not been here. The
 fact that is offered in machines is bland and unexciting.
 With vending machines, children learn to buy food as an all-
 or-none basis. Children do not participate in food preparation,
 so there is no chance for them to understand the value of
 food economically or nutritionally.

41-74

NUTRITION GETS THE CALL.
 Frank K. Lavelle
 Food Eng 43 (5): 69-71. May 1971.
 389.B P737
 Consumer education, Enrichment, Fabricated foods, Food process-
 ing, Research, Programs.
 Abstract: Written by the editor of "Food Engineering", the
 article points out the achievements made by the food industry
 towards enhancement of nutritional well-being of Americans
 through new products and improvement of existing ones. More
 nutrition education is emphasized. The author recommends "con-
 tinued, enlightened enrichment to avoid malnutrition without
 hazard in tomorrow's need as basic hunger is eliminated in
 U.S. But guidelines must be developed, laws and regulations
 revised."

42-74

NUTRITIONAL TRENDS AND THE CONSUMER'S FOOD.
 H. H. Levertas
 J Home Econ 54 (5): 317-320. May 1964.
 321.B J82
 Basic nutrition facts, Consumer education, Diet counseling,
 Diet improvement, Food purchasing, Food selection, Nutrition
 education, Nutrition knowledge, Nutritional labeling.
 Abstract: Today's consumer knows more than he understands about
 foods and their nutrients and needs help with the resulting
 confusion. He is concerned about fat in his diet and about his
 food's nutritive value and wholesomeness. He needs guidance.

43-74

CAN YOU BROWN A COOKIE?
 Toby Kleban Levine
 Human Ecol Forum 4 (4): 29-30. Spring 1974.
 671.B P68
 Consumer education, Instructional aids, Instructional materials,
 Primary grades, Purchasing.
 Abstract: After briefly discussing the child's inability to
 accurately discriminate between products, this article descri-
 bes to the reader a five week classroom unit designed to intro-
 duce the area of consumer education to students and teachers
 in grades K-4. The unit consists of video tapes, a teacher's
 manual, and consumer catalogs and emphasizes certain skills of
 information gathering, analysis and decision making. Each unit
 depicts a situation involving a consumer-oriented problem that
 is left open ended for the student to analyze through simulation
 and role playing. Some of the activities developed in the
 series are presented. Nutrition educators concerned with the
 child's ability to make the best choices as a consumer will
 find this article of interest.

44-74

USING YOUR SUPPLEMENT AS A RESOURCE.
 Anna Hanna
 Forecast Home Econ 19 (8): f-16, f-39, f-44. Apr 1974.
 321.B 8752
 Consumer education, Food purchasing, Food selection, Food
 stores, Homebaking skills, Meal planning, Nutrition education,
 Nutrition knowledge.
 Abstract: Over the years, extensive studies have shown that
 most families do not select foods that make a good diet for
 every family member, regardless of their income level. Since
 food expenditures is one of the main items in the budget that
 is flexible, it is important that our present and future home-
 makers be taught how to keep it within a realistic range, in
 relation to the other fixed expenses, and still obtain the
 most nutrition and enjoyment from their purchases. Many super-
 market chains have been operating, for quite some time, a
 special consumer service department solely geared to informing
 the public on consumer issues. They cover such subjects as

PAGE 4

- unit articles, planning wall-hunged meals, house brands versus private label brands, nutrition information, marketing guides, etc. Some, also, encourage their consumer specialists to give talks in the schools and to other consumer interest groups. This article presents some examples of the kinds of consumer education programs being conducted by the supermarket consumer affairs consultants.
- 45-74**
UNIFORM MEAT LABELING ELIMINATES SHOPPER CONFUSION.
 Ann Mason
 Forecast Home Econ 19 (4): FR-110, Dec 1973.
 321.8 N752
 Beef, Charts, Consumer education, Labeling, Lamb, Meat, Meat cuts, Meat Packaging, Pork.
 Abstract: This article is a plea for standardization of names for meat cuts and clear, unambiguous labeling of meat packages in stores and supermarkets. Along with the article are three handy charts of standard meat cuts for beef, lamb, and pork.
- 46-74**
FOU, THE SHOPPER (FILMSTRIP).
 Home Management Institute
 Chicago, Household Finance 1 filmstrip, 66 fr., sl, 35mm, col. 1966.
 TX335.Y6 P5N AV
 Adults, Nutrition, Consumer education, Costs, Food purchasing, Home management.
 With B. S. Study Guide,
 Abstract: As the purchasing agent for her family, the housewife must practice judgment whether she is buying food, clothing, or other items for her family and herself. This filmstrip offers practical suggestions on determining quality of goods, credit buying, informed purchasing, and relative waste and needs to increase limitations. The filmstrip could be used in senior high and high schools as well as with adult groups.
- 47-74**
WHEN FAMILIES MUST EAT MORE FOR LESS.
 E. L. Moore
 Home Outlook 14 (4): 66-69, APR 1966.
 FT. ND P5N
 Consumer education, Cookbooks, Cooking techniques, Food purchasing, Food selection, Low income groups, Money management, Motivation, Nutrition education.
 Abstract: A training instructor details how a family of four could eat nutritiously for one month on their small welfare allotment for food. She gives menus, food items, prices, and buying and cooking suggestions. A number of cookbooks and planning guides available from the U.S. Department of Agriculture and elsewhere are listed. The nutritional worker with people on limited income needs to think of food in terms of dollars and cents as well as in terms of nutrients. Money catches everyone's attention; using it is a good way to give nutritional information.
- 48-74**
"...AND IT'S DONE SO EASILY AND SO WELL".
 National Dairy Council
 Chicago, National Dairy Council 23 p. 1974.
 TX364.H34 P5N
 Food preparation, Food purchasing, Milk, Nutrients, Time/notion studies.
 Abstract: "Foods to make us feel healthy, wealthy and wise" is the theme of this booklet prepared for the new housewife. Information contained in this guide includes the importance of eating and eating a variety of foods. Various nutrients are described, giving their need in the body and how to include them in the diet. Information on marketing, meal planning and different short cuts that can be used in preparing and serving nutritious and attractive meals is included, along with complete plans for a elegant dinner in an hour (not including time for shopping and preparing food).
- 49-74**
FACT AND FICTION ABOUT MEAT NUTRITION.
 National Live Stock And Meat Board
 Chicago, National Live Stock and Meat Board 3 p. [n.d.].
 TX364.H3
 Cholesterol, Consumer education, Food misinformation, Meat, Proteins, Saturated fat.
 Abstract: Some corrections of frequent misstatements about the properties of meat are offered in this fact sheet for the consumer. For example, cheaper cuts of meat are just as nutritious as more expensive ones, and meat provides more nutrients than protein alone. Research suggests that only one saturated fatty acid, caproic, which is not found in meat fat, raises serum cholesterol. And some fat in meat helps improve its flavor and texture.
- 50-74**
IS A BETTER SHOPPER (SLIDES): BUYING IN SUPERMARKETS.
 New York State College of Home Economics
 Ithaca, N.Y., Cornell University 100 slides, 2 x 2", col. 1970.
 TX335.H4A P5N AV
 Budgeting, Consumer education, Cost effectiveness, Food purchasing, Food selection, Food stores, Instructional materials, Merchandising, Money management.
 Accompanied by Is a Better Shopper booklet (TX335.H4A P5N) and Leader's guide (TX335.H4A P5N).
 Abstract: Today's supermarkets are like giant food carnivals
- with large colorful posters, prominent product displays, and big bargain bins all calling the consumer to spend, spend, spend. It is up to the purchaser to learn how to negotiate supermarket shopping so as to get the best food buys for his money. This teaching kit with accompanying slides is designed to develop and improve shopping skills, help shoppers stretch their food dollars, demonstrate the advantages of planned spending, and emphasize the importance of total family involvement in money management. Specific topics covered include: supermarket "specials"; store brands vs. national brands; labels and packaging; size and cost relationships; food budgeting and recordkeeping; meat purchasing; and retail gimmicks such as trading stamps, games, and free or cheaply-priced books, dishes, etc. that can be had with a certain minimum food purchase.
- 51-74**
NEJON NUTRITION FOR MEDIO DE COMPRAS BIEN PLANNEADAS. (SPA)
 John O'Hara
 Los Angeles, Los Angeles County Food Stamp Operations 9 p. [n.d.].
 TX336.O5 P5N
 Consumer education, Food guides, Food preparation, Food purchasing, Low income groups, Meal planning, Sanitation.
 Title of Original: Better nutrition through wise shopping.
 Abstract: This booklet has been developed to help low-income households plan meals that are nutritious and economical as well. The four food groups are used as a guide. Shopping tips include information on grade standards and dating, and unit prices. Housekeeping suggestions cover safe food preparation that retains nutrients, and safe, simple ways to guard against roaches, rats and other pests. Spanish and English versions.
- 52-74**
HOW TO TEACH FOOD BUYERSHIP.
 A. Olstead
 What's New Home Econ 32 (3): 24-26, 54, Mar 1968.
 321.8 N55
 Consumer education, Cost effectiveness, Food purchasing, Food selection, Guidelines, Nutrition education.
 Abstract: Being a good shopper is not an easy job. It takes knowledge and experience to judge value wisely, and shopping information is quickly outdated. This article offers some suggestions for effective food buying.
- 53-74**
YOUR MONEY'S WORTH IN FOODS.
 Betty Peterkin
 Washington, GPO 26 p. 1973.
 TX354.Y6 P5N (U.S. Dept. of Agriculture. Home and Garden bulletin no. 103)
 Budgeting, Consumer education, Consumer education, Food groups, Food guides, Food purchasing, Meal planning.
 Abstract: This pamphlet brings together information on meal planning and food shopping for consumers interested in economical food. Estimates of family food costs, guides for planning meals, and tools for comparing costs of foods are given.
- 54-74**
FOOD LABELING: PHASE IV.
 Margaret C Phillips
 J Nutr Educ 6 (3): 86-87, July/Sept 1974.
 TX341.J6
 Food and Drug Administration, Labeling, Nutrient quality, Nutritional labeling, Nutritional quality.
 Abstract: This article explains what is covered by the proposed regulations and final orders released by the FDA on food labeling and nutrition quality. The regulation on nutrient additions to food is discussed in more detail giving five different circumstances in which nutrients may be added to food that is not the subject of a standard of identity. The regulation on serving size is also briefly discussed. Implications of these regulations for the nutrition educator are given.
- 55-74**
NUTRITION LABELING - HOW IT WORKS FOR YOU.
 Pillsbury Company
 Minneapolis, Pillsbury 4p. 1974.
 TX356.P5 P5N
 Consumer education, Nutritional labeling.
 Abstract: This pamphlet discusses the more specific uses of nutritional labeling and demonstrates that it does increase the consumer's knowledge of nutrition; that it is a valuable tool for the beginning shopper as well as the nutrition expert. Included is an insert with nutritional information that is printed on the packages of five types of Pillsbury potato sizes.
- 56-74**
SELLING NUTRITION TO THE CONSUMER.
 Joseph J. Makosky
 Food Prod Dev 9 (2): 15-18, Mar 1974.
 ND9000.1.P64
 Basic nutrition facts, Consumer education, Fat and oils, Nutrient requirements, Nutrients, Nutrition education, Nutrition knowledge, Proteins, Vitamins.
 Abstract: When it comes to consumer nutrition education, there is the choice of giving useful information to people who already understand nutrition, or educating consumers to the usefulness of nutrition information. Since most consumers know next

57-74

to outline about nutrition, the best means of selling nutrition is to teach basic nutrition. Here is a description of a simplified approach to nutrition which can be used to instruct both educators and consumers. Once the consumer has a basic concept of nutrition, he will be able to see nutrition information about individual products.

57-74

HOW THE SHORPEST SHOPPERS BUY AND USE MEAT, DAIRY PRODUCTS AND EGGS.

Meat and Dairy Products Company
St. Louis, Missouri 39 p. 1974.
TX356.R3 P5H

Abstract: This booklet set out by the Meats and Dairy Products Company is aimed at the housewife and students of home economics in secondary or college level classes. Techniques outlined in the booklet are focused toward getting maximum satisfaction and savings value from the different buying options in a supermarket. Different grades are discussed in the purchasing of meats and eggs, and unusual cuts or parts of the meats are compared as to price and nutritional content. Larger pieces of meat to be cut at home and used for more than one meal are suggested as a way to cut costs. Fish and dairy products are analyzed. Some recipes are included using less costly protein sources. Tips on saving money while shopping in the supermarket are given.

58-74

THE REAL FACTS ABOUT FOOD (FILMSTRIP/CASSETTE TAPE). Rev. ed. Washington, United States Dept. of Agriculture 159 fr. col., 23 min. Oct 1974.

TX353.H2 P5H AV
Farm prices, Farmers, Food cost, Food economics, Food supply, Low income groups, Meat, Socioeconomic influences. With 32 p. Narrative guide.

Abstract: The reasons for rising food prices are shown to be related to affluence and increases in consumption of meat and other factors. There were greater increases in costs of housing, medical care, transportation and other consumer goods. The farmer's cost of production has also risen substantially, but he continues to raise crops and livestock. Farming economics are explained in some detail.

59-74

THE REAL FACTS ABOUT FOOD (SLIDES/AUDIOCASSETTE). Rev. ed. Washington, United States Dept. of Agriculture 159 slides, 2"x2", col., 23 min. Oct 1974.

TX353.H2 P5H AV
Farm prices, Farmers, Food cost, Food economics, Food supply, Low income groups, Meat, Socioeconomic influences. With 32 p. Narrative guide.

Abstract: The reasons for rising food prices are shown to be related to affluence and increases in consumption of meat and other factors. There were greater increases in costs of housing, medical care, transportation and other consumer goods. The farmer's cost of production has also risen substantially, but he continues to raise crops and livestock. Farming economics are explained in some detail.

60-74

COMMUNICATING FACTS TO THE CONSUMER.

Arthur T Schreier
Food Prod Dev 8 (2): 59-60. Mar 1974.
HD9000.1.764

Basic nutrition facts, Communications, Consumer education, Food additives, Food information, Food safety, Food standards and legislation, Nutrition education.

Abstract: Misinformation about food safety and nutrition is of growing concern to responsible food scientists. The need for scientists to communicate with the media and the public is a message which lawyers can understand is imperative. When the safety and nutritional value of our food supply are questioned, we are sensitive to the public's need for correct information. Major difficulties exist in communicating scientific information to the general public. Scientists, by the very nature of their education, have been set apart from laymen. They must now develop a sense of social awareness and communicate honestly and clearly with the public.

61-74

SUPERMARKET COUNTER POWER.

Adeline Garner Shell
New York, Warner Books 209 p. Oct 1973.
TX326.S5 P5H

Basic Food, Consumer economics, Consumer education, Food cost, Food groups, Food preparation, Food safety.

Abstract: This book offers several guidelines adult consumers can follow to reduce their food bill. Basic nutrition information based on the Four Food Groups is given and each food group is then discussed separately in a specific chapter. Nutrients and their functions found in each group are given along with guidelines in purchasing and a comparison of price per serving of foods in the group. Several recipes and cooking methods are also included.

62-74

UNWRITTEN MUST BE APPROACHED THROUGH RECOGNIZED INFORMATION SOURCES.

J A Shinnick, S H McCannan
J Home Econ 56 (10): 744-747. Dec 1968.

321.8 J82

Meal, Home-making skills, Information sources, Surveys, Urban population.

Abstract: Popular information sources about home-making used by urban women are reviewed. First class printed announcements in newspapers, magazines, bulletins, books, and leaflets. Other commercial sources such as businesses or stores are second. Friends and neighborhood, family and relatives are fifth, and television sixth. Urban women have a wide range of media available to them including radio, newspapers, and magazines. The changes in the relevance of information sources under 35 sought information from a greater variety of sources than did older ones. High availability of various forms of mass media suggest home economists should make greater use of them.

63-74

SOYBEANS IN FAMILY MEALS.

Patricia Sinclair, Beth S Vattel, Carole A Davis
U.S., Dept. of Agriculture
Washington, D.C. 26 p. June 1974.

SH205.S785 P5H (USDA Home and Garden Bull. No. 208)

Cooking methods, Main dishes, Nutrients, Recipes, Salads, Soybean oil, Soybean products, Soybeans.

Abstract: In this booklet you will find information on vegetable-type green and dry soybeans, soybean sprouts, soy flour and grits, soy milk, soybean curd, and soybean meal or pulp. Included are tips on how to buy, how to store, how to prepare, and how to use these products. Soybeans and soybean products can be used in every meal. Recipes are included for main dishes, salads, soups, vegetables, breads, sauces, and desserts. For easy recipes, easy varieties are given.

64-74

CONSUMER EDUCATION AND THE LITERACY PROBLEM.

Rezal Taylor Spitzer
Ill Teacher 15 (2): 55-58. Nov/Dec 1971.

LD1025.L2 P5H

Consumer education, Literacy, Reading.

Abstract: The purpose of the article is to alert the educator to the need for educating the low-reading-level public in matters pertaining to the consumer. Examples are given for providing individualized instruction in consumer education according to varied reading levels in the classroom.

65-74

NUTRITION AWARENESS: THE FOOD INDUSTRY MOVES TO HELP.

D W Stroud
Food and Nutr News 42 (1-2): 1, 4. Oct/Nov 1970.

389.8 P7332

Communications, Consumer education, Educational programs, Food Council of America, Food industry, Industry role, Home foods, Nutrition education, Nutrition knowledge.

Abstract: Food manufacturers and retailers set up a nutrition awareness group, the Food Council of America, to "sell" nutrition. Various media have been employed. The techniques of advertising can be used, not as deceptions, but to heighten awareness and interest in nutrition. Awareness and action are keys to effective nutrition education programs.

66-74

SWIFT'S FOOD GUIDE TO GOOD NUTRITION.

Swift and Co.
Oak Brook, Ill., Swift 48 p. [n.d.]

TX353.S92 P5H

Adults, Consumer education, Cookery, Food handling, Nutrition, Recipes, Storage.

Page 46 reprinted from the USDA Home and Garden Bulletin no. 173.

Abstract: This booklet is written as an aid to help in planning and preparing nutritionally balanced meals. The booklet is divided into five sections: nutrition, quantity to purchase, storage, cooking (including schedules for the company's meat products), and recipes.

67-74

TEACHING CHARTS ON ETHIOPIAN FOODS (POSTERS).

Joseph Yefari, Beseberu B Giorgis, Andreas Yuglmanig
Ethiopian Nutrition Institute

Addis Ababa, EHI Communications Centre 3 posters, 50cm x 70cm, col. [n.d.]

TX360.I874 P5H AV

Carbohydrate-rich foods, Fats and oils, Minerals, Protein foods, Vitamins.

With 8 p. Teacher's guide.

Abstract: Three full color drawings showing the foods that are found in Ethiopia. One poster illustrates the foods that are rich in carbohydrates and fats, the second shows the foods rich in protein and the third shows the foods that are good sources of vitamins and minerals. Each food is separated from any other.

68-74

TENNESSEE'S EXTENSION FOOD AND NUTRITION EDUCATION PROGRAM.

Tennessee University, Knoxville Agricultural Extension Service

Washington, D.C., ERIC Document Reproduction Service 14 p. June 1972.

TX364.T42 P5H

Consumer education, Food habits, Food purchasing, Food standards, Home economics, Low income groups, Nutrition education.

Available from: Computer Microfilm International Corp., P.O.

FOOT 6

- Box 190, Arlington, Virginia 22210. WFS0.65 EC-83-29.
Abstract: The Extension Food and Nutrition Education Program was set up by the University of Tennessee Agricultural Extension Service to assist low income families in improving their diets. Three-hundred-sixty-five assistants were taught the basics of nutrition and then went into the field and worked with individual families providing knowledge, skills, and motivation to improve diets; assist families with budgeting problems; disseminate information about institutional services and programs for the family; and help families broaden the range of their home-making skills. SIFTY (Special Program in Food for Youth) groups that feed and teach children about nutrition are also available. Those involved in nutrition programs in the community should find the program ideas found in this report of interest.
- 69-74**
IT'S YOUR HOBBY: A CONSUMER EDUCATION PROGRAM; DISCUSSION LEADER'S HANDBOOK.
The 21 Inch Classroom
Newton, Mass., The 21 Inch Classroom 6 P., unclassified, text, consumer information leaflets. 1971.
TX356.TE P88
Education, Consumer economics, Consumer education, Consumer practices.
Films and tapes produced by EGIS channel 2 can be used with this handbook.
Abstract: This handbook is a collection of ideas, suggestions, activities and teaching materials to be adopted, adapted, arranged and arranged upon by grant leaders running a consumer education program. There is included a 2 page sheet teaching the leader how to lead a workshop so that it will be more meaningful to all. Simple activities are included. There are some tests included, to ascertain just how much information your grant knows about the consumer's rights in Massachusetts. Leaflets are included, each one stressing a different point in consumer economics.
- 70-74**
VEGETABLES IN FAMILY MEALS: A GUIDE FOR CONSUMERS. Rev. [ed.]. U.S., Agricultural Research Service, Consumer and Food Economics Research Division
Washington 29 p. 1971.
TX801.05 1971 P88 (U.S. Dept. of Agriculture. Home and garden bulletin no. 105)
Cooking methods, Cooking techniques, Food preparation, Home, Food purchasing, Food selection, Food storage, Meal planning, Recipes, Vegetables.
Abstract: For consumers who want to make the most from their food dollar, here is a handy guide to the purchasing, storage, cooking, and servicing of vegetables. Instructions are given for preparing vegetables in fresh, frozen, canned, and dried form. How to select seasonings and sauces are discussed, as well as what to do with leftovers. Recipes are provided for vegetable entrées, soups, salads, and side dishes.
- 71-74**
BEEF AND VEAL IN FAMILY MEALS: A GUIDE FOR CONSUMERS. Rev. [ed.]. U.S., Agricultural Research Service, Consumer and Food Economics Research Division
Washington 30 p. Illus. 1970.
TX749.052 1970 P88 (U.S. Dept. of Agriculture. Home and garden bulletin no. 118)
Beef, Cooking methods, Cooking techniques, Food preparation, Home, Food purchasing, Food storage, Meat cuts, Recipes, Veal.
Abstract: With the price of beef and veal on the rise, it is important to know how to get the best meat for the money without buying extra fat or bones, how to store meat so that no nutrients are lost and so it stays in the best place, and how to cook the meat to retain all the nutrients possible. This booklet provides just such information. The consumer is shown how to identify meat cuts, how to recognize good quality meat, how to judge meat prices, and how to determine the amount to buy. General cooking principles (degrees of doneness, cooking time, etc.) are discussed, as are the basic cooking methods for beef and veal—roasting, roasting, broiling, steaming, braising, pan broiling, frying, browning, sautéing, and making gravy. A number of recipes are included.
- 72-74**
MEATS IN FAMILY MEALS: A GUIDE FOR CONSUMERS. Rev. [ed.]. U.S., Agricultural Research Service, Consumer and Food Economics Research Division
Washington 14 p. 1971.
TX874.65 1971 P88 (U.S. Dept. of Agriculture. Home and garden bulletin no. 176)
Cooking methods, Cooking techniques, Food cost, Food preparation, Home, Food purchasing, Food selection, Food storage, Meats, Recipes.
Savory and home and garden bulletin 36, Paquet and packet butter recipes.
Abstract: Meats come in a wide variety of shapes, sizes, flavors, and textures. They are nutritious when eaten alone or as an ingredient in other dishes. This booklet provides consumers with information on the kinds of meats available, how they are marketed, how much they cost, how to judge the quality, and how to determine the amount to buy. Helpful tips are given for selecting, skinning, cutting, and roasting or broiling meats. Recipes are included.
- 73-74**
EGGS IN FAMILY MEALS: A GUIDE FOR CONSUMERS. Rev. [ed.]. U.S., Agricultural Research Service, Consumer and Food Economics Research Division
Washington 29 p. Illus. 1971.
TX745.05 1971 P88 (U.S. Dept. of Agriculture. Home and garden bulletin no. 103)
Cooking methods, Cooking techniques, Eggs, Food preparation, Home, Food purchasing, Food selection, Food storage, Meal planning, Recipes.
Abstract: Eggs are a staple food that most home-makers find indispensable in planning and preparing meals. In this booklet, consumers are instructed on the best ways to buy, store, and use eggs in the shell, frozen eggs, and dried egg solids. A number of egg recipes are provided for main dishes, sauces, salads, salad dressings, sandwiches, and desserts.
- 74-74**
FOOD BUYING TIPS FOR LOW INCOME FAMILIES.
U.S., Consumer and Marketing Service
Agric Mark 10 (10): 3. Oct 1965.
A280.3B AG8
Cost effectiveness, Food purchasing, Food selection, Guidelines, Low income groups, Money management.
Abstract: Grade B eggs are as good to eat as Grade A, they just spread over in the pan. Grade B butter, made from sour cream, is much cheaper than Grade A. Loose hands of lettuce often sell for less, yet have more green leaves. These and other money-saving tips are offered for low-income, nutrition-conscious shoppers.
- 75-74**
SHOPPER'S GUIDE.
U.S., Dept of Agriculture
Washington, D.C. 358 p. 1974.
S21.A3505 1974 P88 (1974 yearbook of agriculture)
Consumer economics, Consumer education, Consumer economics, Food economics, Home economics, Money management, Yearbooks.
93d Congress, 2d session, House doc. No. 93-279.
Abstract: This edition of the Yearbook is divided into six sections: food, materials, equipment, gardening, and recreation. The basic thrust of the guide is to assist consumers in getting the best and the most for their money, and providing useful criteria for judging quality of goods and services. Additional sources of information are listed.
- 76-74**
THE REAL FACTS ABOUT FOOD.
U.S., Dept. of Agriculture, Office of Communication
Washington, D.C. 22 p. July 1974.
TX356.056 P88
Beef, Consumer economics, Consumer education, Expenditures, Farm prices, Food cost, Income.
Abstract: Food facts are explained in a consumer oriented question and answer booklet. Areas covered include food cost increases in 1973 and 1974 and the reasons for price hikes; what is being done about increases in cost; comparison of various various food costs; spending for things other than food; the beef situation; and farm price changes. The economics of food production are emphasized.
- 77-74**
FOOD SPENDING AND INCOME (AUGUST 1974).
U.S., Dept. of Agriculture, Economic Research Service
Nat'l Food Situation NFS 149: 7-11. Aug 1974.
1.941 S2P73
Consumer economics, Food cost, Food stamp programs, Income, School lunch programs.
Abstract: Food expenditures remain much higher than a year ago, total spending for food remains over 15 percent above the second quarter of 1973. Expenditures levels for food at home were 15.7 percent over last year, while expenditures for restaurant meals rose 13.1 percent during the same time period. The food stamp and school lunch programs are discussed briefly.
- 78-74**
FOOD SPENDING AND INCOME (MAY 1974).
U.S., Dept. of Agriculture, Economic Research Service
Nat'l Food Situation NFS 148: 4-8. May 1974.
1.941 S2P73
Food cost, Food cost analysis, Food programs, Food stamp programs, Income, School lunch programs, U.S. Dept. of Agriculture.
Abstract: Food expenditures are related to disposable income for the first quarter of 1974, and compared to previous quarters. A brief description of food program status is presented, along with a table showing costs for 1971-1974.
- 79-74**
COMPONENTS OF MARGINS FOR SELECTED FOODS (MAY 1974).
U.S., Dept. of Agriculture, Economic Research Service
Nat'l Food Situation NFS 193: 11-13. May 1974.
1.941 S2P73
Food cost, Food cost analysis, Food preparation, Food prices, Food processing, Transportation.
Abstract: Food prices in 1973 rose at the most rapid rate in over a quarter century, reflecting strong domestic and foreign demand and reduced food supplies. Consumers spent an estimated 134 billion dollars for food originating on U.S. farms, 12 billion dollars more than in 1972. The retail cost of a market basket of farm foods averaged 17 percent higher than in 1972.

80-74

The retail cost of all food groups rose, with animal-related products leading the way.

80-74

SUGGESTED GUIDELINES FOR CONSUMER EDUCATION; KINDERGARTEN THROUGH TWELFTH GRADE.

U.S. President's Committee on Consumer Interests
Washington, U.S. Govt. Print. Off. 58 p. Nov 1970.
TX364.U57 Y8X

Consumer education, Resource materials.

Abstract: This guide was developed to assist in providing consumer education through the educational system. It discusses purposes of consumer education and implementation methods, gives curriculum guidelines by grade levels, and lists resources for instructional materials.

81-74

TODAY'S NUTRITION AND YOUR JOB.

B D Ullrich
J Home Econ 54: 772-775. Nov 1962.
321.6 J82

Communications, Consumer education, Information dissemination, Nutrition education, Research.

Abstract: This article deals with some of the major nutrition problems facing U.S. housewives. It explains how nutritionists and nutrition educators can best keep up with new research findings that help solve some of these problems and effectively raise the information on to the public.

82-74

BIBLIOGRAPHY OF LOW READING LEVEL MATERIALS IN CONSUMER EDUCATION.

Gail VanderJaqt
Ill Teacher 15 (2): 29-86. Nov/Dec 1971.
L81025.I4 P88

Bibliographies, Consumer education, Literacy, Reading, Resource materials.

Abstract: An annotated bibliography consisting of 191 items categorized as books, leaflets, newspapers, journal articles, and government publications, along with publishers addresses and an index.

83-74

DETERMINATION OF THE CHANGE IN DIETARY LEVELS OF FAMILIES PARTICIPATING IN THE EXPANDED FOODS AND NUTRITION PROGRAM IN CHOCTAW COUNTY, MISSISSIPPI.

Billy Doyle Walton
Washington, D.C., ERIC Document Reproduction Service 66 p.
Jan 1971.
TX353.B3 P88

Expanded Food and Nutrition Education Program, Federal Programs, Low income groups, Mothers, Nutrition programs.

Abstract: This program was designed to bring about improvements mainly in the area of foods and nutrition for low income, hard to reach families. The educational work of this study was done by county professionals who were trained by the home economist and who then taught the housewives through individual home visits. Data were collected through personal interviews from 100 families with the families' consumption of the basic four food groups used to determine the dietary level. Major findings included a significant increase in the use of the basic four food groups, no indications that the educational level of the housewives changed the adequacy of the family diets, and that the greatest increase in the use of the basic food groups was made among the families having the lowest incomes.

84-74

CHECK STAND: A FOOD-BUYING GAME; C-198 (GAME).

Washington State University, Cooperative Extension Service
Pullman, Wash., Wash. State Univ., Coop. Ext. Serv. playing board, play money, die, and workbooks. 1970.
L81044.9.G3C44 P88 AV

Consumer education, Educational games, Food groups, Food purchase, Food selection.

Abstract: This game dramatizes the decisions made while shopping for food. Each player chooses a family and then has a specified amount of money to spend for that family's food. The playing board contains choice of foods which are listed with prices and the players move through the board by means of dice.

85-74

PLEASANT PROTEIN FROM THE SEA.

Emoc P Satara
FDA Consumer 7 (9): 11-12. Nov 1973.
TX335.P6 P88

Consumer education, Fish protein concentrates (FPC), Food and Drug Administration, Protein-rich mixture, School lunch program, Soybean products.

Abstract: A new, inexpensive source of protein will be incorporated into manufactured foods, fish flour, or fish protein concentrate. This article for the consumer discusses its development, the standards of quality required for its use by the Food and Drug Administration, and some of the foods in which it may be found. It is expected to be used in the school lunch program. A table compares caloric, protein and fat obtainable from fish protein concentrate with that in various soybean products.

86-74

YOU ARE YOUR FOOD.

Peggy Tap
Los Angeles, Greater Los Angeles Community Action Agency 108 p. [s.d.].
TX364.Y4 P88

Adults, Basic nutrition facts, Budgeting, Consumer education, Food guides, Low income groups, Menu planning, Sanitation.

Appendix 32 p., food tables, food costs, food guides.
Abstract: This manual was developed for use in teaching some fundamentals of nutrition, meal planning and kitchen sanitation to low income housewives. It has been used in the Los Angeles area by nutritionists and trainers for classes in both English and Spanish. An appendix gives lists of food sources of various nutrients, shopping tips, information on meat cuts, caloric values of a list of foods, and ideal weight charts as well as the Basic Four Food Guide and the Recommended Dietary Allowances.

NUTRITIONAL SCIENCE AND NUTRITION EDUCATION

87-74

TRACE ELEMENTS IN HUMAN NUTRITION; REPORT OF A WHO EXPERT COMMITTEE.

WHO Expert Committee on Trace Elements in Human Nutrition
Geneva 65 p., tables. 1973.
RC620.5.H6 Y8W (World Health Organization. Technical report series, 1973 no. 532)

Cardiovascular disorders, Child nutrition, Deficiency diseases and disorders, Minerals, Nutrient values, Professional education, Toxicity, Trace elements.

Includes bibliographies.

Abstract: Knowledge of the role of trace elements in nutrition has increased a great deal in recent years. All the essential elements become toxic at sufficiently high intakes, and the differences between beneficial and harmful level are small. It is possible other trace elements once thought to be toxic may be found to be beneficial or essential at low levels. This report reviews what is known about 17 elements in relation to human nutrition, including deficiency symptoms, toxicity, requirements, and the role trace elements in cardiovascular disease, and a table of the trace elements in human and cow's milk. For professional nutritionists.

88-74

THE 'BIG THREE' RISK FACTORS THAT PREDICT CORONARY DISEASE BEST.

Med Insight 14 (41): 44-48. Nov 9, 1973.

R11.H4 P88

Caloric modifications, Cholesterol, Coronary heart disease, Fat modifications, Hypertension, Professional education, Tobacco, Unsaturated fats.

Abstract: Cigarette smoking, high blood pressure and elevated serum cholesterol levels are the main risk factors needed to identify coronary heart disease-prone individuals, according to this article for the physician and nutritionist. With serum cholesterol levels above 194 mg, no person is totally free of risk. Differences exist on whether diet alterations can change prognosis, and whether teenagers' diets should be changed to reduce risks. Those who do consume 10 percent of calories from polyunsaturated fats, and a reduction in saturated fat, cholesterol and caloric intake. One investigator thinks roughage may make a difference in how the body handles fat. Another believes community education programs are needed to alert people to the effects of tobacco, and to urge examinations for high cholesterol blood levels and hypertension.

89-74

'FOOD IN MANY LANGUAGES' IS CONCERN IN PLANNING MENU AND TEACHING MODIFIED DIETS.

Hospitala 38 (7): 165-167. Apr 1964.

8A960.H6 P88

Albuquerque, New Mexico, Bilingual education, Cultural factors, Educational programs, Ethnic groups, Hospitals, Nutrition education, Program design, Program planning.

Abstract: An Albuquerque hospital serves new foods to the Indians, Mexicans, and other ethnic groups of its staff and patient population and uses Indian girls as tray aids and interpreters to help in nutrition teaching. Teaching material for Indians has to be varied and geared to particular tribes or localities. Because of the many different cultural groups in metropolitan areas, some diet guides have been published. Food lists for diabetic diets are available in Chinese and a number of European languages.

90-74

NUTRITIONAL VALUES.

F Abbott
New York, Lever Brothers 3 p. Feb 6, 1973.
TX353.A2 P88

Fats and oils, Fatty acids, Food composition tables, Margarine, Professional education.
 Abstract: Professional nutritionists may find these tables useful sources of information on the content of fat and other nutrients in some commercial margarine and other food products, listed by brand name. Values are given for 100 gram portion and are tabular. An accompanying table lists percent of saturated and polyunsaturated fatty acids in some of these products.

91-74

ABSTRACTS OF STUDIES DEALING WITH THE NUTRITIONAL STATUS OF CHILDREN IN THE UNITED STATES.
 Belmont, Food and Nutrition Information Center. Rep. Feb 1972.

E5776.8A2 P6H

Children, Diet information, Dietary surveys, Food habits, Nutritional status, Nutritional surveys, Obesity, Preschool children (2-5 years).

Abstract: Forty-six abstracts of studies dealing with the nutritional status of children in the United States are compiled here. Objective, results, conclusions, and evaluations of each paper is given, and a fairly rapid overview of the various papers is possible. There is a wide variety in the subject matter of the papers as well as in the level of the research.

92-74

NUTRITION SURVIVAL KIT.

Action For Children's Television
 Haverhill, Mass., ACT 10 v. foldout, col. Nov 17, 1973.
 TX560.5A2 P6H

Advertisements, Classroom areas, Parent participation, Preschool children (2-5 years), School children (6-11 years), Snacks, Sauser, Television.

Abstract: Children see up to 24 ads an hour on Saturday morning television, according to Action for Children's Television, which has prepared this pamphlet to help others counteract some of the demand of their advertising for sweet, sugar-filled snacks. More nutritious replacement foods to be used as snacks are suggested, along with directions for making some, and some games and activities are offered for the children to help them learn some nutrition facts. Teachers of preschool and primary school children should find the pamphlet useful, too.

93-74

A LOCK AT YOU: HEALTH (NOTION PICTURE).

Ann H Adams
 Educational Communications, Inc.
 Boston, 1 reel, 16mm, sd, col, 12 min. [n.d.].
 NA776.L6 P6H Av

Dental health, Diet information, Exercise, Food groups, Food intake, Health, Human relations, Hygiene, Nutrition.

Abstract: The computer, Harold, uses a combination of voice and pictures to illustrate to Walter and Orson the basic steps of health--personal cleanliness, well-balanced diet, exercise, rest, and love. The central theme of health education is expressed through repetitions in different areas of the subject. Provisions in ads for children to respond orally and physically to portions of the film, as for example: in selecting which shots of different foods indicate a balanced meal, as contrasted with shots of only sweets.

94-74

UPGRADING INDIAN NUTRITION THROUGH YOUTH.

F Adams
 Parents Home Econ 14 (2): 1-44-1-45. Oct 1968.
 321.8 N752

Adolescents (12-19 years), American Indians, Applied learning, Diet improvement, Family health, High school curriculum, High schools, Home economics education, Nutrition education.

Abstract: A government-subsidized boarding high school for Indians from the entire United States is helping improve the nutrition of students' families back home. Girls are required to take four years of home economics and to eat breakfast every day. Food instruction and other classes are built around the family needs, and the school areas are sent home for parents to read. One class was a national contest planning a family's menu for one week.

95-74

NUTRITION, ANTHROPOLOGY, AND THE STUDY OF MAN.

H Adams
 Nutr Rev 17 (4): 97-99. Apr 1959.
 389.8 N953

Anthropology, Applied nutrition, Behavior change, Cultural factors, Diet patterns, Food habits, Nutrition education, Professional education, Social factors.

Abstract: Anthropologists can help applied nutritionists in changing dietary habits. It is necessary to change the thinking patterns of the professionals before reaching the general population. Nutrition information about diet patterns in various social and economic areas should be shared by the anthropologist and nutritionist alike.

96-74

ADAPTING ETHNIC FOODS TO NUTRITIONAL NEEDS.

Parents Home Econ 17 (9): 1-66-1-67. May/June 1971.
 321.8 N752

Cultural factors, Ethnic foods, Ethnic groups, Food habits, Food preferences, Instructional materials, Nutrition education,

and teaching techniques.

Abstract: Nutrition teachers for students of foreign-born parents must become familiar with students' customary foods. This paper suggests utilizing students' aid in preparing a list, fitting their ethnic foods into the basic food groups. Such lists can be used in various ways to develop snacks or to see how improvements could be made. Examples of Puerto Rican and Mexican foods are given.

97-74

CHANGES IN DIETS OF HOUSEHOLDS, 1955 TO 1965: IMPLICATIONS FOR NUTRITION EDUCATION TODAY.

S P Adelman
 J Home Econ 60 (6): 446-455. June 1968.
 321.8 J62

Applied nutrition, Diet improvement, Diet patterns, Household consumption, Household surveys, Information dissemination, Nutrient intake, Nutrition education, United States.

Abstract: In spite of more income and wider abundance of food to choose from, diet and nutrient intake levels in the U.S. shifted adversely downward in the decade 1955-1965. Exactly how these changes took place and some of their probable causes are discussed. Some pointers are offered for home economists to help people achieve better diets through nutrition education.

98-74

A GIANT STEP IN NUTRITION EDUCATION.

H S Altman
 Sch Lunch J 25 (7): 106-109. July/Aug 1971.
 389.8 N956

Educational programs, Food programs, Malnutrition, Nutrition education, Nutrition programs, Program planning, Research, School food service, Voluntary feeding.

Abstract: The step for nutrition education to take in to use established nutrition research findings to feed people in the fight against malnutrition. The task is to develop educational programs and administrative structures that will assure adequate feeding for all. The schools are the starting place, but nutrition education needs to be made meaningful and alive for the whole population.

99-74

MALNUTRITION AND THE FOOD INDUSTRY.

J C Alzameda
 J Can Inst Food Technol 4 (3): 48-49. July 1971.
 TP348.C3

Enrichment, Fabricated foods, Food habits, Food industry, Food processing, Food technology, Fortification, Malnutrition, Nutritional status.

Abstract: Even though we in North America live in an affluent society it is no guarantee of everyone being adequately nourished. About 70,000 low income individuals in 10 states every kind of malnutrition was encountered that had been seen in similar studies in Central America, Africa and Asia. Reasons for malnutrition seem to be inadequate knowledge about nutrition, low income and food technology presenting a variety of convenience, novel and fabricated foods. This extra complexity of selection is combined with rapidly changing food habits, shifts in family culture, food fads, snacking and a continuing widespread ignorance of nutrition. It is easy to see why overnutrition and malnutrition are prevalent. The author feels that the answer is to fortify foods so it is almost impossible for them to eat a poor diet if favorite foods are properly fortified and safe.

100-74

NUTRITION FOR TODAY.

Bealya Alfin-Slater, Lilla Aftargood
 Dubuque, William C. Brown Co. 55 p. [1973].
 TX353.A42 P6H (Contemporary topics in health)

Adults, Basic nutrition facts, Food additives, Obesity.

Abstract: In this short paperback the authors explore the usual beginning areas of nutrition: what to eat, calories, proteins, carbohydrates, fats, vitamins and minerals. Basic facts are presented concerning the pathways taken by nutrients in foods, and foods are discussed as carriers of these nutrients. Questions raised by those who criticize the food supply, or concern large amounts of certain vitamins, are answered. Although the book was designed to be used in college health courses, it could also be used in other courses in which nutrition is one of the topics, and adults wishing to learn more about nutrition will also find it helpful.

101-74

FATS, ESSENTIAL FATTY ACIDS, AND ASCORBIC ACID: THREE ESSENTIAL NUTRIENTS.

Bealya F Alfin-Slater
 J Am Diet Assoc 64 (2): 166-170. Feb 1974.
 389.8 N934

Ascorbic acid, Fats and oils, Fatty acids, Nutrient functions, Nutrient intake, Nutrient requirements, Nutrient standards, Nutrients.

Abstract: Dietary fat provides calories and also serves as a vehicle for essential fat-soluble vitamins and polyunsaturated, essential fatty acids. It is important, too, in regulating cholesterol metabolism implicated in atherosclerotic studies as a high-risk factor in atherosclerosis. Low-fat diets that include polyunsaturated vegetable oils could be desirable but difficult to attain. The recommended fat allowance--at 35 percent of calories--is, therefore, felt to be a practical compromise. Five data on requirements were used in establishing the

102-74

scurbic acid allowance of 45 cc. per day for adults--with an increase to 60 cc. for pregnant and lactating women. For infants, the ascorbic acid allowance of 35 cc. daily is based on an intake of 850 ml. breast milk daily.

102-74

NUTRITION EDUCATION CLINICS ASSIST LONG-TERM PATIENTS.

F W Allison
Med Hospital 106 (1): 134-136. Jan 1966.
NA900.86 P5H
Diet improvement, Diet informatics, Dietitians, Educational progress, Hospitals, Memphis, Tennessee, Nutrition education, Patient care, Program design.
Abstract: A Veterans' Administration hospital nutrition clinic maintains frequent dietitian-patient contact and gives nutrition education continuously. Group classes are held in order for patients who cannot come to the clinic. Many of the lessons are about specific diets.

103-74

EATING FOR LIFE: A BOOK ABOUT VEGETARIANISM.

Methuen Altess
Menton, Ill., Theosophical Publishing House 142 p. 1973.
TX392.M4 P5H
Food composition tables, Food fads, Meat, Recipes, Vegetarian diets, Vegetarians.
Abstract: The author of this book on vegetarianism approaches his subject from philosophic, ethical (cost and resources of protein, and animal slaughter) and scientific viewpoints. An appendix supplies some recipes and recipes for what to eat if you don't eat meat, feed veal, and recommended reading. The book is intended for lay readers.

104-74

POSTIFICATION OF FOODS WITH AMINO ACIDS.

Arno H Altschul
Nutr 24N: 643-646. Apr 19, 1974.
472 H21
Amino acids, Food chemistry, Food consumption, Food quality, Food technology.
Abstract: In this article, of interest to those in nutrition and food science, the author discusses how the addition of specific amino acids can solve some nutritional problems chiefly by reducing the pressure on protein produced from the land. Use of specific amino acids allow adjustment of amino acid composition to the exactly desired balance at low cost. Examples of amino acid additions to improve protein quality in animal and human diets are given. The author discusses the complex economics of amino acid fortification plus various issues surrounding amino acid fortification such as the debate over the inheritance of protein or calorie deficiency in diets of poor nations, the use of natural or synthetic sources of amino acids, the feasibility with supplemental concept, cost, and the lack of aesthetic quality in fortification and consequent lack of political support. Projection for the use of amino acid fortification in the future is made.

105-74

THE REVISED LEGUME.

Arno H Altschul
Nutr Today N (2): 22-29. Mar/Apr 1973.
N47N.85
Caloric intake, History, Legumes, Nutrient value, Soybean products, Soybeans.
Abstract: Dr. Altschul has followed the history of the soybean from its use in China over four thousand years ago to its use found popularity now as an inexpensive protein. The nutritional innovation of the soybean are discussed, as well as a short introduction to the processing of the bean to achieve the various fabricated products we use so familiar with. We can better understand why the U.S. Dept. of Agriculture allows soybeans to meet part of the protein requirements in Type A school lunch.

106-74

THE USE AND ABUSE OF VITAMIN A.

American Academy of Pediatrics
Nutr Nov 32 (suppl. 1): 41-43. July 1974.
3H9.H 8953
Fat-soluble vitamins, Nutrient requirements, Supplements (Nutrient), Toxicity, Vitamin A.
Abstract: This statement was prepared to give physicians basic information on vitamin A including its general status in the American diet, sources, recommended dietary allowances, the circumstances in which toxicity may occur and its clinical manifestations. Since the incidence of hypervitaminosis A appears to be increasing due to availability of high potency vitamin preparations without prescription, highly fortified foods, and use of vitamin A in the treatment of acne vulgaris, physicians and others involved in the nutritional care of patients should be aware of this problem and caution their patients on the overuse of this nutrient.

107-74

VITAMIN C AND THE COMMON COLD.

American Academy of Pediatrics
Nutr Nov 32 (suppl. 1): 39-40. July 1974.
3H9.H 8953
Ascorbic acid, Disease prevention, Nutrition, Preventive nutrition, Water-soluble vitamins.
Abstract: This statement, written for the physician, reports that there is not sufficient evidence that ascorbic acid is

does not recommended by Linus Pauling in his book, "Vitamin C and the common cold," in either safe or efficacious in prevention or treating the common cold. Possible undesirable effects of such a quantity of the vitamin are outlined. Until appropriate data are available, ascorbic acid should not be used for this purpose.

108-74

SALT INTAKE AND EATING PATTERNS OF INFANTS AND CHILDREN IN RELATION TO BLOOD PRESSURE.

American Academy of Pediatrics, Committee on Nutrition
Pediatric Annals 53 (7): 115-12C. Jan 1974.
N31.P4 P5H
Child nutrition, Food habits, Food intake, Infant diets, Nutrient intake, Salt, Salted foods.
Abstract: The salt intake of infants and children and its possible relation to hypertension continues to lead to recommendations that dietary salt intake should be decreased. In view of this, this position statement includes a brief discussion of salt tolerance and dietary patterns and presents several recommendations on salt intake. These include: reducing use of salt by food processors; public information on the amount of salt added to foods; dietary modification of salt for persons at risk; and nutrition education to increase public awareness of the variety of eating practices that confer with good nutrition. This paper should be of interest to those involved in the food industry and those providing specific child health care in nutrition.

109-74

SHOULD MILK DRINKING BY CHILDREN BE DISCOURAGED?

American Academy of Pediatrics
Pediatrics 53 (4): 576-581. Apr 1974.
E31.P42
Administration policies, Allergies, Lactose intolerance, Milk, Milk intolerance, Milk progress, Saturated fat.
Abstract: The Committee on Nutrition, American Academy of Pediatrics, has issued this statement which reviews issues affecting milk consumption in children and adolescents, including: lactose intolerance; the saturated fat/cholesterol question; and milk allergy. It is concluded that there are no general grounds for restricting children's milk intake, only a few specific circumstances: 1) certain gastrointestinal conditions such as cystic fibrosis; 2) galactosemia; 3) demonstrated hyperlipoproteinemia (restriction of milk fat); 4) clear-cut, clinical evidence of allergy to milk protein; 5) nutritional iron deficiency; 6) the child who "won't eat;" and 7) constipation. Milk's nutritional contributions are recognized, and the Committee recognizes that evidence about lactose intolerance, desirable levels of calories intake, and the saturated fat question, for example, is not yet complete. The Committee recommends: "When a mixed diet is available in adequate quantities, milk consumption should probably not exceed one third of the total daily calorie intake after the latter part of the first year of life (2 or 3 glasses per day)."

110-74

FLUORIDE AS A NUTRIENT.

American Academy of Pediatrics, Committee on Nutrition
Pediatric Annals 49 (3): 456-459. Mar 1972.
N31.P4 P5H
Dental caries, Dental health, Fluoridation, Fluoride, Health disorders, Teeth.
Abstract: This article, written for the professional, presents a review by the Committee on Nutrition of the American Academy of Pediatrics of current information on fluoridation of water and the role that fluoride plays in dental health. It presents background information on the use of fluoride in dental therapy and discusses optimum fluoride intake for the growing child. There is no agreement on the precise manner in which fluoride affects tooth decay or consensus that prenatal fluoride ingestion is significant in reducing dental caries in deciduous teeth. Possible excess of fluoride for those having no access to central water supplies is discussed including the fluoride content of various foods, salt fortification, fluoride tablets, home or school fluoridation of water and fluoride in vitamin drops for infants. Recommendations for intake for children not having access to fluoridated water are given.

111-74

VITAMIN K SUPPLEMENTATION FOR INFANTS RECEIVING MILK SUBSTITUTE INFANT FORMULAS AND FOR THOSE WITH MALABSORPTION.

American Academy of Pediatrics Committee on Nutrition
Pediatric Annals 48 (3): 463-467. Sept 1971.
N31.P4 P5H
Child nutrition, Formula diets, Infant diets, Infants (To 2 years), Nutrient intake, Nutritional status, Vitamin K, Vitamins.
Abstract: This statement, of interest to professionals in nutrition, reaffirms the Committee on Nutrition's recommendation that all newborn infants be given vitamin K parenterally as prophylaxis against hemorrhagic disease of newborns. In it the Committee also reviews evidence in which an inadequate dietary supply of vitamin K free certain milk substitute infant formulas may have been one factor in the development of hypoprothrombinemia. Increased vitamin K intake is recommended in such cases particularly because these products are often used in situations associated with a decreased absorption of vitamin K. Vitamin K supplementation is also recommended in clinical situations associated with fat malabsorption.

- 112-74
THE FOOD WE EAT (FILMSTRIP).
 American Dietetic Association
 [n.d.], American Dietetic Assn. [n.d.].
 TX355.P68 P68 AV
 Basic nutrition facts, Food preservation, Food production, Food purchasing, Food selection, Preschool children (2-5 years), Sanitation, School children (6-11 years).
 Abstract: In this filmstrip for preschool and primary children a boy and girl on a cross-country trip see food growing and being produced. In their new home they help their mother buy food in the supermarket and prepare it for dinner, being careful to wash their hands. Mention is made of the four food groups.
- 113-74
WHAT'S IN OUR FOOD (FILMSTRIP).
 American Dietetic Association
 [n.d.], American Dietetic Assn. 1 filmstrip, 36 fr., ni, 35mm, col. 1961.
 TX364.H82768 AV
 Basic nutrition facts, Food groups, Growth, Nutrition education, School children (6-11 years).
 Abstract: This colored filmstrip for second and third graders tells them about the nutrients in their foods that have helped them grow.
- 114-74
DENT AND DENTAL HEALTH.
 American Dietetic Association
 Chicago, American Dietetic Assn. 11 p. 1967.
 HG61.A44 P68
 Adolescents (12-19 years), Adults, Children, Dental caries, Dental health, Nutrition, Periodontal disease, Teeth.
 Abstract: This pamphlet explains the relationship between diet and the three major types of dental disorders: 1) dental caries; 2) periodontal disease; and 3) malocclusion. It discusses detergent and insect foods.
- 115-74
LEARNING ABOUT YOUR ORAL HEALTH--LEVEL I: K-3 (KIT).
 American Dietetic Association
 Chicago, American Dietetic Association kit, overhead transparencies, spirit masters, booklets. 1973.
 HG61.L4 PT.1K3 P68 AV
 Classroom games, Dental health, Dentists, Food selection, Preschool children (2-5 years), School children (6-11 years), Sewer.
 Abstract: This kit is designed for teaching children from kindergarten through third grade how to care for their teeth. Nutrition and diet are integrated into the material, which also includes information on fluoride control, the dentist and his office, fluoride, and general health. The activities offered in the spirit masters include food records, quizzes and puzzles. Materials in the kit include case pamphlets for parents and cartoon books about tooth care, including diet, for children.
- 116-74
LEARNING ABOUT YOUR ORAL HEALTH--LEVEL II: 4-6 (KIT).
 American Dietetic Association
 Chicago, American Dietetic Assn. kit, overhead transparencies, spirit masters, booklets. 1973.
 HG61.L4 PT.2 P68 AV
 Classroom games, Dental health, Dentists, Food selection, School children (6-11 years), Sewer.
 Abstract: This kit is a classroom teaching packet to help teachers give dental education to children in grades 4 through six. Diet and nutrition share emphasis with the dentist, good oral hygiene practices and tooth development. The teacher's handbook offers suggestions for class and individual activities. The kit includes pamphlets for children to take home to parents.
- 117-74
LEARNING ABOUT YOUR ORAL HEALTH--LEVEL IV: 10-12 (KIT).
 American Dietetic Association
 Chicago, American Dietetic Assn. kit, overhead transparencies, spirit masters, booklets. 1973.
 HG61.L4 PT.4 P68 AV
 Adolescents (12-19 years), Class activities, Dental health, Dentists, Fluoride, Food selection, Tobacco.
 Abstract: Older teenagers learn something about tooth development, dentistry as a profession, and what attitudes they should have as parents toward their future children's tooth health in this teaching kit for classroom use. Nutrition and a good diet is given prominence in the materials, as are the questions of smoking and facts about fluoride.
- 118-74
LEARNING ABOUT YOUR ORAL HEALTH--LEVEL III: 7-9 (KIT).
 American Dietetic Association
 Chicago, American Dietetic Assn. kit, overhead transparencies, spirit masters, booklets. 1973.
 HG61.L4 PT.3 P68 AV
 Adolescents (12-19 years), Class activities, Dental health, Dentists, Food selection, Snacks, Tobacco.
 Abstract: Children in the early teens are the target of this teaching kit on dental health. Nutrition is highlighted, along with dental disease and preventive care. Class activities are included in the teacher's handbook, and pamphlets for the student include some that emphasize the role of smoking in oral
- health, and orthodontic treatment.
- 119-74
DENTAL HEALTH FACTS FOR TEACHERS.
 American Dietetic Association
 Chicago, American Dietetic Assn. 30 p. [n.d.].
 HG61.A46 P68
 Dental caries, Dental health, Nutrition, Periodontal disease, Teacher developed materials.
 Abstract: It is felt that dental health should be part of the total health education program of schools, the aim of such instruction is to help every child develop habits that will lead to optimum oral health. The child should know 1) the importance of a healthy mouth, 2) appreciate the relation of dental health to general health and appearance, 3) recognize the value of oral health for all members of the community, and 4) understand the basic facts of dental health. This booklet is written as a teaching guide to accomplish the above goals.
- 120-74
LYDIA J. ROBERTS AWARD ESSAYS: A COMPILATION OF ESSAYS.
 American Dietetic Association
 Chicago, Ill. 124 p. 1969.
 RJ206.L4 P68
 American Dietetic Association, Child nutrition, Diets, Essays, History, Infant feeding, Nutrition, Nutrition education, Nutritional deficiencies.
 Abstract: The American Dietetic Association presents a yearly essay award to encourage research in the history of nutrition and dietetics, particularly as related to infants, children, and youth. Compiled here are the award-winning essays from 1952-1965. General topics covered include infant feeding and nutritional deficiencies, child nutrition, nutrition education, and the history of nutrition and dietetics.
- 121-74
FOOD FACTS TALK BACK: FOOD INFORMATION--FALLACIES AND FACTS.
 American Dietetic Association
 Chicago, Ill. 32 p. June 1957.
 TX364.A46 P68
 Basic nutrition facts, Diet information, Diet planning, Food intake, Food misinformation, Nutrient requirements, Nutrition education, Pregnancy and nutrition, Weight control.
 Abstract: Food misinformation in the U.S. today is not easily recognizable, but still rampant in some quarters. Serious enough are the word-of-mouth fallacies passed from one generation to the next. They encourage poor eating habits and can result in inadequate nutrition. Most insidious and widespread of all such fallacies, however, are those that originate in the offices of advertisers and food processors. Through clever use of words and phrases from the field of nutrition, facts are distorted for sales purposes. In this book are presented many of the most common food fallacies along with straight answers that demonstrate the falsity of these myths.
- 122-74
NUTRITION--WHAT'S IT ALL ABOUT?
 American Dietetic Association
 Chicago, American Dietetic Assn. 6 p. 1971.
 TX353.A43 P68
 Adults, Basic nutrition facts, Food groups, Minerals, Nutrition, Proteins, Vitamins.
 Abstract: This pamphlet gives a brief explanation about food nutrients and their functions. Basic four food groups are listed along with suggestions for selecting nutritious snacks.
- 123-74
FRUIT--ADVENTURES IN NUTRITION (CHART).
 American Gemini
 San Rafael, Calif., American Gemini 1 chart, 17 1/2"x22 1/2", col. 1972.
 TX558.P777 (Adventures in nutrition, no. 1)
 Adolescents (12-19 years), Adults, Basic nutrition facts, Fruits.
 Abstract: One of a series of "Adventures in nutrition," this poster chart lists 29 fruits, the minerals and vitamins they contain, and the functions and uses of these nutrients. The chart is intended for adolescents and adults.
- 124-74
YOUR AGE AND YOUR DIET: INFANCY THROUGH ADULTHOOD.
 American Medical Association
 Chicago, American Medical Assn. 10 p. 1971.
 TX355.A4 P68
 Adolescents (12-19 years), Adults, Basic nutrition facts, Child nutrition, Food guides, Infants (To 2 years), Pregnancy.
 Abstract: Good nutrition from infancy through adulthood is stressed. Nutritional needs of each age group are discussed.
- 125-74
ZEN MACROBIOTIC DIETS.
 American Medical Association, Council on Foods and Nutrition
 Nutr Rev 32 (suppl. 1): 27-28. July 1974.
 349.8 H953
 American Medical Association, Food beliefs, Food restrictions, Natural foods, Zen macrobiotic diet.
 Abstract: This statement on Zen macrobiotic diets discusses the general philosophy behind the diet, what the diet entails and possible repercussions from its use. The greatest danger is that in conjunction with the diet medical consultation is not advocated and thus the diet (or cult) may interfere with the application of established medical principles. There is

126-74

also a danger of incurring serious nutritional deficiencies, particularly at the highest level of dieting. This statement contains information of interest to any professional dealing with followers of this dietary regimen and beliefs.

126-74

ALCOHOL AND SOCIETY.

American Medical Association, Council on Mental Health, Committee on Alcoholism and Drug Dependence
J Amer Med Assoc 216 (6): 1011-1013. May 10, 1971.
448.9 AM37

Alcohol. Alcoholic beverages, Alcoholism, Disorders (Other). Abstract: This article deals with the physical, psychological, and social aspects of excessive alcohol consumption. Liver damage, gastrointestinal irritation, ulcers, and pancreatitis are a few of the side effects mentioned. The high percentage of serious-to-fatal injury accidents caused by drivers under the influence of alcohol is discussed. Recommendations for reducing alcohol consumption through the influence of the physician, the educational personnel found in schools and community programs, and mass media facilities are suggested. Those people involved in each profession should find these discussions and recommendations of interest.

127-74

MEGAVITAMIN AND ORTHOMOLECULAR THERAPY IN PSYCHIATRY.

American Psychiatric Association
Nutr Rev 32 (suppl. 1): 44-47. July 1974.
389.8 M933

Disease prevention, Orthomolecular medicine, Preventive nutrition, Psychiatry, Therapy, Vitamins. Abstract: This report strongly questions the advisability of the use of megavitamin and orthomolecular therapy in psychiatry and other medical disciplines. Background information on the development of this specific therapy is presented. The credibility of such an approach is questioned as results are offered without systematic documentation and have not been confirmed by several groups of psychiatrists and psychologists. However, claims of advocates have been broadly distributed in the popular press and a journal published by a society into which these advocates have organized. Although this method of treatment may offer some good and be somewhat socially useful, it has not been scientifically validated and the massive publicity it has received is unwarranted and deplorable.

128-74

NUTRITION EDUCATION - A CATALYST FOR CHANGE: PROCEEDINGS.

American School Food Service Association Seminar, New Orleans, Ms. 1973
[Denver, American School Food Service Association] 85 p. July 26-28, 1973.
TX364.A44 1573 P5N

Education, Health education, Nutrition, Personnel, School food service. Abstract: Proceedings of the ASFSA held July, 1973, in New Orleans are given. This publication contains the abstracts of a series of talks given at the seminar. The series of speakers described techniques which could be used in teaching nutrition to children, parents, community groups and school foodservice personnel. The emphasis was on the importance of reaching the child, the teacher, the administrator and parents with nutrition education.

129-74

LIVING TOGETHER IN AMERICA (STUDY PRINTS).

F S Anderson, W E S Polcun-Dickerson
Elgin, IL. David C. Cook 20 study prints, 12"x17", col. 1973.
LE 1043.5.L5 P5N AV

American Indians, Instructional aids, Italian Americans, Kindergarten, Negroes, Oriental Americans, School children (6-11 years), Social studies, Spanish Americans. with 47 s. Resource manual, narration for pictures 5, 7, 8, 10, 12, 13, 14, 15, 16, and 18 translated into Spanish. Abstract: A series of wall-sized colored pictures to teach school children about some of the ethnic minorities who have contributed to America's culture. Five of the pictures deal directly with food and eating. The resource manual suggests background information and learning activities. Several folk tales are included. Translation of picture captions and stories makes it suitable for Spanish-speaking populations.

130-74

A STUDY OF THE NUTRITIONAL STATUS AND FOOD HABITS OF OTOMI INDIANS IN THE NEZUCUITAL VALLEY OF MEXICO.

R W Anderson
Am J Public Health 36 (8): 883-903. Aug 1946.
449.9 AM3J

American Indians, Cultural factors, Diet patterns, Environmental factors, Food habits, Food survey, Mexico, Nutritional status, Research. Abstract: The region where the Otomi live is arid and barren, and is one of the most economically and culturally depressed areas of Mexico. Not despite these conditions, the Otomi have maintained a fairly good diet by eating every conceivable edible plant available. They have developed food habits that are well adapted to the environment and meager food supply. Attempts to change the Otomi diet would be a mistake until the economic, agricultural, and social conditions can be improved and something really better substituted.

131-74

ANNIE A; I'M ANNIE A, AND I'M A CANDY (POSTER).

[Berkeley] University of California 1 poster, 65 x 50 cm, col. [1973].
TX355.A53 P6N AV

Basic nutrition facts, Fat-soluble vitamins, Food intake, Nutrient intake, Nutrients, Vitamin A. Abstract: Vitamin A works within the body to maintain a clear, healthy complexion and to keep eyesight up to par. To remind people to get enough vitamin A, this poster shows a character named Annie A who is depicted as a flashlight that is helping a young girl to see well in a darkened movie theater. The printed message says: "I'm Annie A, and I'm a candy. In dia light, I come in handy. I keep skin smooth and help you see. Try to get enough of me."

132-74

NUTRITIONAL ANALYSIS OF FOODS FROM FAST-FOOD CHAINS.

Howard Appleford
Food Technol 28 (4): 50, 52-55. Apr 1974.
389.8 P7398

Fast-food chains, Food analysis, Nutrient content determination, Nutrient values, Nutritional quality, Recommended Dietary Allowances. Abstract: The objective of the present study was to determine the proximate and mineral composition of franchise fast-foods sold in Gainesville, Florida, and to evaluate the nutrient content of typical fast-food meals in terms of Recommended Dietary Allowances for selected age groups. It is concluded that franchise fast-food meals can be an acceptable source of nutrition and that nutritional labeling of fast-foods should be encouraged.

133-74

APPETIZING TODDLER MEALS.

Sandra Appleton
Amer Baby 36 (2): 22. Feb 1974.
HQ750.A244 P5N

Child nutrition, Food preferences, Menu planning, Preschool children (2-5 years), Snacks. Abstract: The mother of a two-year old suggests to other mothers of such children foods and meals these children like and will accept that also provide them with the nutritious balance they need. She also offers helpful suggestions on how to encourage the small child to eat and enjoy his food. Persons in charge of food planning for children in day care and similar programs may find the suggestions for foods and suitable atmosphere useful.

134-74

ARE PUFA HARMFUL?

Br Med J (5803): 1-2. Oct 6, 1973.
448.8 H77

Aging, Cancer, Fats and oils, Fatty acids, Professional education, Unsaturated fats, Vitamin E. Abstract: In this article for the physician and professional nutritionist the editor of the British Medical Journal questions whether current emphasis on consumption of polyunsaturated fatty acids may be dangerous. Evidence that excessive consumption hastens premature aging is tenuous, nor is there real evidence of a link between these substances and cancer. It is pointed out that cooking oils made of polyunsaturated fats become oxidized by reuse to saturated fats. Persons who consume large amounts of polyunsaturates might consider taking supplements of vitamin E. A plea is made for saturates, that saturated, monounsaturated and polyunsaturated fats should be consumed in equal amounts. The article ends with a concerned comment on lack of information on the types of edible fats in many commercial foodstuffs.

135-74

GIVE STRENGTH TO YOUR BLOOD--EAT FOODS THAT CONTAIN IRON.

(SFA)
Arizona, Dept. of Health, Maternal and Child Health Division
Phoenix, Ariz. n.p. [n.d.].
TX553.1747 P5N

Diet information, Food guides, Food sources, Iron. Title of Original: De fuerza a su sangre--comiendo alimentos que contienen hierro. Abstract: For good health and energy, one should eat two servings a day of foods rich in iron. This pamphlet lists foods that are good sources of dietary iron and recommends buying only enriched bread.

136-74

HENATOLOGICAL, VITAMIN B12, AND FOLATE STUDIES ON SEVENTEEN-DAY ADVENTIST VEGETARIANS.

Grace K Armstrong, Richard E Davis, Darryl J Nicol
Amer J Clin Nutr 27 (7): 712-718. July 1974.
389.8 J624

Food beliefs, Research, Vegetarian diets, Vegetarians, Vitamin B12. Abstract: This paper reports on a study done to assess the effect of vegetarianism on hematological variables, serum vitamin B12, and on serum and red cell folate levels in a relatively affluent community. Research methods employed are outlined and results indicate vegetarians have a significantly higher mean serum folate than non-vegetarians. Serum vitamin B12 levels correlated with both meat and egg intake. Subjects with a serum vitamin B12 level of less than 160 pg/ml had significantly higher mean HCV and HCN and lower mean total red and white cell counts and red cell folate than the rest of the

et al. There is apparently an increased sensitivity to vitamin B12 deficiency in older men and younger women. This work supports the recommendation of vitamin B12 supplements to vegetarians with low B12 intake or in situations of stress. This paper should be of interest to nutritionists counseling these or vegetarian diets.

137-74

FOOD POWER: A DOCTOR'S GUIDE TO COMMONSENSE NUTRITION.

L Paris Arnes
Chicago, Nelson-Hall 298 s. 1972.
NA784.A7 P68

Adult nutrition education, Basic nutrition facts, Cardiovascular disorders, Child nutrition, Dental health, Food additives, Food composition tables, Food misadventures, Weight control. Abstract: This book written for the educated layman includes discussions on food misadventures, food components and energy, stability of weight control, child nutrition, heart disease and nutrition, dental health and nutrition, food additives, and information and tables on nutrient composition of foods. The book does not cover some basic points, such as nutrient needs at different ages, or the major nutrients proteins, carbohydrate and fat.

138-74

DISTRIBUTION OF VITAMIN A TC POPULATIONS GROUPS.

Guillermo Arroyave
In Proceedings of the 1972 Hemisphere Nutrition Congress II
Miami Beach, Fla., Sept. 2, 1971 r. 68-77. 1972.
TE34E.B4 P68

Deficiency diseases and disorders, Eye disorders, Fortification, Recommended Dietary Allowances, Vitamin A. Abstract: A discussion of a nutritional survey performed in 1965-1967 in countries of Central America to ascertain the vitamin A content of foods ingested is given. Prevention of vitamin A deficiency in children was affected by a massive yearly dose of retinol; details of the study are noted. Discussions as to why sugar was chosen as the vehicle for vitamin A fortification, and discussion as to the stability of retinol, its results in taste testing, its biological effectiveness, and the possible toxic effects of the fortified sugar are included.

139-74

PROTEIN 1984.

Ismac Aisov
Food Management 9 (1): 47-49. Jan 1974.
TE341.V69

Food sources, Food supply, New foods, Nutrient sources, Plant proteins, Population growth, Prediction, Protein foods, Protein. Abstract: Ismac Aisov, the well-known science-fiction writer, here speculates on the future of world protein supplies. Brownie animal protein for human consumption is inefficient. Plants will have to supply the bulk of the world's future protein stores. Proteins, as found in nature, consist of large molecules (some times enormous ones) consisting long strings of about 20 different kinds of amino acids. Any protein molecule may consist of several hundred amino acids. Including a number of each variety, arranged in some specific order. The number of possible arrangements is astronomical. In digestion, proteins are broken down into their constituent amino acids, absorbed by the body, and then rearranged in molecules characteristic of human body proteins. In the future, we could develop an amino acid mixing process whereby less digestible or undigestible proteins could be broken down and their amino acids rearranged in forms more usable by the human body.

140-74

RECORD 18 RESOLUTIONS APPROVED AT ANAHEIM.

Association of School Business Officials
Sch Bus Affairs 40 (1): 18-21. Jan 1974.
L11.S3 V68

Association of School Business Officials, Conferences, Food service training, Nutrition education, School food service, School food service supervisors. Abstract: Among other resolutions, the 59th Annual Meeting of the Association of School Business Officials resolved that: "School nutrition programs have a dual role to provide meals that meet school day nutritional needs of pupils and to help young people to learn to make wise food choices both in school and out-of school. Many school systems do not have a school food service director trained in nutrition education and institutional management. The fulfillment of the dual objective is dependent upon a person professionally trained in the aforementioned areas for developing and coordinating school nutrition programs within the school systems and states. ASBO encourages school boards through its members to include requirements of training in nutrition for the positions of school food service director and that the school food service director assume leadership in coordinating nutrition education programs through involvement of an educational team representing teachers, administrators, school food service and community resources."

141-74

AT - RISK FACTORS IN MALNUTRITION SURVEILLANCE.

Pa Bull 4 (1): 23. 1974.
QD431.A1P7 P68
Developing nations, Diet patterns, Malnutrition, Nutrition programs, Nutritional deficiencies, Nutritional status, Nutritional surveys, Prediction, Preventive nutrition. Abstract: The ability to identify individuals and groups who

are "at-risk" or have a high risk of developing a particular illness has great relevance today as nutritional surveillance attempts to identify those who are in particular peril of severe malnutrition so that preventive measures may be taken. This preventive approach requires definition of practical biological, environmental, or other factors that will help identify which people are in special danger of developing malnutrition. The biological or environmental circumstances that predispose a young child to malnutrition can be recognized as early warning signs. To be effective as tools for surveillance, these at-risk factors must be carefully defined and selected. They must be practical, useful and relevant to a given local human ecology; they should be few in number and based on known patterns of malnutrition in the area; and they must be simple, subjectively recognizable and assessable by all levels of health workers. Community-level surveillance indicators must be chosen to reflect the important causes of malnutrition in a given region, such as unemployment, low purchasing power, and limited agricultural/livestock resources.

142-74

A COMPARATIVE STUDY OF FOOD HABITS: INFLUENCE OF AGE, SEX AND SELECTED FAMILY CHARACTERISTICS.

E AnCels
Can J Public Health 63 (2): 143-151. Mar/Apr 1972.
449.6 P964
Academic achievement, Canada, Children, Diet patterns, Dietary surveys, Family relationships, Food habits, Food intake, Research. Abstract: The food habits of students in 14 small Nova Scotia communities were analyzed. Relationships between food habits and family characteristics were not clear-cut, but age had an influence. Younger students had better eating habits. Higher educational background of the parents correlated with better food habits of the offspring.

143-74

NUTRITION AND ACQUIRED IMMUNITY.

A E Axelrod
Food and Nutr News 46 (1): 1, 4. Oct/Nov 1974.
389.6 P7332
Cancer, Deficiency diseases and disorders, Immunity, Infections, Malnutrition, Minerals, Nutrients, Nutrition, Vitamins. Abstract: There exists a long history of interest in the relationships between nutrition and infectious diseases. Certainly, each of this preoccupation with the role of nutritional state in the predisposition to infectious disease is motivated by a desire to improve resistance to infection by nutritional means, particularly as it applies to human diseases. In many instances, both in man and in experimental animals, such interactions have been found. In some situations, resistance to infection is markedly impaired in malnutrition with an increase in the activity of the infectious process. The specific involvements of protein, vitamin and mineral nutrients are particularly evident.

144-74

DECISION MAKING IN THE BIOLOGICAL FIELD.

Joan Ayer
BioScience 22 (3): 141-143, 152. Mar 1972.
500 AH332A
Additives and adulterants, Cardiovascular disorders, Coronary heart disease, Food additives, Nutrition policy. Abstract: In this article, written for the professional, the author discusses decisions needed in the biological field and how they should be made. He begins with a discussion of the regulatory approach and illustrates this approach through the regulation of food additives - factors that have necessitated their use, the advantages and disadvantages in their use, tolerance levels, the role of regulatory agencies and how these agencies themselves are regulated. He then discusses the methods of planning and problem solving in decision making. He advocates planning rather than problem solving and illustrates this approach through a discussion of cardiovascular disease, its causes and our current approach in treatment which is to spend money to correct the disease that we actually promote through "poor social engineering". He recommends changes in planning in national exercise programs such as physical education and in our food supply to overcome this major health problem.

145-74

WHEAT IN HUMAN NUTRITION.

B N Akyrova, Joyce Doughty
Bones, Food and Agriculture Organization 163 p. 1970.
TE556.B54 P68 (FAO nutritional studies no. 23)
Deficiency diseases and disorders, Enrichment, Food processing, Food production, Nutrient values, Professional education, Wheat. Abstract: This book, one of a series for the professional nutritionist on specific foods or food groups, presents information as the history of wheat, its nutritive value as the latter is affected by storage and preparation, wheat production, forms in which it is eaten, its consumption in various regions, effects of milling on its properties, including nutritive, extraction, enrichment, wheat in health and disease, and trends of future production and consumption.

146-74

FOOD AND EMOTIONAL SIGNIFICANCE.

C G Balcock
J Am Diet Assoc 24 (5): 390-393. May 1984.

147-74

389.8 AM34

Behavior, Child rearing practices, Food habits, Food preferences, Food selection, Infant feeding, Motivation, Psychological aspects.

Extract: Emotionally, food is used to relieve anxiety and tension, to deny one's own needs, to gain acceptance and security, and to influence others through discipline or deprivation. An infant's earliest pleasurable associations are with eating.

147-74

ATTITUDES AND THE USE OF FOOD.

C G Pakcock

J Am Diet Assoc 38 (6): 546-551. June 1961.

389.8 AM34

Attitudes, Behavior change, Diet patterns, Food habits, Food preferences, Food selection, Food symbolism, Psychological aspects, Resistance to change.

Extract: This paper presents a psychological approach to improve people's food habits. Food is associated with intimacy, security, love, and self-derivation. Food is very close to primitive feelings. People think there is nothing new to learn about food and so are very reluctant to alter their eating habits.

148-74

ATTITUDES AND USE OF FOOD.

C G Pakcock

J Am Diet Assoc 38 (6): 546-551. June 1961.

389.8 AM34

Attitudes, Behavior change, Counseling, Cultural factors, Diet improvement, Diet patterns, Food habits, Nutrition education.

Extract: To establish good food habits, people must be able to learn and distinguish what he is able to teach. This involves communication, made difficult by continually changing knowledge regarding food. The food therapist must explore the food habits and their meanings among a community culture in order to develop patient interest. Suggestions for teaching about food include showing the reasons for choice, avoiding classification of food by connection with socioeconomic groups, and avoidance of nonspecific terminology. Start where the person is, with what he likes, and remember that people learn slowly.

149-74

PRENATAL CARE: HAVING A BABY.

Katie Baer

Syracuse, Nev Readers Press 24 p. 1973.

NS225.B3 P5N

Adolescents (12-19 years), Diet information, Food guides, Pregnant women, Prenatal education, Teenage pregnancy.

Abstract: This is a pamphlet written for adolescent pregnant women. The changes in her body, both physical and mental are described. Information on what she must do during the coming months of her pregnancy to help herself and the baby to good health is given. There is such information given on correct diet during pregnancy. Some welcome information is included on the purchase of baby clothes, equipment and furniture.

150-74

GROWTH AND MATURATION: AN INTRODUCTION TO PHYSICAL DEVELOPMENT.

Melvyn J Baer

Cambridge, Mass., Howard A. Doyle 189 p. 1973.

QP84.Z.B3 P5N

Bones, Children, College students, Growth, Nutrition, Teeth, Weight.

Abstract: In this book a physical anthropologist describes how normal children grow in height, weight and other dimensions. Cultural, endocrinologic and dietary factors are considered as they affect growth both normally and abnormally. College students of biology and nutrition will find the book useful in supplementing the more conventional approaches of texts to the question of growth, and may find the sections on bone detective work, which identifies from skeletal remains age, sex and ethnic origins, particularly interesting.

151-74

THE DETERMINATION OF ASCORBIC ACID.

David H Bailey

J Chem Educ 51 (7): 488-489. July 1974.

381 J826

Analytical methods, Ascorbic acid, Chemistry, Food analysis, Nutrient content determination.

Abstract: This paper, of interest to nutrition and chemistry educators, describes an apparatus and determination of ascorbic acid. The procedure also illustrates the application of the back titration technique. Experimental directions are given as well as directions for making unknowns for this experiment. Typical student results are listed.

152-74

NUTRITION TEACHING AIDS (CHARTS).

California, University, Berkeley, Agricultural Extension Service

Marcelle A Hailer

Berkeley: Univ. of Calif. 8 charts, with teacher's guide. 1970.

TE364.C34 P5N AV

Adults, Charts, Food composition, Instructional aids, Nutrient requirements.

Abstract: These charts contain a series of small bar graphs

arranged on heavy weight sheets. They can be used in this form or cut apart. The graphs include comparative counts of a nutrient in certain foods, percentages of RDA's for a woman 35-55 years old in a variety of foods and sample menus. Suggestions for use accompany the graphs.

153-74

DIABETES MELLITUS AND OBESITY.

Joyce D Baird

Proc Nutr Sec 32 (3): 199-203. Dec 1973.

389.9 M953

Blood glucose level, Cardiovascular disorders, Diabetes mellitus, Etiology, Fat cells, Hereditary factors, Obesity.

Extract: Although an inherited liability to develop diabetes is probably the most important single factor leading to the development of clinical diabetes, obesity, acting as a diabetogenic factor, is probably a critical factor in the appearance of diabetes in many instances. Avoidance of over-eating and obesity may prevent the appearance of the clinical syndrome of adult-onset diabetes in many instances.

154-74

CUSTOMIZE YOUR DIET.

Mary Jean Baker, Evelyn H Johnson, Beverly Leary

U.S., Dept. of Agriculture, Extension Service

Washington, U.S. Dept. of Agriculture Extension Service 8 p.

sheets for photocopying, 4 p. program guide. Sept 1973.

TE355.B3 P5N

Adolescents (12-19 years), Basic nutrition facts, Diet improvement, Food fads, Food habits, Instructional materials, Weight control.

Abstract: Secondary school teachers as well as those who work with youth will find these sets of sheets for photocopying useful in teaching teenagers about weight control, personal appearance and food fads. The materials were developed for use with small groups, but may also be used with individuals, and separately, or as a series. The accompanying guide for programers suggests ways to use the materials, and indicates they were designed to be used in decision-making experiences.

155-74

THOUGHT FOR FOOD--THE SOCIAL AND CULTURAL ASPECTS OF MALNUTRITION.

J Belcosh

Cajanne 5 (2): 67-85. Apr/June 1972.

BA784.A1C3

Cultural factors, Food habits, Food habits, Food preferences, Food selection, Food symbolism, Food taboos, Malnutrition, Social factors.

Extract: The cultural values connected with eating are symbolic rather than nutritional. Cultural attitudes regarding food include food taboos and concepts of cultural "superfoods" that have mystical, historical, emotional or religious connotations. Malnutrition may result if children's diets are restricted by these food beliefs. Nutrition education must be carried out within a society's framework of food values.

156-74

ENERGY METABOLISM.

Eric G Ball

Reading, Mass., Addison-Wesley Publishing Co. 84 p. 1973.

QP171.E3 P5N

Biochemistry, Cells, Energy metabolism, Fatty acids.

Abstract: A book about the basic principles and reactions underlying the conversion of foodstuffs into energy. For the sake of simplicity in presentation, these reactions are divided into three categories: dehydrogenations, decarboxylations, and "make ready".

157-74

NUTRITIONAL COMPONENT IN SOME PROBLEMS OF ADOLESCENCE.

M Baleley, H P Brink, E W Speckmann

J Home Econ 6 (8): 648-652. Oct 1968.

321.E J82

Adolescents (12-19 years), Diet patterns, Health, Hereditary factors, Maturation, Physical exercise, Psychological aspects.

Extract: Not all health problems of adolescents are related to diet. Diet and genetics both play a role in maturation and else. Both obesity and undernutrition can have psychological components. The relation of each to diet is not clear. Exercise and athletics are also discussed in relation to diet.

158-74

WESTERN HEMISPHERE SCIENTISTS DISCUSS NUTRITION NEEDS AND FOOD PROSPECTS.

Moris B Baleley

J Am Diet Assoc 65 (6): 658-661. Dec 1974.

389.8 AM34

Deficiency diseases and disorders, Fiber, Goiter, Iodine, Nutrition, Nutrition education, Phytochemicals, World problems.

Abstract: The eating of the Western Hemisphere Nutrition Congress IV in Nice, France in August of 1974 is reviewed. Among the topics discussed were world food prospects, minerals in nutrition, iodine intake as related to endemic goiter, fiber and phytochemicals, and the complexity of nutritional requirements. Nutrition education was a major topic, and nutrient deficiencies and excesses were discussed.

- 159-74**
ON THE GENESIS OF ATHEROSCLEROSIS.
Brode O Barasa
American Geriatrics Society
J Am Geriatrics Soc 21 (8): 350-354. Nov 1973.
DC952.A148 P68
Atherosclerosis, Children, Coronary heart disease, Goiter, Infections, Iodine, Thyroid gland.
Abstract: Although atherosclerosis had been known for over 3000 years, it came into prominence in the 20th century apparently because a reduction in deaths from infectious permitted a population susceptible to atherosclerosis to reach adult life. Atherosclerosis is accompanied by an early deposit of abnormal quantities of mucopolysaccharides in the tissues. In hypothyroid children, the tissues content of mucopolysaccharides is increased, but is restored to normal by thyroid therapy. A factor in the increased death rate from atherosclerosis seems to be the arrival of hypothyroid children from infectious diseases: they thus become potential candidates for premature death from atherosclerotic disease. Thyroid therapy can be a prophylactic against premature deaths from heart attacks, hypertension, and diabetes. This hypothesis is presented for physicians and nutritionists.
- 160-74**
BARRIERS TO DEVELOPMENTAL NUTRITION: FAT: FAT IN INFANCY.
Louis A Barasa
Columbus, Ohio, Ohio Laboratorica 12 p. Nov 1972.
TX361.C583 P68 (Children are different, no. 5)
Fat modifications, Growth, Infant feeding, Infants (To 2 years), Professional education.
Abstract: The infant takes home milk gets about 50% of his calories from fat. Premature infants absorb saturated fat poorly in the first months of life, while fat is essential to the young child, high intakes early in life may lead to obesity and have deleterious consequences for later degenerative diseases. For nutritionists and other health professionals.
- 161-74**
THE HOSPITAL DIETITIAN IN PREVENTION AND TREATMENT OF OBESITY.
B B Barry
Hospitals 42 (4): 94, 98-102. Feb 1968.
H9960.M6 P68
Diet counseling, Dietitians, Health occupations, Nutrition education, Obesity, Patient care, Therapeutic and special diets, Therapeutic nutrition, Weight control.
Abstract: Obesity is a chronic disease, a public health problem prevalent in every age group. To control it requires prevention, early detection, and treatment. Both diet and exercise as well as psychological support are needed in treatment. The dietitian needs to understand that the change in his life patterns must be lasting. Some ways a hospital dietitian may help a patient maintain a diet are suggested.
- 162-74**
EFFECT OF FOOD TABOOS ON PRENATAL NUTRITION.
N J Bartholomew, F H Postca
J Nutr Educ 2 (1): 15-17. Summer 1970.
TX381.J6
Food beliefs, Food habits, Food taboos, Negroes, Nutritional status, Pregnancy and nutrition, Pregnancy diets, Pregnant women, United States.
Abstract: Food beliefs and superstitions of white and Negro clinic patients in a southern city influenced their diets during pregnancy. Most of the beliefs related to protein foods. More rural than urban dwellers held these superstitions.
- 163-74**
BASIC NUTRITION INSTRUCTORS' MANUAL: SCHOOL LUNCH 3. 3d rev. [ed. 1].
Atlanta, Georgia Department of Education 41 p. 1972.
TX364.N35 1972 P68
Dietetics, Instructional materials, Nutrients, Nutrition, Recommended Dietary Allowances, School lunch.
Abstract: This is a manual for teachers who will teach the workers in a school lunch program. The booklet is set up in ten units, each unit to last three hours. After thirty hours of teaching, it is hoped that the students will have a basic understanding of nutrition. The knowledge will then stand them in good stead when they work in the cafeterias of the school preparing lunches for the children. Nutrition itself is defined for the class, along with the needs of the body with special emphasis on the needs of school children. Fats, carbohydrates, proteins, vitamins and minerals are defined and discussed. A little time is spent in discussing digestion and absorption, and then the Basic Four, and Type A school lunch is studied.
- 164-74**
DISACCHARIDE INTOLERANCE IN FEEDING PROGRAMS.
Theodore H Bayless, David H Baize
In Proceedings of the Eastern Hemisphere Nutrition Congress II Miami Beach, Fla., Sept. 2, 1971 p. 188-193. 1972.
TX345.M4 P68
Digestion, Lactose intolerance, Milk, Programs.
Abstract: The information about lactose intolerance contained in this article would be of importance to anyone who is involved in a feeding program to improve nutrition. The number of people, both children and adults throughout the world, who are not able to digest cow's milk properly, is extremely high. To expect populations to improve their nutritional status by the ingestion of high amounts of dried (or rehydrated) milk will not
- always work, even the inclusion of a pint of milk in the type A school lunch program will not give the assumed amount of calories or protein to a child who might be intolerant to the milk.
- 165-74**
ROLE PERCEPTIONS OF YOUNG HOMEMAKERS AND NUTRITION EDUCATION PROGRAMS.
J A Bayton
J Home Econ 57 (5): 347-350. May 1965.
J21.F J62
Family environment, Homemakers, Motivation, Nutrition education, Nutrition knowledge, Performance criteria, Psychological aspects, Self concept, Social influences.
Abstract: Feelings of young homemakers about feeding their families are varied: enthusiasm, negativism, challenge, frustration, value conflicts, and lack of criteria for planning, for shopping, and for cooking. These feelings are related to the homemaker's role, of which nutrition is just part. Society has certain expectations of the homemaker's role, and the individual has some conception of it which may not equate with society's ideas. Performance is measured by the degree to which a homemaker is a success or failure in the role. Nutrition education is of importance in relation to how homemakers see themselves performing this role.
- 166-74**
THE USE OF NUTRITIONAL REQUIREMENTS AND ALLOWANCES.
D B Banta, Nelson A Fernandez
In Proceedings of the Eastern Hemisphere Nutrition Congress II Miami Beach, Fla., Sept. 2, 1971 p. 356-363. 1972.
TX345.M4 P68
Dietary information, Iron, Zinc, Nutrient intake, Nutrient requirements, Protein, Recommended Dietary Allowances, Rihof-lavin, Thiamin.
Abstract: By studying the dietary intakes of Canadian women, Dr. Banta and Fernandez find that when the Recommended Daily Allowances of all nutrients are ingested, the probability of a deficiency in the individual is very low. As the habitual nutrient intake falls below the RDA, the probability of deficiency increases. The authors discuss the variability of intake and requirement and the probability of deficiency. The paper is written more from a statistician's standpoint than from that of a nutritionist.
- 167-74**
NUTRITION EDUCATION IN AN AFFLUENT SOCIETY.
A B Beavins
Food and Nutr News 37 (1): 1. Summer 1965.
389.F W332
Affluent nations, Cultural factors, Educational programs, Food habits, Food misadoption, New foods, Nutrition education, Program design, United States.
Abstract: Once in the Depression and again in World War II when rationing disturbed usual food choices, nutrition was a popular subject which urged us to eat well. Now the theme is more likely to be "eat less," with affluence often comes a need to lose weight. Other trends in our society are a belief that if a little is good, more will be better. For such things as vitamins A and D, this is dangerous thinking. In these new times, nutrition education must keep up with the new ways.
- 168-74**
IMPROVEMENT OF THE NUTRITIONAL STATUS OF INFANTS AND CHILDREN--CONSIDERATION OF NORTHEAST BRAZIL PROGRAM.
Ivan D Beghin
In Proceedings of the Eastern Hemisphere Nutrition Congress II Miami Beach, Fla., Sept. 2, 1971 p. 93-98. 1972.
TX345.M4 P68
Diet improvement, Family (Sociological unit), Kwashiorkor, Malnutrition, Nutrition, Preschool children (2-5 years), Rehabilitation.
Abstract: Workers in nutrition and public health will be interested in the program in parts of Brazil that are helping to overcome severe protein-calorie malnutrition, while involving the families in nutritional education. Dr. Beghin speaks of the prevalence of malnutrition among the young children of the area. The nutritional rehabilitation centers are described and the use of supervised supplementary feedings are indicated also.
- 169-74**
WHAT CONSUMERS KNOW ABOUT NUTRITION.
Eletta Belicic, Diane Schreyer
FDJ Consumer 8 (6): 5-9. July/Aug 1974.
TX335.F6 P68
Basic Four, Basic nutrition facts, Food and Drug Administration, Food groups, Surveys.
Abstract: This article, of interest to nutrition educators, reports on a survey done by the FDA to determine consumer nutrition knowledge. It was headed by a paracel questionnaire and based on the four food groups. Each paracel questioned was asked to name the key nutrients of the group, the group's value to the body in terms of nutrient function, and to select food group alternatives. Additional results include age and geographic differentiation, as well as results of the shopper's ability to judge what he (she) knows. The author concludes that shoppers are familiar with such basic nutrition information and that nutrient labeling will help them use this information and also teach them additional information.

BIBLIOGRAPHY

170-74

170-74
DIETARY LEVELS OF HOUSEHOLDS IN THE FOUR REGIONS OF THE UNITED STATES: SEASONS AND YEAR 1965-66.
Arlotta H. Maloian
U.S., Consumer and Food Economics Institute
[Washington] U.S. Dept. of Agriculture 2 v. [1972].
ATK360.0584
Food habits, United States.
Available from NAL. Unpublished copy of manuscript casually referred to as CPE Photocopy series 1.

171-74

171-74
OBESITY AND CHILDHOOD: YOUNG CHILD DOESN'T HAVE TO BE FAT.
Abby Avia Nelson
Weight Watchers 7 (8): 38-40, 58, 60, 62. Sept 1974.
RC628.84 F5H
Children, Nutrient excesses, Obesity, Weight control, Weight gain, Weight reduction.
Abstract: This article, written for the lay person, discusses several factors involved in childhood obesity. Recommendations for parents to help children form moderate eating habits are given including establishing set eating more food than is needed, not using food as a pacifier, bribe, or reward, and not having meals be haphazard affairs. Some psychological effects of overeating on the mother and child are described along with possible physical effects in the obese child. Recommendations for avoidance of obesity and treatment of already existing obesity in a child are given.

172-74

172-74
OBESITY AND THE UNHAPPY CHILD.
Abby Avia Nelson
Weight Watchers 6 (12): 20-22, 49. Jan 1974.
RC628.84 F5H
Death rate, Hypertension, Obesity, Pregnancy and nutrition, Pregnancy toxemia, Toxemia of pregnancy, Weight control.
Abstract: This article for the pregnant woman is based upon interviews with obstetricians and other physicians, who advise an overweight woman who becomes pregnant to seek medical help for weight control, and one who plans to become pregnant to lose weight before pregnancy starts. Infant mortality among obese mothers is four times that of women of normal weight. High blood pressure and other medical problems, including toxemia, are difficulties the woman herself may experience if she is overweight. Weight loss should be under supervision, and the diet should contain foods needed by the baby and mother.

173-74

173-74
CONGESTIVE HEART FAILURE, THE PATIENT, AND THE COMMUNITY.
F T Ennack
Am J Public Health 54 (10): 1706-1710. Oct 1964.
489.9 AH3J
Cardiovascular disorders, Community programs, Diet counseling, Diet planning, Health services, Home health services, Patient care, Psychological aspects, Therapeutic and special diets.
Extract: Patients with congestive heart failure are particularly in need of good follow-up care to avert recurrences. A team approach, with home visits of the Public Health nurse, can do much to alleviate these problems. Diet planning begins in the hospital should be continued as an outpatient function. A community diet counseling service would be advantageous in these cases.

174-74

174-74
NUTRITIONAL STATUS OF SCHOOLCHILDREN.
A E Fender
Proc Nutr Soc 33 (1): 45-50. May 1974.
389.9 H953
Growth, Iron-deficiency anemia, Malnutrition, Nutrients, Nutritional deficiencies, Nutritional status, School children (6-11 years), School food services, Vitamin D.
Extract: Gross assessment of the nutritional status of school children provides inadequate information; the problem is that of the individuals at the lower end of the scale. However, it is extremely difficult to resolve the problem. Nutrient shortages are unlikely to be severe, biochemical indices may be in the normal or average range and clinical signs will certainly be very vague. Even if all three of these criteria indicate some degree of nutritional risk, it is difficult to demonstrate that extra nutrients confer any measurable benefit.

175-74

175-74
HUNGER AND MALNUTRITION IN THE WORLD TODAY.
J H Ennack
Calanna VII (8): 127-133. Aug 1974.
NA744.A1C3
Deficiency diseases and disorders, Hunger, Malnutrition, Protein malnutrition, Protein-calorie malnutrition.
Abstract: This article, written for nutritionists and related personnel, reports that hunger and malnutrition are firmly rooted in patterns of eating, culture, food availability, geography, and socio-economic conditions. Statistics on malnutrition are presented including information on specific diseases and deficiencies resulting from inadequate food intake. Physical results and difficulties in learning and in psychological and social adaptation are reported. Future behavior of severely or moderately malnourished children and its effect on society is unpredictable.

176-74

176-74
PNEUMONIA OF PROTEIN - CALORIE MALNUTRITION, 1963 TO 1973.
Joan H. Ennack, Gonzalo Deacon
Paq Hall 4 (1): 24-25. 1974.
QD431.H197 F5H
Dietary study methods, Geographic regions, Malnutrition, Nutritional deficiencies, Nutritional status, Nutritional surveys, Protein-calorie malnutrition, Research, Research needs.
Abstract: Despite the tabular compilation made here of past research on the prevalence of protein-calorie malnutrition in various geographic areas, such area investigation needs to be done on the subject, particularly in those areas where information is still scanty or nonexistent. Surveys on PCM should be compiled and evaluated every five years to keep up with the cultural, social, technological, and/or environmental factors influencing the increase of PCM.

177-74

177-74
CURRENT CONCEPTS OF NUTRITION AND DIET IN DISEASES OF THE KIDNEY: 2: DIETARY REGIMEN IN SPECIFIC KIDNEY DISORDERS.
Barton T. Benjamin
J Am Diet Assoc 65 (6): 627-633. Dec 1974.
389.9 AH34
Dialysis, Diet planning, Diets for special conditions, Renal disorders, Renal failure, Therapeutic diets.
Abstract: The precise dietary regimen for the major renal disorders, including acute renal failure, are illustrated by specific example menus. Likewise, the Giordano-Giovannetti diet for advanced renal failure and its rationale are discussed. Long-term dialysis is an effective, life-saving maintenance treatment in end-stage renal failure. It is, however, beset with unpredictable and uneven results and complications unless personalized and careful dietary management is combined with a regular pattern of multiple (usually three) weekly dialysis. Details of the dietary prescription in maintenance dialysis are discussed and menus presented.

178-74

178-74
OUR ROLE IN THE SCHOOL LUNCH PROGRAM.
I Ennack
Practical Forecast Home Econ 7 (3): 28, 33-34. Nov 1961.
321.8 H752
Adolescents (12-19 years), Applied nutrition, Effective teaching, Home economics teachers, Nutrition education, School children (6-11 years), School lunch programs, Student involvement, Teaching techniques.
Extract: Excesses sometimes serious nutrient deficiencies have been found in the U.S. among children and teenagers, home economics teachers should make every effort to use the school lunch program as a teaching activity. A number of lesson ideas are presented as practical suggestions to involve students in learning nutrition.

179-74

179-74
CONTROLLING YOUR WEIGHT.
Barbara Haeriger
New York, Franklin Watts 64 p. 1973.
631.40 H4 F5H
Adolescents (12-19 years), Caloric intake, Exercise, Food fads, Food guides, Obesity, Weight control.
Abstract: In this book for adolescents good diet in the proper amount and adequate exercise are prescribed for weight control. The dangers of fad diets and similar methods of weight control are cautioned against, and some guidelines to proper caloric intake are offered. An appendix gives calories in stated amounts of a variety of animal foods, and the caloric cost of a number of activities.

180-74

180-74
SELLING NUTRITION IN SALT LAKE CITY.
J Ennack
J Home Econ 64 (6): 28-29. Sept 1972.
321.8 JH2
Activity learning, Demonstrations (drama), Educational programs, Elementary education, Food preparation, Instructional materials, Nutrition education, Salt Lake City, Utah, Teaching techniques.
Extract: A successful nutritional education project at the elementary school level incorporated chick-feeding experiments, cooking, taste-testing and other learning activities.

181-74

181-74
EVALUATION OF THE EFFECTIVENESS OF EDUCATION AND REHABILITATION CENTERS.
Warran L. Hargreaves
In Proceedings of the Eastern Hemisphere Nutrition Congress II Miami Beach, Fla., Sept. 2, 1971 p. 84-87. 1972.
TR345.H4 F5H
Diet improvement, Family (sociological unit), Malnutrition, Preschool children (2-5 years), Rehabilitation.
Abstract: This paper is written for public health people who deal with malnutrition. A program that was in effect in Haiti is described. A center set up in the program taught the mothers of malnourished children how to prepare and serve foods to keep their children healthy. A description of the type of foods, their preparation costs and the method used for follow through is discussed in detail.

182-74

182-74
FOOD FOR LITTLE PEOPLE.
Berkeley, Dept. of Public Health
Berkeley, Dept. of Public Health 30 p., illus. [n.d.].

- TX36a.H4 P6H**
Activity learning, Adults, Day care services, Early childhood education, Preschool children (2-5 years), Recipes, Resources, Snacks.
Abstract: Teachers, parents and day care center workers prepared this booklet about snacks and ways to help children learn about food. Also included are stories and activities involving food.
- 103-74**
SOCIAL AND ECONOMIC IMPLICATIONS OF NUTRITION SURVEYS AND OTHER EPIDEMIOLOGICAL EVIDENCE.
M T C HARRY
Prac Nutr Soc 33 (1): 59-65. May 1974.
389.9 H53
Cardiovascular disorders, Diabetes mellitus, Great Britain, Growth, Malnutrition, Nutritional surveys, Obesity, Socioeconomic influences.
Abstract: In 1968-1971, under the auspices of the Committee on Medical Aspects of Food Policy, detailed surveys were made of old people, pregnant women, preschool children and school children of various areas, totalling about 40004500 people, the aim being to establish a base-line. In 1971 an expert Subcommittee on Nutritional Surveillance was set up to advise in the first place on what measures were needed to monitor the effects of various changes in welfare and school milk, and meals, and the result of their advice has been a return to a system of routine indices, better than before.
- 104-74**
FOOD ATTITUDES AND SNACKING PATTERNS OF YOUNG CHILDREN.
MARGY F BEVIER, PORTIA H MORRIS
J Nutr Educ 6 (4): 131-133. Oct/Dec 1974.
TX341.J6
Child nutrition, Children, Food beliefs, Food consumption, Food habits, Snacks.
Abstract: Food likes and dislikes and snacking patterns of 44 children were assessed during the preschool period and followed up during early elementary school years. Home interviews with mothers revealed that most considered their child's diet nutritionally adequate, which was borne out by analysis of food intake records. It was also determined that snacks provided proportionately more calories than protein, and there was a tendency for the children to consume less food as snacks as they become older. This study points out the importance of teaching the foundations of good nutritional practices early in life and illustrates the need for nutrition education to be aimed at the whole family. Nutrition educators should find this article of interest.
- 105-74**
TEN-YEAR EXPERIENCE OF MODIFIED-FAT DIETS ON YOUNGER MEN WITH CORONARY HEART-DISEASE.
MURVIA L NARANBAUS, ROBERT I MALCOLSON, ALAN I FLEISCHMAN
Lancet 1 (7817): 1404-1407. June 23, 1973.
548.8 L22
Age groups, Cholesterol, Coronary heart disease, Diet improvement, Fat-restricted diets, Lipids, Professional education, Unsaturated fats.
Abstract: One hundred men, 30-50 years old, with confirmed coronary-artery disease and past myocardial infarction, were placed on a 28 percent fat diet after weight reduction. This group was matched with a similar group not under dietary management. Over a period of 10 years there were significant reductions in serum-lipids in the diet-managed compared with the control group. In this predominantly lipoprotein-phenotype-IV group, using a diet containing less than 9 percent of calories as saturated fat and less than 400 mg exogenous cholesterol daily, the degree of atherosclerosis of the diet did not appear to influence either serum-lipid values or mortality-rates. After 10 years, the diet-managed group had a 17 percent greater survival-rate than the control group. This article is addressed to physicians and nutritionists.
- 106-74**
THE BIG FOUR DAILY COUNTDOWN (CHART). (SPA)
San Francisco, Calif.: Dal Monte Corp. 2 charts (one each, English and Spanish), 18" x 36", col. July 1970.
TX355.C62 F68
Basic food, Diet instruction, Food groups, Food guides.
Title of Original: Consume diariamente los cuatro alimentos básicos (Chart).
Abstract: Daily portions of foods from each of the Basic Four groups are needed to develop and maintain good health.
- 107-74**
MALNUTRITION, LEARNING, AND INTELLIGENCE.
Herbert G Birch
Washington, D.C., U.S. Department of Health, Education and Welfare 24 p. 1973.
HC629.5.H5 P6H
Education, Low income groups, Malnutrition, Mental development, Mental retardation, Nutrition, Psychological aspects.
Paper presented at the Leadership Institute held by the Prandiate Committee on Mental Retardation.
Abstract: The evidence surveyed indicated strongly that nutritional factors at a number of different levels contribute significantly to depressed intellectual level and learning failure. It should be recognized that within the overall effort to improve the condition of disadvantaged children, nutritional considerations must occupy a prominent place, and together with improvements in all other facets of life including relevant and directed education, contribute to the improved intellectual growth and school achievement of disadvantaged children.
- 108-74**
MALNUTRITION, LEARNING, AND INTELLIGENCE.
Herbert G Birch
Am J Public Health 62 (6): 773-784. June 1972.
449.5 H53
Behavior, Child nutrition, Education, Intelligence, Learning, Malnutrition, Professional education, Psychology.
Abstract: This article reviews a broad range of studies which have demonstrated the effects of malnutrition in the young child on subsequent learning ability and mental aptitude. Psychological and social conditions which interact with the malnutrition are considered, as are the effects on behavior of an inadequate state of nutrition. The author concludes that while some degree of malnutrition is widespread among disadvantaged children, its effects on growth and mental development depend on the severity, timing and duration of the nutritional deprivation. Poor health and reproductive risk in the adult woman may be traced to childhood undernutrition. Nutritionists, teachers and other concerned individuals in the profession will find this article useful. There is an extensive bibliography.
- 109-74**
ENERGY EXPENDITURE OF PREGNANT ADOLESCENTS.
Mary L Elackburn, Doris Howe Caloway
J Am Diet Assoc 65 (1): 24-30. July 1974.
389.8 H534
Adolescents (12-19 years), Energy metabolism, Pregnancy and nutrition, Research methodology.
Abstract: Energy need is increased during pregnancy, but the magnitude of the increase is uncertain because of variability in physical activity patterns. Basal and work energy expenditure rates were measured in pregnant teenagers housed in a metabolic unit, and these values were used to estimate the energy requirements of pregnant high school girls according to records of their activities. Pregnant adolescents were extrinsically sedentary, spending 90 per cent of their time lying down or seated. Their average energy expenditure for basal metabolism and activity was computed to be 2,200 to 2,300 kcal. Allowing 150 kcal for deposition of tissue, total metabolizable energy need was about 2,400 kcal per day, exclusive of any allowance for their continued growth.
- 190-74**
NUTRITION IN PRESCHOOL AND SCHOOL AGE, TYLOSAND, SWEDEN, 1968.
Gunnar Elix
Uppsala, Alaquist and Miksalle 154 p., tables, graphs. 1969.
TX3C1.C5H82 P6H (Symposia of the Swedish Nutrition Foundation. No. 7)
Adolescents (12-19 years), International programs, Nutrition, Physical development, Preschool children (2-5 years), School children (6-11 years).
Abstract: This book contains papers presented at Tylosand, Sweden, August, 1968, at the seventh symposium of the Swedish Nutrition Foundation and the second symposium focusing on nutritional problems of the growing child. Contributions by representatives from England, USA, Denmark, Sweden, Mexico, Switzerland, Poland, Norway and Finland provide an international flavor and a valuable exchange of ideas, reflected in the discussions concluding many of the papers. Papers on cellular growth, body composition and growth patterns provide current background information for the presentations on nutritional needs of children.
- 191-74**
A BRIEF REVIEW OF SCIENTIFIC OPINION ON THE ETIOLOGY OF OBESITY.
Arthur Blusenzfeld, Humphrey Sazonon
Am J Clin Nutr 27 (3): 226-228. Mar 1974.
389.8 J824
Atherosclerosis, Carbohydrates, Obesity.
Abstract: In letters to the editor, Blusenzfeld and Sazonon discuss the lipogenesis characteristics of carbohydrates, with Blusenzfeld stating storage of glucose in adipose tissue is of insignificant amounts and Sazonon responding to the contrary if these factors and carbohydrates other than glucose are considered. The points in their disagreement concern the dietary factors involved in the cause of obesity and atherosclerosis, information needed by professionals in nutrition to remain aware of current radical thinking.
- 192-74**
FOOD TABOOS AMONG THE ORANG ASLI IN WEST MALAYSIA: A POTENTIAL NUTRITIONAL HAZARD.
J H Holton
Am J Clin Nutr 25 (8): 789-799. Aug 1972.
389.8 J824
Cultural factors, Diet patterns, Food beliefs, Food habits, Food preferences, Food taboos, Malaysia, Nutrient intake, Nutritional status.
Abstract: The Orang Asli, aborigines of West Malaysia, have taboos against many kinds of animal protein, especially with respect to women of childbearing age and children. These animal food sources may be rejected due to (1) belief in a kindred animal spirit or a special relationship of the animal to man, (2) consideration of the food as unclean, inedible, or poisonous, or (3) fear of harmful effects following the consumption of food thought to contain a spirit.

193-74

193-74

OBESITY--A SPECIAL URBAN HEALTH PANEL DISCUSSES A MAJOR HEALTH PROBLEM.

William H Jr Borders, James D Falar, Zalan A Payne
Urban Health 2 (5): 20-21, 34-38. Oct 1973.
R11.4107 F5H
Calorie-restricted diets, Disorders of body parts and systems, Exercise, Obesity, Professional education, Psychological aspects, Socioeconomic influences, Weight control.
Special issue: nutrition.

Abstract: Physicians and nutritionists discuss the causes of obesity, its effects on health, and means to control or prevent it. Psychological factors contributing to overweight are considered, as are its contributions to such diseases as diabetes and high blood pressure. The problem is more serious among lower income groups, for whom more easily digested carbohydrate foods are cheaper. The general prescription given by the group is to eat less, to eat more often, and to exercise, but with guidance and understanding from a professional for any underlying psychological problems. The article is for health professionals.

194-74

THE FOOD AND PEOPLE DILEMMA.

Geora Borastros
Malpas, Calif., Madaworth Publishing 140 p. 1973.
HE9000.5.M62 F5H (The man - environment system in the late twentieth century)

Demography, Food consumption, Food intake, Food production, Food supply, Population distribution, Population growth.
Abstract: This book presents important material on the world food supply problem. It includes information on such aspects of this problem as study of population growth, global aspects of trade, water, food production and land use, the energy situation, the urban trap and the hunger gap. The author points out that Americans in particular are not aware of their dependence on foods from distant lands and this contributes drastically to the western world's losing touch with ecological realities. The book presents a brief discussion of what might and should be done and the need for new priorities and formulas, it should be of interest to all of us as we all should be aware of a consolidated effort to solve the world food supply problem.

195-74

BREAST FEEDING IN TANZANIA: STUDIES ON INFANT FEEDING PRACTICES AND ATTITUDES.

Annika Bornatale
Nutr Newsletter 11 (3): 1-8. July/Aug 1973.
QP141.1188
Breast feeding, Child care, Child nutrition, Cultural factors, Infant feeding, Lactation, Social factors, Tanzania, Urbanization.

Abstract: A problem common to many developing countries is the tendency toward earlier artificial feeding of infants and the consequent decline in breast feeding time. Two infant feeding surveys were conducted in Tanzania in 1970. The first survey indicated that breast feeding time was shortened when mothers moved from rural to urban environments. Amount of shortening is related to age, education, work, and length of residence in the urban area. The second survey measured the values and attitudes of a group of Tanzanian girl students toward the issue of breast-versus-bottle feeding. With such simple survey methods and at relatively low cost, relevant information for planning and evaluating nutrition programs may be collected by non-specialized educational and health personnel.

196-74

NUTRITION AND BEHAVIOR.

J Borzek
Nutr Rev 16 (9): 257-258. Sept 1958.
389.8 H953
Behavior, Deficiency diseases and disorders, Food beliefs, Food habits, Food intake, Nutrient intake, Nutrition, Reintroduction to change, World Problems.

Abstract: The effects of food habits on food intake, and the effect of intake on behavior is discussed. Also considered are behavioral manifestations of protein deficiency. Food-directed behavior involves remote goals, such as longevity. There is a world problem with regard to popular acceptance of diet conducive to maximal health.

197-74

DIET AND FOOD BELIEFS OF PERUVIAN JUNGLE TRIBES. I. THE SHIPYUO (MONKEY PEOPLE).

H B Bradfield, J Lauriault
J Am Diet Assoc 39 (2): 126-128. Aug 1961.
389.8 H934
American Indians, Cultural factors, Food beliefs, Food habits, Food supply, Food taboos, Nutrient intake, Nutritional status, Peru.

Abstract: Food supply, dietary practices, eating and meal patterns, and food beliefs of riverine Amazonians are described. They place taboos on cassava, iguana, ocelots, and dogs for magical reasons. Papaya is of low status. Fish and game are considered detrimental. Pregnant women are not allowed to eat fruit from thorny trees. There are few positive food beliefs among the Amazonians.

198-74

NUTRITIONAL STATUS OF CALIFORNIA MEXICAN-AMERICANS: A REVIEW.

H B Bradfield, T Hrun
Amer J Clin Nutr 23 (6): 758-806. June 1970.
389.8 J824
California, Diet patterns, Food intake, Food selection, Mexican Americans, Migrant workers, Nutrient intake, Nutritional status, Research needs.

Abstract: Very little is yet known of the nutritional status of Mexican-Americans in California, most of whom are migrant agricultural laborers. Economic, educational, and social factors suggest that poor health status is more likely to be found in this group than in other groups in California. Since Mexican-Americans comprise the largest minority population in the state, such more research is needed to discover the causes, geographic spread, and potential remedies for health and nutritional problems within this cultural group.

199-74

PROTEIN-SAVING EFFECT IN OBESE WOMEN FED LOW CALORIE DIETS.

Robert H Bradfield, Sheldon Hargree, Martin Jordan
Amer J Clin Nutr 27 (1): 3-12. Jan 1974.
389.8 J824
Calorie-restricted diets, Obesity, Professional education, Proteins, Research, Weight control.

Abstract: Obese women studied in a metabolic facility for two months on weight reduction and weight maintenance diets were found to break down body protein minimally even when the dietary calorie intake was low. Thus it appears that the body fat "spares" the body proteins to levels of energy intake as low as 25 percent of that needed for weight maintenance. This article should be of interest to the professional nutritionist.

200-74

FOOD CAN MAKE A DIFFERENCE.

H B Bradley
Sch Lunch J 18 (4): 42-51. Apr 1964.
389.8 SCH6
Adolescents (12-19 years), Daily records, Diet improvement, Diet information, Food fads, Food habits, Motivation, Nutrition education, School food service.

Abstract: This article summarizes the papers presented at a meeting about problems of teenage nutrition. Teens should be taught the basic principles of nutrition. Although adolescents have casual eating habits, they would be better motivated to improve if the adult habits they observe were better. One school, as an experiment, provided breakfast and lunch and provided vitamin supplements for two terms, during which each student kept and evaluated his own daily food records. Student attitudes and grades improved, and those needing to lose weight did so.

201-74

GOOD NUTRITION: PATIENTS LEARN IT BEST IN SMALL DOSES.

H B Brandt
Hospitals 35 (19): 119-124. Oct 1961.
RA960.H6 F53
Diet counselling, Dietitians, Food preferences, Hospital food service, Hospitals, Nutrition education, Patient care, Teaching methods.

Abstract: The hospital patient's nutrition education should begin with the foods offered him. His preferences should be consulted before the first meal. A choice, fitting his needs, should be offered and some things new to him should be included. When a therapeutic diet is needed, explanations of its importance should be made early. For outpatients food models help overcome language barriers.

202-74

CLINICAL MANAGEMENT OF THE OBESSE ADULT.

George A Bray
Postgrad Med J 51 (5): 125-130. May 1972.
R31.P6
Clinical nutrition, Exercise, Obesity, Weight control.

Abstract: In most instances, obesity in adults represents increased food intake and decreased energy expenditure. In the management of these patients, increased physical activity is just as important as dietary restriction. The preferred diet is one that produces a deficit of 500 to 1000 calories per day and contains 30 to 50 grams of carbohydrate. There is good evidence that eating five or six small meals a day is a better schedule than one or two larger meals. Data indicates that the success of any weight-reduction program declines as the degree of overweight increases.

203-74

BREAD AND JAN FOR FRANCES (PHONODISC).

[New York] Scholastic Records 2a. 7 in. 33 1/3 rpm. 1973.
TX769.H6 F5H AV
Children's stories, Diet patterns, Food intake, Food preferences, Food selection, Instructional materials, Parental influence, Preschool children (2-5 years), School children (6-11 years).

Included book.
Abstract: This is the story of Frances, a fuzzy bear-like animal character, who loves bread and jam so much that she will eat nothing else. Her mother prepares all sorts of delicious meals, but Frances won't touch them. So other steps preparing other kinds of food for Frances. Frances gets bread and jam for breakfast. She finds bread and jam in her lunch box at school. She gets a bread-and-jam snack when she gets home, and she gets bread and jam for dinner. Meanwhile, her

- family and friends are eating a lot of different, delicious foods. Finally Francesca breaks down. She's tired of bread and fat and asks to be served the spaghetti her family is having for dinner. From then on, Francesca starts eating a wide variety of foods and finds she really enjoys them.
- 204-74
IRISH: HOW MUCH IRON IS SAFE?
 Ned Linnahnt n. 15-17. Jan 4, 1974.
 P11.84 P88
 Anemia, Bread, Disorders, Enrichment, Food and Drug Administration, Fortification, Iron, Professional education.
 Abstract: Proponents and opponents of recent Food and Drug Administration proposals to triple the amount of iron in enriched flour and bread report as their position in this article for physicians and nutritionists. Those who oppose this amount fear it will increase the prevalence of Parkinson's disease, afflictions of the nervous system characterized by increased amounts of iron pigments in the brain. Patients with iron-deficient anemia have such lower rates of this disease than persons who are not iron-deficient. Other conditions which might be adversely affected by increased iron consumption include sickle cell anemia, a disease of Negroes and persons of Mediterranean origin.
- 205-74
BREAST FEEDING AND WEANING PRACTICES IN DEVELOPING COUNTRIES AND FACTORS INFLUENCING THEM.
 Fam Bull 3 (4): 24-29. Winter 1973.
 OD431.1177 P88
 Breast feeding, Child rearing practices, Cultural factors, Developing nations, Infant feeding, Lactation, Social influences, Weaning.
 Abstract: The decline of breast feeding in developed countries resulted from widely available supplies of milk-based products suitable for infants, prevailing high standards of environmental sanitation, available procedures and equipment for sterilization and storage, and the ability of mothers to read and follow instructions. In developing countries, most of the circumstances are opposite. The recent decline of breast feeding in these countries, substituting haphazard artificial feeding, has resulted in serious health consequences for the infant. Research shows that there is wide variation from one country to another in the incidence of breast feeding, but a distinct decline appears everywhere. In general, rural and lower socioeconomic people favor breast feeding, but the change to artificial feeding is most rapid among these groups, the change being affected mostly by their contact with more sophisticated, outside influences. The degree to which these influences are felt determines the activation to breast feed, as does the degree of internal socioeconomic change.
- 206-74
BREAST FEEDING IN NORWAY.
 Fam Bull 3 (4): 30. Winter 1973.
 OD431.1177 P88
 Breast feeding, Child nutrition, Child nutrition programs, Child rearing practices, Educational programs, Infant feeding, Lactation, Maternal and child health, Norway.
 Abstract: In Norway there has been a leveling off in the decline, and even an upward trend, in the rate of breast feeding since 1968. This has been due largely to a national campaign to promote breast feeding by (1) spreading factual knowledge on how to solve breast-feeding problems, (2) giving emotional support to mothers who want to breast feed, and (3) promoting breast feeding as the "in" thing to do, having no conflict with the movement toward women's liberation.
- 207-74
APPLICATION OF FOOD SCIENCE AND TECHNOLOGY TO THE EXPLOITATION OF BEAN PROTEIN SOURCES.
 Ricardo Bransani
 In Proceedings of the Western Hemisphere Nutrition Congress II Miami Beach, Fla., Sept. 2, 1971 p. 368-377. 1972.
 TX345.14 P88
 Fortification, Protein foods, Protein-rich mixtures.
 Abstract: With the population of South America increasing at a faster rate than the increase in the production of food, people trained in the fields of food science and technology are needed. Foods that people will normally eat, such as tortillas or bread, can be enriched with added protein. The author discusses the various methods now being tested to enrich tortilla flour with soybean, wheat short flour and cottonseed flour. Beans are a common foodstuff in Latin America, and with the addition of antibodies to the isolated kernal, a more complete protein will result. Pasta products have been developed giving a nutritionally high protein quality. However, many of the people who should benefit most from these new innovations do not. There is not enough communication between government and food industries to bring these newer advances to the people.
- 208-74
A COMPARISON OF LOWER-INCOME AND UPPER-INCOME HOMEOWNERS RELATIVE TO THEIR KNOWLEDGE AND PRACTICE OF NUTRITION.
 Halsea Etta Pearl Bray
 Bates Research, Louisiana State University 4 p. Jan 1971.
 TX353.17 P88
 Food habits, Income, Nutrition knowledge, Research, Salaries.
 Abstract: This study was done to examine the relationship of various factors to nutritional status with particular attention given to income level and nutritional knowledge. Assessment of nutritional status was based on the Four Food Groups. Findings from upper and lower income families showed a greater consumption of fruits and vegetables in upper income groups, a greater consumption of meats in upper income groups although both upper and lower income groups' diets contained adequate servings of meat, and a greater consumption of bread and cereals by lower income groups although neither group consumed the recommended amounts. Little difference was found in milk consumption, but only half consumed the recommended amounts. The results are interpreted to some extent and recommendations for necessary nutrition education programs are made. Those working in appropriate programs may find the results of interest.
- 209-74
FACTS ARE NOT ENOUGH.
 A J Erickar
 Sch Lauch J 17 (9): 66-74. Nov 1963.
 JN9.2 SC86
 Consumer education, Cultural factors, Diet improvement, Educational programs, Food habits, Food industry, Government role, Industry role, Nutrition education.
 Abstract: Cultural and psychological patterns, and changes occurring in them, underlie many of today's nutrition problems. Their solution involves the cooperation of appropriate professional and public authorities in aiding effective nutrition education, provision of the most nutritious food possible by industry, and individual awareness of the importance of good eating habits.
- 210-74
DIABETIC DIETS WITH MEXICAN FOODS. (SFA)
 H Bridwell, R Torrae
 Marcal, Calif. unpub. 1967.
 TX361.E5287 P88
 Cooking, Mexican, Diabetes mellitus, Diabetic diets, Diet information, Ethnic foods, Food guides, Meal planning, Therapeutic and special diets.
 Abstract: Diabetic diet carefully monitor the kinds and amounts of food they eat. This pamphlet gives detailed instructions for a diabetic diet using primarily traditional Mexican foods.
- 211-74
THE NEED FOR NUTRITION EDUCATION.
 G M Erique
 J Nutr Educ 1 (1): 7. Summer 1969.
 TX341.J6
 Applied nutrition, Behavior change, Communications, Diet improvement, Educational programs, Food habits, Nutrition education, Research, Teaching methods.
 Abstract: There is sufficient scientific knowledge on which to base sound nutrition education programs, but such research is still needed to learn how best to apply this information, the most effective ways to reach people, how to improve food habits, and if changes will be permanent. More qualified people need to take part in promoting all phases of nutrition research and teaching. The link between research and application is weak at present.
- 212-74
LANDMARKS IN HUMAN NUTRITION.
 George H Briggs, Marilyn Webber
 Prof Nutritionist 6 (2): 6-7. Apr/May/June 1974.
 SF95.A177
 History, Nutrition, Nutrition knowledge, Professional associations.
 Abstract: This article outlines very briefly the events marking turning points in the development of the science of nutrition. Included are various nutrition discoveries, the formation of professional societies and education facilities, and the development of research, regulatory and education methods for assisting the public. Its content could be useful background and information for the teaching of nutrition to various age levels.
- 213-74
BY SMILE COLORING BOOK (COLORING BOOK).
 Donald M Brown
 Sunset Beach, Calif., Sun Graphics [13 p.]. 1972.
 RK61.E7 P88
 Coloring books, Dental health, School children (6-11 years), Snacks, Sugar.
 Abstract: This coloring book for school children is designed for dentists to give to their seal patients, but could equally well be used in the classroom in health classes. In addition to instructions on proper tooth care, there is an emphasis on choosing nutritious snacks low in sugar and listing sugar and sweets at all times.
- 214-74
COLLEGE STUDENTS LOOK AT THE BASIS FOR THEIR FOOD HABITS.
 E L Bruce
 J Res Econ 59: 784-787. Dec 1967.
 J21.8 J82
 Attitudes, College students, Dietary history, Food habits, Psychological aspects, Research, Social factors, Socioeconomic influences.
 Abstract: College students of nutrition analyzed their own individual life-style food habits in order to understand what has influenced them. These include parental influence, socioeconomic factors, their peer group, and eating and living arrangements.

BIBLIOGRAPHY

215-74

assessants away from home.

215-74

PROTEIN NUTRITION.

Henry Kraus
Springfield, Ill., Charles C. Thomas 240 p. 1974.
OP551.P7 K6W
Amino acids, Nutrient requirements, Perinatal feeding, Protein, Research.
Papers presented at a conference held at the Boston City Hospital on Nov. 19, 1971, organized by Henry Kraus and sponsored by the Harvard Medical School Departments of Surgery and Medicine.
Abstract: This book is comprised of eight papers on protein metabolism presented at a conference in Boston in November 1971. Included are discussions of newer basic methods for peptide and protein synthesis, and a report on specific methods for synthesis of a globin peptide. Data are presented on amino acids and amino acid requirements, and protein requirements and metabolism in liver disease. The interrelationship between body carbohydrate stores, muscle protein, insulin, and the overall nitrogen economy is discussed and the progress being made in perinatal protein feeding is also reviewed. These papers will be of interest to the clinician in providing avenues of research, and acute for use in the laboratory and with the patient.

216-74

THE FIBER: A TALE FROM RUSSIA.

Harold Kraus
New York, Harcourt, Brace, Jovanovich 32 p., illus. 1972.
TX355.N7 K6W
Baked goods, Children's nutrition, Preschool children (2-5 years).
Abstract: A tale that can be read to young children, or read by the beginning reader. The story of how an old woman who has a hen for her husband, and the hen manages to escape before it is eaten. The travels of the hen through the woods, and from the hands of the hare, the wolf, and the bear only to end up in the mouth of the fox, makes an interesting tale for young children.

217-74

THE ALLURE OF FOOD CULTS AND NUTRITION QUACKERY.

Hilda Krach
Nutr Rev 32 (suppl. 1): 62-66. July 1974.
389.8 H953
Dietitians, Food beliefs, Food fads, Food misadventures, Food snacking, Protein allergies.
Abstract: This article points out the importance of recognizing the emotional needs of people in developing successful health education programs. Food fulfills various needs and health and nutrition educators must be aware of these needs to properly understand the allures of food faddism and to address these beliefs effectively. Various roles played by food in personal development are presented as well as a discussion on how food faddism beliefs evolve. Nutrition educators develop and present programs to the public will find this article of interest.

218-74

PSYCHOSOMATIC ASPECTS OF MALNUTRITION DURING ADOLESCENCE.

Hilda Krach
Postgrad Med J 47 (5): 98-102. May 1970.
E31.P6
Adolescents (12-19 years), Anorexia nervosa, Obesity, Professional education, Psychological aspects, Weight control.
Abstract: This paper for the professional nutritionist considers the adolescent who considers himself obese and successfully controls this obesity at the cost of psychological adjustment. The nature of this condition is anorexia nervosa. Precipitous weight loss and lack of desire to eat. The paper discusses this and four less severe cases of teenagers who starve themselves for various underlying reasons, including wishing to appear as thin as fashion models. The price they pay is continuous tension, a bad disposition, irritability and poor health, which can affect their yet unborn children. The author considers the underlying psychological problems, and believes psychological treatment along with dietary is warranted.

219-74

REPORTS INCIDENCE OF PICA AMONG NIGHANT FAMILIES.

C E Krach, E E Paschore
J Am Diet Assoc 58 (5): 417-420. May 1971.
389.N H34
Anglo Americans, Food habits, Geography, Mexican Americans, Migrant workers, Pica.
Abstract: Pica has been reported most frequently as characteristically occurring in the U.S. Negroes. In this study of migrant farm workers in California, it was found that analogous practices--although with various other non-food substances besides dirt--are followed by Mexican Americans and Anglo Americans as well.

220-74

THE FATHER'S INFLUENCE ON YOUNG CHILDREN'S FOOD PREFERENCES.

E S Krach, E E Paschore
J Am Diet Assoc 34 (7): 30-35. Jan 1958.
389.N H34
Children, Diet patterns, Food preferences, Food selection, Parental influence, Research.
Abstract: The likes, dislikes, preferences, and refusals of

food of preschool children were compared with those of their fathers, who gave reasons for their dislikes. No significant correlations were found between the fathers' and the children's likes, except possibly for vegetables. The father's food preferences limit the variety of foods offered to the child.

221-74

LOW-RESIDUE DIETS AND HEMATOLOGICAL DEFECTS.

Donia P Burkitt, Patar A Jones
Lancet ii: 128-130. July 21, 1973.
448.N L22
Dietary factors, Dietary information, Disease prevention, Fiber, Gastrointestinal disorders, Gastrointestinal tract.
Abstract: This article, published in a medical journal, discusses current conventionally accepted causes of hematological defects in light of epidemiological evidence, and concludes they are satisfiable. The role of the low fiber diet in the development of this defect is thus examined. The use of this diet is consistent with the geographic distribution of hematological defects as well as the recognized relationship between hematological defects and other conditions such as diverticular disease and gallstones.

222-74

SOME DISEASES CHARACTERISTIC OF MODERN WESTERN CIVILIZATION.

Donia P Burkitt
Br Med J 1 (5848): 274-278. Feb 3, 1973.
448.N H77
Consistency modifications, Dietary factors, Disease prevention, Fiber, Socioeconomic influences.
Abstract: This paper discusses diseases characteristic of the Western culture, indicating their prevalence and importance as causes of death and morbidity in Britain and the USA. Diseases discussed include non-infective diseases of the large bowel, common venous disorders, diseases associated with cholesterol metabolism, obesity, diabetes, and hematological defects. The close association geographically, chronologically, and in individual patients between many diseases is possibly explained on the basis of a deficiency of undigested fiber, in particular cereal fiber, in food. It is suggested that in any of the diseases discussed fiber deficiency is a sole causative factor, surely that it may be an important factor. In further evidence say statisticians, a high residue diet may have an extremely beneficial effect on the health of Western nations.

223-74

CURRENT CONCEPTS OF NUTRITION AND DIET IN DISEASES OF THE KIDNEY: 1: GENERAL PRINCIPLES OF DIETARY MANAGEMENT.

Benjamin T Kurtz
J Am Diet Assoc 65 (6): 623-626. Dec 1974.
389.8 H34
Dialysis, Diets for special conditions, Metabolic disease, Metabolic disorders, Renal disorders, Renal failure, Therapeutic diets, Uremia.
Abstract: A well planned dietary regimen is part of a long range control program in renal disease. The diet in renal disease is not static; as the clinical situation changes with different stages of the disease, dietary adjustments are needed. Dietary intervention is necessary, both during the stages prior to irreversible kidney failure and after this point is reached. A circumscribed dietary regimen is also essential for successful subsequent assistance dialysis treatment.

224-74

BUSINESS SETTINGS BOOST NUTRITION.

What's New News News 31 (4): 10. Apr 1967.
321.N H55
Adult education, Educational programs, Extension agents, Food habits, Home economics, In-service education, New Jersey, Nutrition education, Workshops.
Abstract: When some New Jersey Extension home economists noted poor food habits among their Extension colleagues, they incorporated nutrition into their workshops and business meetings, writing a guide for making lunches, conducting tasting parties of snack-like foods for youth groups, and tasting lunches of canned goods from the supermarket. A number of suggestions are made for holding tasting parties.

225-74

IMPROVING NUTRITION EDUCATION FOR CHILDREN.

I S Hutterfield
Sch Lunch J 16 (6): 13-16. June 1962.
389.N S26
Adolescents (12-19 years), Children, Cultural factors, Dental health, Family environment, Food habits, Obesity, Psychological aspects, Social factors.
Abstract: This article presents some comments by specialists on health problems pertinent to nutrition education for children and adolescents. Obesity, dental health, social and psychological factors, and home and cultural influences on children's food habits are discussed.

226-74

THE PROTEIN, FAT AND ESSENTIAL FATTY ACID CONTENTS OF SOME CUTS OF MEAT.

Audrey J Caba, P D Callias, Jean W Steel
Food Nutr Netw Rev 31 (7,8): 150-152. Jul/aug 1974.
389.9 H73
Animal fats, Fatty acids, Lamb, Meat, Meat cuts, Proteins.
Abstract: Everybody working in the field of nutrition is aware of the need to constantly update tables of food composition. In order to do this, collectors of these tables must have acc-

- ana to the latest results of food analyses. Recent discrepancies have indicated a need to obtain additional data on the nutrient content of meat. For this reason, it was decided to publish figures relating to the protein, fat and essential fatty acid content of various cuts of meat.
- 227-74**
THE DOCTOR SAYS: GIVE BEANS TO YOUR BAPT. (SPA)
 California, Dept. of Health, Division of Public Health Nutrition
 Los Angeles, Calif. single-sheet flyer printed one side only.
 June 1968.
 TX558.B4C3 P8H
 Beans, Child nutrition, Diet information, Food Preparation, Home, Infant feeding, Infants (To 2 Years).
 Title of Original: El medico recomienda dar frijol a re bebe.
 Abstract: Beans are good for babies. They provide needed iron for healthy blood. Beans should be cooked the usual way (but without soda, bacon, chili, or fat), the skins removed by straining, and the strained beans diluted with formula or milk.
- 228-74**
LOW SALT DIET FOR THE EXPECTANT MOTHER. (SPA)
 California, Dept. of Health, Division of Public Health Nutrition
 Los Angeles, Calif. 4 p. Dec 1967.
 TX361.P7C34 P8H
 Diet information, Diets for special conditions, Maternal and child health, Meal Planning, Pregnancy, Pregnancy diets, Salt, Sodium-restricted diets.
 Title of Original: Dieta baja en sal para la mujer expectante.
 Abstract: A low-salt diet during pregnancy helps prevent swelling of extremities, keeps the blood pressure normal, helps prevent headache and dizzy spells, and lessens problems during labor and delivery. This pamphlet lists foods low in salt, suggests foods to avoid, and provides tips for low-salt cooking.
- 229-74**
WHAT TO EAT BEFORE THE BABY COMES. (SPA)
 California, Dept. of Health, Division of Public Health Nutrition
 Los Angeles, Calif. 4 p. Dec 1969.
 TX361.P7C33 P8H
 Diet information, Diets for special conditions, Food guides, Maternal and child health, Meal Planning, Pregnancy, Pregnancy diets.
 Title of Original: Cceida que debe usted comer antes del nacimiento del bebe.
 Abstract: This pamphlet tells expectant mothers exactly which foods to eat and in what amounts. A sample menu plan is provided for breakfast, lunch, dinner, and three snacks. Handy suggestions tell what to do about meal planning, getting enough iron, controlling one's weight, and relieving constipation.
- 230-74**
IRON IN FOODS. Rev. ed. (SPA)
 California, Dept. of Health, Division of Public Health Nutrition
 Los Angeles, Calif. single-sheet flyer printed front and back Dec 1970.
 TX553.I7C3 P8H
 Diet information, Diets for special conditions, Diets in lactation, Menstrual, Food sources, Iron, Pregnancy diets.
 Title of Original: Hierro en los alimentos.
 Abstract: Expectant mothers and all women over the age of 12 need more iron than do men. This leaflet lists the foods that are good sources of iron, and recommends that all women of child-bearing age obtain 18 mg. of iron daily.
- 231-74**
WEIGHT CONTROL DIET FOR THE EXPECTANT MOTHER (1500 CALORIES). (SPA)
 California, Dept. of Health, Division of Public Health Nutrition
 Los Angeles, Calif. 4 p. Dec 1967.
 RX222.2.C32 P8H
 Calorie-restricted diets, Diet information, Diet planning, Diets for special conditions, Meal Planning, Pregnancy, Pregnancy diets, Pregnant women, Weight control.
 Title of Original: Dieta para el control de peso para la mujer expectante (1500 calorías).
 Abstract: A 1500-calorie diet is presented here for pregnant women who tend to gain too much weight. Specific foods are recommended, and a sample menu plan is provided for breakfast, lunch, dinner, and three snacks.
- 232-74**
SMALL CHILDREN NEED GOOD FOOD (CHARTS). (SPA)
 California, University, Berkeley, Agricultural Extension Service
 Berkeley, Calif. 4 charts, 1 1/2" x 11", col. printed front and back. July 1971.
 RJ101.C32 P8H
 Basic Four, Child nutrition, Diet information, Food groups, Food selection, Meal Planning, Preschool children (2-5 years), School children (6-11 years), Snacks.
 Title of Original: Los niños pequeños necesitan buenas alimentaciones (Charts) with accompanying informational pamphlet.
 Abstract: Children are active and need the energy that comes from a balanced diet of foods from the Basic Four groups. It should be understood that children need the same food as adults, but in smaller amounts. Most children eat a lot of snacks which should be made as nutritious as possible.
- 233-74**
SNACKS (CHART). Rev. ed. (SPA)
 California, University, Berkeley, Agricultural Extension Service
 Berkeley, Calif. 1 chart, 1 1/2" x 11", col. printed front and back. July 1971.
 TX739.C3 1971 P8H
 Child nutrition, Food preparation, Miscellaneous foods, Nutrition education, Recipes, Snacks.
 Title of Original: Bocaditos (Chart). Identical companion chart available in English.
 Abstract: Children like to eat between meals because they need the extra energy. Therefore, their snacks should be made as nutritious as possible. Ideas presented for healthful, between-meal fare include hard-boiled or devilled eggs, liver sticks, peanuts, cheese, apples, plus many others.
- 234-74**
FOOD--A GUIDE FOR EVERY DAY--THE 4-4-3-2 WAY (CHART). (SPA)
 California, University, Berkeley, Agricultural Extension Service
 Berkeley, Calif. 1 chart, 1 1/2" x 11", col. [s.d.].
 TX355.C3 P8H
 Basic Four, Diet information, Food groups, Food guides, Nutrition education.
 Title of Original: Alimentos--una guía para todos los días del Programa 4-4-3-2 (Chart).
 Abstract: From the Basic Four food groups, people need 4 servings per day of vegetables or fruit, 3 servings per day of bread or cereal, 3 daily servings of milk products, and 2 daily servings of meat, fish, or eggs.
- 235-74**
FOOD, A GUIDE FOR EVERY DAY, THE 4-4-3-2 WAY. (SPA)
 California, University, Berkeley, Agricultural Extension Service
 Richmond, Ca.: 4-4-3-2 Pub. 1 sheet, 1 1/2 x 11 in. 1970.
 TX364.C322 P8H (University of California. Cooperative Extension: 4-4-3-2 - 10)
 Food groups.
 Abstract: This psychedelic colored sheet of the four food groups is aimed at teenage audiences. It is appropriate for use with both Mexican-American and English speaking people as the two languages appear side by side.
- 236-74**
THE DIABETIC DIET. Rev. ed. (SPA)
 California Dietetic Association
 Los Angeles, Calif. 21 p. May 1973.
 TX361.D52C3 P8H
 Cooking techniques, Diabetes mellitus, Diabetic diets, Diet information, Diet planning, Food preparation, Home, Meal planning, Recipes, Therapeutic and special diets.
 Title of Original: La dieta diabética.
 Abstract: Diet is very important in the treatment of diabetes. Meals must be carefully planned and certain foods avoided altogether. This booklet explains which foods can be eaten by diabetics and in what proportions. Recipes are included.
- 237-74**
A DOZEN DIETS FOR BETTER CHICKEN HOUSE. (SPA)
 California Dietetic Association
 Los Angeles, California Dietetic Assn. 31 p. Nov 1973.
 RX222.2.C3 P8H
 Adults, Carbohydrate modifications, Food fads, Food guides, Food information, Obesity, Recommended Dietary Allowances, Weight control.
 Foreword by Evelyn H. Alfie-Slater.
 Abstract: The California Dietetic Association has compared a dozen of the more popular current weight-reducing diets with the Recommended Dietary Allowances for a young adult woman, and on the basis of this along with their content of the Basic Four Food Groups judged whether they can safely be recommended. Reasons why they are not recommended are discussed. For nutritionists, and adults interested in weight control.
- 238-74**
FRESH CALORIES FOR BETTER HEALTH. (SPA)
 California Heart Association
 Oakland, Calif. app. [s.d.].
 RC628.C3 P8H
 Caloric values, Calorie-restricted diets, Cooking methods, Cooking techniques, Food preparation, Home, Meal planning, Recipes, Therapeutic and special diets, Weight control.
 Title of Original: Buenos calorías para mejor salud.
 Abstract: For people on low-calorie diets, here are cooking tips and some recipes for preparing tasty dishes based on traditional Spanish-American foods. Suggested low-calorie meals for breakfast, lunch, and dinner are also included.
- 239-74**
THERE'S A NEW YOU COMING. (SPA)
 Dorothy L. Callahan, Nancy H. Gellar
 Sch Foodserv J 21 (3): 20-24. Mar 1974.
 JH9.H 826
 Diet improvement, Diet patterns, Exercise, Food habits, Food intake, Food service workers, Health, Physical fitness.
 Abstract: School food service workers are often so neglectful

BIBLIOGRAPHY

200-74

of their diets as are the children they serve. In this respect, it is recommended that food service personnel (and everyone) eat a good breakfast, maintain a balanced diet, take off excess pounds by gradually altering food habits (not by indulging in "crash" diets), and eat the proper amount of exercise.

240-74

CLONING SUPPLEMENTATION AND GROWTH OF PRE-SCHOOL CHILDREN.
Nutr Rev 32 (5): 141-142. May 1974.
389.8 B953

Caloric values, Malnutrition, Preschool children (2-5 years), Protein malnutrition, Supplemental feeding.
Abstract: This article, written for professional use in nutrition, reviews studies done on the effect of supplemental feeding on the health and nutrition of preschool children. The findings were tied so as not to interfere with home food intake, increase in height and weight were noted along with greater increases in the cortical thickness of bones. Considerable reduction in signs of protein-caloria malnutrition were seen. An outbreak of measles occurring during a study showed that even if caloric and protein intakes are not raised beyond recommended allowances, growth won't be adversely affected during infection.

241-74

KNOBING WHAT'S GOOD FOR YOU.

Campbell Soup Co.
Canada, Campbell Soup Co. 21 p. 1971.
TX364.C36 P68

Education, Food groups, Nutrients, Nutrition, Recipes.
Abstract: This booklet is designed to help adolescents and adults to understand what they eat and gives suggestions on what should be eaten. Advice is offered on how to improve diets in general as well as how to make specific improvements in intake of five important nutrients (protein, carbohydrates, fat, water, vitamins, and minerals). It includes the daily food guide (Basic Four) and recipes.

242-74

LOVE THAT VEGETABLE-FRUIT GROUP--GOOD FOOD FOR HAPPY LIVING.

Campbell Soup Co.
Canada, Campbell Soup Co. 4 p. [n.d.].
TX364.C37 P68

Adolescents (12-19 years), Food groups, Nutrients, Nutrition, Nutrition education, Recipes.
Abstract: This colorful leaflet emphasizes the fruit and vegetable group of the Basic Four. It lists and illustrates the fruits and vegetables which contain vitamin C and A and why they are necessary for good health. It includes guidelines for vegetable preparation and recipes.

243-74

BUENA ALIMENTACION PARA UNA VIDA FELIZ. (SPA)

Campbell Soup Co.
Canada, Campbell Soup Co. 4 p. [n.d.].
TX364.C38 P68

Adolescents (12-19 years), Food groups, Home planning, Nutrition, Nutrition education, Recipes.
Title of Original: Good food for happy living.
Abstract: This colorful, informative leaflet emphasizes the Basic Four food groups. Pictures of the foods in each of the food groups are shown. It states why a good diet is important, giving sense and recipes for the illustrated foods. Spanish and English versions are available.

244-74

NUTRITION--WHY IS IT IMPORTANT?

Campbell Soup Co.
Canada, Campbell Soup Co. 22 p. 1973.
TX364.C35 P68

Education, Food composition tables, Food groups, Labeling, Nutrients, Nutrition.
Abstract: The booklet defines nutrition and why it is important. The four food groups are included, each listing the important nutrients found in those foods listed for that group. All of this is tied in with a good explanation of nutritional labeling and its importance. A partial listing of the 50 currently recognized nutrients with uses and sources is given. Half of the booklet is devoted to nutritional information per serving and exchange lists for Campbell Soup products.

245-74

TODA ACERCA DEL GRUPO DE CARNES BUENA ALIMENTACION PARA UNA VIDA FELIZ. (SPA)

Campbell Soup Company
Canada, Campbell Soup Co. [n.d.].
TX364.C39 P68

Adolescents (12-19 years), Food groups, Nutrients, Nutrition, Nutrition education, Recipes.
Title of Original: All about the meat group: Good food for happy living.
Abstract: This colorful, informative leaflet emphasizes the meat group of the Basic Four. It explains why the meat group is important and how meat servings are necessary. Recipes for low cost dishes are given.

246-74

NUTRITION: A NATIONAL PRIORITY.

Canada, Information Canada
Ottawa, Ont., Can. 136 p. 1973.
TX360.C22 P68

American Indians, Canada, Ecology, Nutrition, Health, Nutrition,

Nutritional status, Nutritional surveys.

Abstract: The objective of Nutrition Canada is to provide a sound body of practical scientific information on the nutritional status of the Canadian population. This information should be the basis for planning future informational, educational, public health and welfare programs, for further evaluation of food and drug regulations affecting the nutritional quality of the national food supply, and for the identification of problem areas where existing knowledge is inadequate and warrants further research. This is the initial report.

247-74

CALCIUM IS BY BANE (POSTER).

[Barkley] University of California 1 poster, 65 x 50 cm, col. [1973].
QP535.C5C3 Y68 AV

Basic nutrition facts, Bones, Calcium, Dental health, Disasters, Nutrition, Physical health.
Abstract: As the little cartoon character, Carlos Calcise, says: "Carlos Calcise is my nose. Contraction is my nose. Building strong bones and teeth is my nose." A large tooth and bone are depicted in this poster as being constructed from little building blocks of calcium.

248-74

LITTLE KIDS! BENE'S THE WAY TO EAT. (SPA)

Carnation Company
Los Angeles, Calif. unsp. [n.d.].
TX355.C33 P68

Adolescents (12-19 years), Diet planning, Food guides, Food intake, Food selection, Meal planning.
Title of Original: Oigan ninoal aqil aeta al plan para comar.
Abstract: Directed toward Puerto Rican youth, this leaflet describes what to eat every day in order to maintain good health.

249-74

YOU AND YOUR CONTENTED BABY. (SPA)

Carnation Company
Los Angeles, Calif. 32 p. 1972.
TX361.C5C3 Y68

Child care, Diet planning, Food preparation, Home, Hygiene, Infant feeding, Infants (To 2 years), Maternal and child health, Pregnancy diets, Pregnancy women.
Title of Original: Usted y su bebe contenido.
Abstract: Mothers can insure their babies' happiness and well-being by making careful preparations. This booklet instructs prospective parents in the basics of hygiene, proper diet, baby equipment that will be needed, bringing the infant home, post-partum exercise, and infant feeding.

250-74

WHEN YOU ARE GOING TO HAVE A BABY... (SPA)

Carnation Company
Los Angeles, Calif. 4 p. [n.d.].
TX361.P7C32 P68

Breast feeding, Diets for special conditions, Lactation, Maternal and child health, Milk, Pregnancy, Pregnancy and nutrition, Pregnancy diets, Pregnancy women.
Title of Original: Cuando vaya a tener un bebe...
Abstract: When pregnant, it is doubly necessary to practice good hygiene and nutrition. Pregnancy is a normal function, not an illness, but it is best to see a doctor regularly and be on the look-out for danger signals--pain, discharge, fever, dizziness, or excessive weight gain. In the home, preparations should be made for the baby's arrival. Clothing, bath and hygienic equipment, a crib, baby bottles, and milk will be needed during the first months.

251-74

LIPID COMPOSITION OF SELECTED MARGARINES.

D I Carpenter, M T Slovar
J Am Oil Chem Soc 50 (9): 372-376. Sept 1973.
307.8 J82

Fats and oils, Fatty acids, Food composition, Lipids, Margarine, Professional education, Vitamin E.
Abstract: Results of analyses of the composition of margarine representative of hard and soft types available to the consumer are presented for the professional nutritionist and food technologist. All were compared as to total fatty acids, ratios of polyunsaturated to saturated fatty acids, content of tocopherol (vitamin E), and its ratios to fatty acids. As expected, the soft margarines contained more polyunsaturated fatty acids than their companion hard types, but all soft margarines did not contain more polyunsaturated fatty acids than all of the hard margarines. The softest all margarines had the highest polyunsaturates to saturated ratio. If the preferred ratio of 0.6 mg alpha-tocopherol per gram polyunsaturated fatty acid was the criterion, all these margarines were deficient in vitamin E.

252-74

TEACHING NUTRITION IN SCHOOL LUNCH.

G Carr
Sch Lunch J 18 (9): 32-38, Nov/Dec 1964.
389.8 S6H6

Administrative roles, Food service work, Nutrition education, Parent participation, School lunch programs, Student involvement.
Abstract: School lunch workers should have adequate training in nutrition and should seek the cooperation of school administrators and teachers as well as parents' groups in using the

Page 22

- school lunch program for teaching nutrition. The author presents various types of programs.
- 253-74**
HUNGER AND MALNUTRITION IN GEORGIA, 1969.
 H O Caster
 Athens, Ga., Inter-Institutional Committee on Nutrition 51 p. 1969.
 HC620.5.HH 75H
 Food beliefs, Hunger, Low income groups, Malnutrition, Mental retardation, Nutrition, Statistical analysis.
 Abstract: This report is the position paper of the Inter-Institutional Committee on Nutrition. Four brief chapters are prepared which summarize the current state of knowledge with respect to critical topics. These were later revised after discussion and evaluation by ICCN. The report is the result of the thought and discussion provided by many persons with different professional backgrounds. Topics covered are: 1) malnutrition and hunger as they occur in Georgia; 2) data related to hunger and malnutrition in Georgia; 3) maternal and infant malnutrition as it relates to mental retardation; and 4) cultural aspects of malnutrition.
- 254-74**
THE NUTRITIONAL PROBLEMS OF THE AGED, ATHENS, GA., 1971.
 H O Caster
 Athens, Georgia, The Inter-Institutional Committee on Nutrition 52 p. May 18, 1971.
 TE361.A3HN 75H (Inter-institutional committee on nutrition. Report no. 4)
 Elderly (65 + years), Food service, Institutional feeding, Low income groups, Malnutrition, Nutrition education, Research.
 Abstract: There were four papers delivered at the meeting. Nutritional considerations in feeding the aged was discussed by Dr. Caster; the social and economic problems of the aged in Georgia was the interest of Jim Parham, while Edith Nobias spoke about the health aspects of nutrition and the aged and Mrs. Robertson gave an insight into a new industrial approach to feeding the aged, with its aged prints and shortcooking. Also included is a short report from the various discussion groups.
- 255-74**
NUTRITION PROBLEMS OF THE SOUTHEAST: GEORGIA--A CASE IN POINT.
 H O Caster
 Urban Health 2 (5): 12-13, 40. Oct 1973.
 H11.A187 75H
 Diabetes mellitus, Food programs, Georgia, Hunger, Low income groups, Malnutrition, Mental retardation, Negroes, Professional education.
 Social issues: nutrition.
 Abstract: There is malnutrition and hunger among low income people in the United States. In Georgia as an example of the South, low birth weights may be linked to maternal malnutrition, and to subsequent mental retardation in children, especially among Negroes. Low income people also have far more diabetes than those less poor. Federal food programs are not alleviating hunger in some counties because local regulations interfere with prompt certification of need. This article is for the professional nutritionist and other health workers.
- 256-74**
20 IMPORTANT FACTS ABOUT CEREALS AND NUTRITION. (SP4)
 Cereal Institute, Inc.
 Chicago, Ill. usp. [s.d.].
 TE393.C42 75H
 Breakfast, Breakfast cereals, Diet information, Food analysis, Food intake, Grain products, Nutrient values.
 Title of Original: 20 datos importantes sobre los cereales y la nutrición.
 Abstract: Cereal products make an important contribution to one's overall health. They are rich in thiamine, niacin, iron, protein, and a number of other nutrients. Some kind of cereal should be eaten for breakfast every day.
- 257-74**
A COMPLETE SUMMARY OF THE IOWA BREAKFAST STUDIES.
 Cereal Institute, Inc.
 Chicago, Ill. 63 p. [s.d.].
 TE733.C4 75H
 Breakfast, Clinical investigations, Dietary study methods, Dietary surveys, Food intake, Meal patterns, Nutrient requirements, Research, United States.
 Abstract: A ten-year study was conducted to determine the role breakfast plays in the diet regimen and the contribution it makes to overall health and efficiency--especially in the late morning hours. A summary of the experiment--techniques employed and data collected--are presented here along with 18 conclusions that, taken together, show a definite decrease in a person's health and efficiency when breakfast is omitted.
- 258-74**
FOUR OF A KIND.
 Valerie H Chamberlain, Joan Kelly
 What's New News Book 3H (1): 26. Jan 1974.
 321.8 W55
 Educational games, Food groups, Nutrients.
 Abstract: A simple card game that children can make and play to be used for student-directed drill in the learning of basic nutritional knowledge.
- 259-74**
DIETARY SURVEY OF PRESCHOOL CHILDREN AND EXPECTANT WOMEN IN SOONGHREN DISTRICT, NAKHON RAJSIMA PROVINCE, THAILAND.
 A Chaudrasood, A Natchatanilpa, S Lanasaphasri
 Amer J Clin Nutr 25 (7): 730-735. July 1972.
 389.H JH24
 Child development, Dietary surveys, Food habits, Food intake, Nutrient intake, Nutritional status, Preschool children (2-5 years), Rural areas, Thailand.
 Abstract: A nutritional survey of preschool children and pregnant women in a rural village in northeast Thailand found that rice was the principal food in the diet, the only one urged on the children. The diets consumed were inadequate in calories and many nutrients, particularly proteins. This was reflected in the poor physical condition of the children. There is no recognition that children or pregnant women have special dietary needs.
- 260-74**
SOME DIETARY BELIEFS IN CHINESE FOLK CULTURE.
 Betty Chung
 J Am Diet Assoc 65 (4): 436-438. Oct 1974.
 389.H AH34
 Chinese Americans, Cookery, Chinese, Ethnic foods, Food beliefs, Nutrition education, Pregnancy and nutrition.
 Abstract: Knowledge of ethnic dietary beliefs helps the dietitian in aiding patients to select nutritious foods. In Chinese culture food occupies a position in philosophy. The effects of traditional diet are described. The special dietary rules followed during pregnancy are discussed.
- 261-74**
CHANGING FOOD SUPPLY IN AMERICA.
 NUTRAN Sept 1974: 8-9. Sept 1974.
 TE341.HH2 75H
 Food habits, Food intake, Food supply, Nutrient intake, Nutritional status.
 Abstract: This article reports on the conclusions reached at a recent conference on food supply in America. Information is presented on dietary changes occurring in the last sixty-five years, changes in nutrient intake created by alterations in food intake patterns, and possible adverse effects these changes have had on nutritional and health status of the population. Nutrition educators and others concerned with nutritional status of Americans may find this brief article of interest.
- 262-74**
THE APPLICATION OF SOCIAL SCIENCE RESEARCH METHODS TO THE STUDY OF FOOD HABITS AND FOOD CONSUMPTION IN AN INDUSTRIALIZED AREA.
 J F Chesney, A G Van Veen, F W Young
 Amer J Clin Nutr 20 (1): 56-64. Jan 1967.
 389.8 JH24
 Economic influences, Environmental factors, Food consumption, Food habits, Food intake, Mexico, Research, Social influences, Urbanization.
 Abstract: A study was made of the food habits among the population of a "planned" industrial city in Hidalgo, Mexico. Results showed a trend to increased dietary complexity paralleling the growth of urbanization.
- 263-74**
ECOLOGICAL FACTORS IN THE NUTRITION AND DEVELOPMENT OF CHILDREN IN POOR RURAL AREAS.
 Adolfo Chavez, Celis Martinez, Miriam Munoz
 In Proceedings of the Western Hemisphere Nutrition Congress II Miami Beach, Fla., Sept. 2, 1971 p. 265-269. 1972.
 TE345.H4 75H
 Breast feeding, Dietary supplements, Environmental factors, Malnutrition.
 Abstract: The results of a study done in Mexico of two groups of children from the same poor background. Two groups of 17 mother-child units were followed from pregnancy until the child was 3 years old. One group was observed in its natural conditions, and the other was supplemented from the 45th day of pregnancy. The results of this survey will be of interest to Public Health workers and nutritionists. Expected results on the weight differences and general health superiority occurred in the supplemented group, but there were differences in the child's attitude and the mother's response to the child's demands in the two groups.
- 264-74**
AN AREA OF CONCERN: THE NUTRITIVE PROFILE OF FAST FOOD MEAL COMBINATIONS.
 Li-fang Chen, P A Lachance
 Food Prod Dev 8 (4): 40-44. Oct 1974.
 HD9000.1.764
 Fast foods, Fast-food chains, Food quality, Fortification, Minerals, Nutrients, Recommended Dietary Allowances, Vitamins.
 Abstract: The nutrient content of meals served by four fast food franchises are evaluated in terms of Recommended Daily Allowances and the results are presented in tabular form. In general, the meals were deficient in vitamins and minerals. Fortification of basic foods and seasonings are suggested as a means of raising nutrient levels.
- 265-74**
BEN HOPE FOR INCUBABLE DISEASES.
 Emanuel Chereokin, W H Jr Hagedorf
 Jericho, N.Y., Exposition Press 187 p. 1971.

266-74

BC48.C4 P58

Alcoholism, Carbohydrates, Diets, Disease Prevention, Mineral, Nutritional Rehabilitation, Vitamins.
 Abstract: This book consists of 10 chapters, each titled with a sensation. Examples are: "Is there hope for the schizophrenic?", "What makes people sick?", "Can we stay young?", "Does diet affect hope of preventing incurable diseases?", Each chapter dealing with a specific illness starts by posing a question: what is it? what causes it? how common is it? what causes it? Is there any hope? although the authors say "do not diagnose yourself" or consult your physician" large segments of the book deal with writings of Dr. Abram Hoffer and the Hoffer-Osmond test for self-diagnosis. Many pages are devoted to quoting the experiences of others. Careful analysis or comparison of therapeutic modalities under controlled scientific conditions are not included.

266-74

VOLUNTEERS TEACH NUTRITION TO TEACHERS AND STUDENTS.

Barbara B. Chothik
 J Nutr Educ 6 (4): 133-136. Oct/Dec 1974.
 TX341.J6

Educational methods, Nutrition education, School children (6-11 Years), Teacher education, Teaching methods.
 Abstract: This article examines several causes for the resistance of elementary school teachers to the teaching of nutrition to their students and describes a successful nutrition education program conducted by volunteers and taught to teachers and students simultaneously. In this program the volunteer is not necessarily trained in nutrition or health education. The teacher decides which lessons are appropriate for her class, when they will be taught and for what duration. The teacher is also extremely instrumental in planning parent involvement. Sample activities from the unit are described. Those interested in nutrition education programs for K-6 students will find this approach of interest.

267-74

AVAILABLE PRODUCTS FOR THE CONTROLLED FAT DIET.

Chicago Heart Association
 Chicago, Chicago Heart Assoc. 21 p. Sept 1972.
 PH237.9.C4 P58

Adults, Cardiovascular disorders, Fat-controlled diets, Fat-restricted diets.
 Abstract: This booklet has been prepared for the person whose physician has prescribed a fat-modified diet, and is based on recommendations of the American Heart Association. It lists foods, many of them by brand name, that may be taken on such a diet, and the amounts allowed.

268-74

MAIZE AND MAIZE DIETS.

Barrietta Chick, Dulce Socobo
 Home, Food and Agricultural Organization 94 p. 1953.
 TX558.B2 C4 P58 (FAO nutritional studies no. 9)
 Corn, Deficiency diseases and disorders, Food preparation, Fortification, Maize, Malnutrition, Nutrient value, Professional education.

Abstract: Maize corn is a staple of the diet in many parts of the world, including some of the United States. Since animal protein is not consumed in quantity, or the population is unable to eat a variety of other foods, people dependent on this cereal often suffer nutrient deficiency. This book reviews some of these problems, analyzes the effects of preparation, processing and storage on the nutrients in maize, and suggests some means for improving its nutritional value for the consumer. Tables show yields of maize, nutrients of various products from maize, and sample diets of maize eaten in several countries. This is for professional nutritionists.

269-74

WHAT FOODS DO PHYSICAL EDUCATION MAJORS AND BASIC NUTRITION STUDENTS RECOMMEND FOR ATHLETES?

Barbara Cho, Beth A Fryer
 J Am Diet Assoc 65 (5): 541-544. Nov 1974.
 J89.B A834

Athletes, Diets for athletes, Food habits, Nutrition education, Nutrition knowledge, Physical education, Supplements (Nutrient), Teacher education.
 Abstract: Recommendations for foods to improve athletes' performance still reflect misunderstanding regarding foods for exercise needs and vitamins and mineral supplements. The physical education majors' recommendations indicated less nutrition information and a need for more nutrition education.

270-74

CHROMIUM ENRICHMENT OF FOODS UNDER.

Sci Insight 15 (34): 33-34. Oct 11, 1974.
 B11.B4 P58

Chromium, Deficiency diseases and disorders, Minerals, Nutrients, Trace elements.
 Abstract: This article suggests deficiency states for chromium may exist in the U.S. population, particularly in the elderly. Its absorption and metabolism depend on the form in which the element is present. Organically bound chromium is most available while inorganic salts are absorbed at very slow rates. Conversion of inorganic to organic may be necessary for metabolism and the ability to convert chromium may diminish with age. Metabolic rates of chromium are discussed and dietary sources of chromium are listed. Nutritionists should find the discussion of this trace element of interest.

271-74

FOOD AND YOU; NUTRITION AND ITS FUNCTIONS.

Bartha Jo Charch
 Chicago, University of Chicago [12] p. 1971.
 TX341.P7C3 P58

Food composition, Infants (To 2 years), Nutrient functions, Nutrient sources, Pregnancy, Pregnancy and nutrition.
 Abstract: This pamphlet is planned particularly for the young adult mother-to-be. The focus is on the effect of food on the well-being of the mother-to-be and ultimately on the offspring. The significance of food and feeding to the infant and toddler is highlighted and some basic guidelines for feeding the young child are given. Five charts deal with: 1) food nutrients--their functions and important sources, 2) the Four Food Groups--with spaces for recording food intake, 3) an I as I eat--a summary chart of activities, 4) what I ate--a 3-day food record, and 5) protein, calories and fat content of selected foods.

272-74

CHILDREN'S BEHAVIOR RESPONSES TO TV FOOD ADVERTISEMENTS.

Katharina Clancy-Baphurn, Anthony A Bickel, Gayla Nevill
 J Nutr Educ 6 (3): 93-96. July/Sept 1974.
 TX341.J6

Advertising, Children, Food habits, Food purchasing, Television.
 Abstract: This article reports on two studies done on children's responses to TV advertisements for food products. There was interaction among a number of different variables and these are discussed, including the child's age, sex, the ability of the child's mother to discern the validity of nutritional information presented in the advertisement, the amount of time the mother and child spend watching TV together, the child's attitude to ads, the frequency of the mother and child grocery shopping together, and the frequency with which the child requests that the mother purchase foods seen on TV. Recommendations for further studies including more variables within a multidisciplinary framework are made. Nutrition education, particularly those working with children, should be aware of this work.

273-74

URBAN FOOD HABITS AS DETERMINING THE BASIC PATTERNS OF ECONOMIC AND SOCIAL LIFE.

F L G Clark
 Nutrition 22 (3): 134-141. Autumn 1968.
 J89.B 8559

Anthropology, Behavior change, Diet patterns, Economic influences, Evolution, Food habits, Food preparation, Food selection, Social influences.
 Abstract: Man's omnivorous food habits probably originated before he became homo sapiens. He has no inborn physiologic urge to properly select what he needs. The ability to eat indiscriminately has made it possible for man to eat in all over the globe. Division of labor, aided by the discovery of fire, necessitated planning to gather food. Cooking reduced the time it took to chew and eat food, which provided time for rituals and development of culture.

274-74

KNOW YOUR NUTRITION.

Linda Clark
 Bay Canna, Keate 250 p. 1973.
 TX355.C5 P58

Fertilizers, Food habits, Minerals, Natural foods, Organic foods, Supplements (Nutrient), Vitamins.
 Abstract: The first chapter sets the tone for this book on natural living for good health. In it the author recommends taking natural nutrient supplements for nutritional insurance, consider chemical fertilizers and insecticides harmful to food producing land, and recommends the use of organic and natural foods for health. She also attacks established governmental and medical organizations such as the FDA and the ABA for their lack of support for natural foods and supplements saying this is probably because these items threaten the financial survival of these organizations. Nutrition labeling is discussed as being too technical and incomplete for not stating the proportions of nutrients included. Other chapters discuss specific nutrients such as vitamins, minerals, proteins, and fat in detail. An index is included for easy reference. The book is written for the lay public.

275-74

KNOW YOUR NUTRITION.

Linda A Clark
 Bay Canna, Conn., Keate Pub. 250 p. [1973].
 TX355.C56

Minerals, Nutrition, Vitamin B, Vitamins.
 Available from S&L. Includes bibliographical references.

276-74

HEALTH IN THE MEXICAN-AMERICAN CULTURE: A COMMUNITY STUDY.

24 ed.
 B Clark
 Berkeley, Calif.; University of California Press 253 p. 1970.
 BA448.5.B4C5 1970 P58

Cultural factors, Economic influences, Education, Family environment, Folk medicine, Health appraisal, Mexican Americans, Religion, Social influences.
 Abstract: Written primarily to aid professional people of non-Mexican background, this book presents a comprehensive view of the likes and dislikes, habits and attitudes, customs and

- habits, and general life style of Mexican-Americans living in San Jose in the Santa Clara Valley of Northern California. Individual chapters discuss the patterns of community life; language and the problems of educating Spanish-speaking children in English-speaking schools; employment and problems of income, credit, and occupational goals; religious life; family life; and the conflict between basic medical services and traditional folk medicine.
- 277-70**
FOOD CODES FOR FAT CELLS.
Kitty B Coffey, Margaret Anne Farrell
Memphis, University of Tennessee Child Development Center 135
N. Loebelanz, Apr 1974.
HD222.2.C6 P68
Child nutrition, Food exchanges, Food tables, Food presentation,
Menu planning, Obesity, Recipes.
Abstract: This book is written for parents who wish to assist
their overweight child in weight reduction. The book contains
basic diet information and an explanation of what causes obesity.
Also included are helpful hints such as tips for lunch
boxes, eating out and budget-watching, weight reduction guide,
diet patterns, menu plans and recipes.
- 278-70**
SOCIAL AND ECONOMIC FACTORS IN THE NUTRITION OF THE ELDERLY.
Cyril Cohen
Proc Nutr Soc 33 (1): 51-57. May 1974.
389.9 H953
Dental health, Elderly (65 + years), Food cost, Nutritional
adequacy, Nutritional deficiencies, Nutritional status, Socio-
economic influences.
Abstract: Little voluntary sub-nutrition occurs among the elderly
because of lack of funds, although income losses may
result in a non-optimal diet. Some factors leading to poor
nutrition are undue pride or ignorance of financial help, food
fads, poor dentition, and physical or mental problems. Men
over 75 tend to poor nutrition. Relatives play an important
role in caring for the elderly. Preparation for retirement
courses, and services for the elderly, such as meals-on-wheels,
should be implemented.
- 279-70**
AFTER WOUNDED KNEE: THE FEEDING OF THE AMERICAN INDIAN.
Elizabeth Cohen
Food Management 9 (4): 28-42, 71-80. Apr 1974.
TX381.P69
American Indians, Economic influences, Ethnic groups, Food
habits, Malnutrition, Nutrition education, Nutritional status,
Poverty, School lunch programs.
Abstract: According to the 1970 census, there are now about
27,108 Indians in the U.S. About 543,000 live on or near
reservations where they are effectively forced out of the
economic mainstream. Unemployment averages 40%, and the mean
percapita of Indians lives in poverty--the average family income
is less than \$2,000 per year. The result of all this is
malnutrition, a serious problem on reservations. The trading
posts are often far from home and sell foods low in nutritive
value. Since most Indians have no refrigerators, high carbohydrate
foods are apt to be chosen. Some efforts are presently
underway to help alleviate the Indians' food situation--school
lunches, nutrition education, donated foods, improved health
delivery--but much, much more needs to be done.
- 280-70**
HOW TO BE A GOOD LANDLORD TO YOUR TEETH (FILMSTRIP/RECORD).
Colgate Professional Services Department
Chicago, Colgate-Palmolive 1 filmstrip, 35 mm, cal., with
record, 33 1/3rpm, s/a. 1973.
BK61.H6 P68 AV
Candy, Dental caries, Dental health, Diet improvement,
With 14 p. Instruction booklet and disclosure tablets.
Abstract: Filmstrip with record to be used to teach young
children the importance of correct tooth brushing with a flour-
ide toothpaste, seeing the dentist twice a year, and cutting out
sweet snacks.
- 281-70**
PREVENTION OF FOLATE DEFICIENCY IN PREGNANCY BY FOOD FORTIFICATION.
M Calman, M Barker, B Green
Am J Clin Nutr 27 (4): 339-344. Apr 1974.
389.8 J824
Folic acid, Pregnancy, Pregnancy and nutrition, Pregnancy
diets, Pregnant women.
Abstract: This article, of interest to those in nutrition,
particularly those involved in the nutritional care of pregnant
women, discusses folate deficiency commonly found in these
patients, particularly in those receiving little or no prenatal
care in economically depressed areas. In this study urine
was fortified with crystalline folic acid. Patients receiving
the tablets exhibited significant rises of folate level,
showing food fortification could correct the deficiency.
It was recommended that the place of folic acid in food fortification
programs be considered in view of the Joint FAO/WHO
Expert Committee on Nutrition recommendations for institution
of fortification programs where deemed necessary.
- 282-70**
LONG-TERM DIETARY MANAGEMENT OF DIALYSIS PATIENTS: II. COMPOSITION AND PLANNING OF THE DIET AND PATIENT EDUCATION.
C B Comy
J Am Diet Assoc 53 (5): 445-449. Nov 1960.
389.8 H334
Diet counseling, Diet planning, Health services, Medical
factors, Patient care, Renal disorders, Therapeutic and special
diets, Therapeutic nutrition.
Abstract: A diet for patients maintained regularly on a kidney
dialysis machine is described in some detail. Special precautions
must be taken for patients who go out to work. Careful
education of all patients is a very necessary part of the
therapy.
- 283-70**
FOODS FOR PREGNANT AND LACTATING WOMEN (FILMSTRIP). (SPA)
Victoria A Connolly
Guatemala, C.A. 1 filmstrip, 22 fr, si, 35mm, cal. 1971.
TX361.P7A P68 AV
Breast feeding, Diets in lactation, Food selection, Lactation,
Meal planning, Pregnancy, Pregnancy and nutrition, Pregnancy
diets, Pregnancy women.
Title of Original: Alimentos para mujeres embarazadas y lactantes
(Filmstrip). With accompanying teacher's guide in Spanish
written by Victoria A. Connolly. Entire set produced under the
auspices of the Alliance for Progress.
Abstract: Created for Guatemalan women with little education,
this filmstrip stresses the importance of a good, well-rounded
diet during pregnancy and lactation. Frijoles (beans) with
tortillas or chicha should be eaten every day. They are excellent
nutrient sources and make good substitutes for meat and
fish. Eggs should be eaten whenever they are available. Fresh
fruit is good during pregnancy, especially oranges, papayas,
and apples. These should be eaten 3 times a day. Raw green and
yellow vegetables should be eaten at least twice a day, and a
glass of milk should be drunk with each meal and at bedtime.
Throughout pregnancy, women should have regular medical check-ups.
A good diet helps to insure a healthy baby and an abundant
supply of nutritious breast milk.
- 284-70**
HOW TO RECOGNIZE THE GOOD OR BAD HEALTH OF A CHILD (FILMSTRIP). (SPA)
Victoria A Connolly
Guatemala, C.A. 1 filmstrip, 24 fr, si, 35mm, cal. 1971.
RJ3C1.C6 P68 AV
Child care, Child development, Child nutrition, Health needs,
Illness, Infants (To 2 years), Medical services, Preschool
children (2-5 years).
Title of Original: Como conocer la buena o mala salud de nino
(Filmstrip). With accompanying teacher's guide in Spanish
written by Victoria A. Connolly. Entire set produced under the
auspices of the Alliance for Progress.
Abstract: To be healthy, children need good food, exercise,
and restful sleep. An active child is a healthy child. A child
who is listless, has no appetite, or gets sick in any way
needs medical attention. Children should be taken regularly to
the doctor for health check-ups. Thus and other instructions
are presented in this filmstrip for Guatemalan housewives who
have had little education.
- 285-70**
A GUIDING STAR FOR MODERN NUTRITION.
H H Conner
J Home Econ 59 (9): 738-735. Nov 1967.
321.8 J82
Diet information, Food groups, Food guides, Food selection,
Food instruction, New York City.
Abstract: The "Star of Good Eating" is a six-group food guide
based on the earlier "Basic Seven" and developed by the New
York City Department of Health. The guide promotes greater use
of polyunsaturated fat and limits saturated fats and oils and
refined carbohydrates.
- 286-70**
PREGNATAL EDUCATION: INTERAGENCY COOPERATION.
Ruth Conner, Janet Hanching, Maria J Hillington
Madison, University of Wisconsin--Extension 35 p. [n.d.].
TX361.P7C6 P68
Adult nutrition education, Community action, Pregnancy and
nutrition, Prenatal education, Professional education.
Abstract: A pilot prenatal education course for expectant
mothers and fathers was organized by University of Wisconsin
Extension health staff, local doctors, the Food County extension
home economist and public health nurses, and nutrition
program assistants. There was strong emphasis on nutrition in
the course. This publication reports how the program was designed
and its outcome. Outlines of the classes, and a list of
source materials with addresses to which to write are included
as appendices. This publication should prove helpful to nutritionists
and local health workers who might wish to organize
similar programs.
- 287-70**
HEAD START ON HEALTH (FILMSTRIP).
Consolidated Film Industries
Los Angeles, California Ca. 1 filmstrip, 33 fr., si, 35mm,
cal. [n.d.].
TX355.H4 P68 AV
Basic nutrition facts, Food groups, Food selection, Growth,
Head start, Menu planning, Preschool children (2-5 years).
Abstract: This filmstrip for children in Head Start programs
and their mothers gives some basic facts about foods and their
nutrients that are good for growing children, and offers suggestions
for meal and menu planning. Cut-out cartoon characters

288-74

altarsata with colored photographs of actual foods.

288-74

BALANCE YOUR MEALS AND LOSE WEIGHT. Rev. ed.
 Contra Costa County, Dept. of Health
 Martinez, Calif. 49p. Jan 1967.
 RB222.2.C62 P6H

Caloric-restricted diets, Diet information, Food exchanges, Food intake, Meal planning, Obesity, Weight control.
 Abstract: Oversight people like good food and eat too much of it. To reduce excess eating out as a whole new meal plan in which the body eats the foods it needs to work with, but no extra food that it can store as fat. This booklet presents a diet plan utilizing exchange lists.

289-74

IF IT'S YOUR GALLBLADDER...CHEER UP, HERE'S GOOD NEWS.
 Contra Costa County, Dept. of Health
 Martinez, Calif. 49p. Mar 1965.
 QW351.C6 P6H

Diet information, Fat-controlled diets, Gallbladder diseases, Gallstones, Medical factors, Therapeutic and special diets.
 Abstract: This booklet explains the causes and dietary treatment for gallstones. The foods recommended are typical of Mexican-American fare.

290-74

CONVERSION OF TRYPTOPHAN TO NIACIN IN MAN.
 Nutr Rev 32 (3): 76-77. Mar 1974.
 389.8 H953

Metabolic studies, Metabolism, Niacin, Research, Tryptophan metabolism.
 Abstract: This article reviews research assessing the conversion efficiency of tryptophan to niacin under varying conditions. Under conditions of no niacin in the diet, limited protein synthesis, or protein catabolism, the accepted ratio of 60:1 for the conversion of tryptophan to niacin may not be applicable. Some studies suggest a conversion of 30:1; this is comparable to the ratio reported in pregnancy. Although some conversion of tryptophan to niacin takes place at low levels of tryptophan in the diet, its magnitude is not known. This conversion efficiency is difficult to determine on the basis of niacin excretion, as this decreases when tryptophan is deficient and is influenced by the amount of depletion of niacin in the body. Nutrition educators should be aware that this average conversion of 60:1 for tryptophan to 1:1 niacin may not always be reliable or pertinent.

291-74

FOOD FACTS FOR TEENS.

Frances Cook
 [Berkeley] University of California Agricultural Extension 9 p. 1965.
 TB368.C63 P6H

Adolescents (12-19 years), Basic Food, Food groups, Growth, Nutrition.
 Abstract: As the title indicates, this pamphlet is addressed to the teenager. Growth patterns are discussed first, followed by a summary of the physiological needs met by food. The daily food guide as applied to teenagers is presented and explained and finally some facts about food and food habits as related to teenagers are given.

292-74

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293-74

EVALUATION OF NUTRITION EDUCATION IN EVERYDAY TEACHING ENVIRONMENT.

Barbara Coomer, Murray Philp
 J Nutr Educ 6 (3): 99-103. July/Aug 1974.
 TB381.J6

Educational research, Evaluation, Instructional aids, Instructional innovation, Nutrition, Nutrition education, Primary grades, Teacher education.
 Abstract: This article reports on a study evaluating "Big ideas" nutrition education workshops conducted for primary level elementary teachers in Ontario, Canada. Teachers were trained to teach students how to select a balanced meal based on the four food group system. Results include a 70% per cent of the participating teachers teaching some nutrition in the classroom with students taught by those teachers showing improvement in nutrition knowledge and improvement in claimed eating behavior. The shortcomings of some of the test items used in evaluating the workshops are given so that uncorrected weaknesses are not seen. Recommendations for refining nutrition education based on this process and study are given. This information may be of interest to those in nutrition education, particularly those working with primary level teachers.

294-74

NUTRITIONAL BELIEFS AMONG A LOW-INCOME URBAN POPULATION.
 J E Carnaly, S K Bigan, D D Watts
 J Am Diet Assoc 42 (2): 131-135. Feb 1963.

389.8 H934
 Cultural factors, Food beliefs, Food habits, Low income groups, Negroes, Nutrition knowledge, Socioeconomic influences, Survey, Urban population.
 Abstract: As part of a study of cultural factors affecting health and community health resources of low-income urban Negro families, a survey of food beliefs was made. Not one of the 10 health fallacies presented was rejected by all. The highest percentage of "don't know" related to effectiveness of food in improving health. Foods actually known to be healthful were in the minority of those listed as such by the people tested. This showed a need for nutrition education.

295-74

FOOD THAT BUILDS GOOD HEALTH (NOTION PICTURE). 2d ed.
 Coronet Film
 Chicago, Ill. 1 reel, 16mm, sd, col, 11 min. [n.d.]
 TB368.767 P6H AV

Basic Food, Carbohydrates, Child nutrition, Fats and oils, Health, Nutrition, Nutrition education, Proteins, Water.
 Abstract: When their mother is called out of town, Jill and John assume the responsibility for preparing nourishing and interesting meals. With them, as leaders of the four large food groups that help supply the body's needs for proteins, carbohydrates, fats, vitamins, minerals and water. These food groups are the meat group, milk group, bread-cereal group, and vegetable-fruit group.

296-74

ALEXANDER HAS A GOOD DAY (NOTION PICTURE).

Coronet Film
 Chicago, Ill. 11 min., sd., col., 16 mm. [n.d.]
 TB777.142 P6H AV

Exercise, Health, Nutrition education, Safety.
 Includes teacher's guide.
 Abstract: An sprightly Alexander recalls the not-so-good times that preceded his present good days, young audiences are given a pattern for good daily habits. They learn about such things as safety, time scheduling, application to work and studies, nutrition, health, and they are motivated to adapt them to their own daily routines.

297-74

ALEXANDER LEARNS GOOD HEALTH (NOTION PICTURE).

Coronet Film
 Chicago, Ill. 11 min., sd., col., 16 mm. [n.d.]
 TB777.142 P6H AV

Exercise, Health, Nutrition education.
 Includes teacher's guide.
 Abstract: Alexander sets improper foods the night before his big ball game, and he gets very little sleep because of exciting dreams. His parents talk to him about watching his diet and developing good health habits. Alexander follows the rules and helps to win the last big game of the season. This film is aimed at kindergarten through primary grades.

298-74

BALANCE YOUR DIET FOR HEALTH AND APPEARANCE (NOTION PICTURE).

Rev. ed.
 Coronet Instructional Film
 Chicago, Ill. 16 min. sd. color. 16 mm. 1960.
 TB355.838 1960 P6H AV

Acne, Adolescents (12-19 years), Basic Food, Diet information, Diet patterns, Diet planning, Food groups, Food intake, Weight control.
 Abstract: Three teenagers, while waiting for the cafeteria lines to shorten, start talking about their problems. One boy was turned down for a summer construction job because he is too thin; another lost a lifeguard job due to being overweight. The girl in the group is unhappy because she has acne and is embarrassed to apply for a summer theater job. The three consult their health textbooks and discover that their problems are due to improper food habits. One boy eats too much; the other too little; and the girl eats too many greasy snack foods. They realize that if they improve their food habits they will be able to get the jobs they want.

299-74

NUTRITIONAL NEEDS OF OUR BODIES (NOTION PICTURE).

Coronet Instructional Film
 Chicago, Ill. 1 reel, 16mm, sd, col, 16 min. 1961.
 TB368.808 P6H AV

Basic Food, Diet patterns, Digestion and absorption, Food groups, Nutrient functions, Nutrient intake, Nutrient requirements, Nutrition, Nutrition education.
 With teacher's guide.
 Abstract: Nutrients are needed by the body for energy, growth, replacement, and regulation. Digestive breaks down food into nutrients that can be absorbed by the blood. Cells then take nutrients from the blood, and along with oxygen change the chemicals in the nutrients to release energy. In this way, cells grow and divide, constantly replacing themselves and keeping the body healthy. The essential nutrients needed by the body are proteins, carbohydrates, fats, water, vitamins, and minerals.

- 300-74
HAT HILL, GOOD HILLI (MOTION PICTURE).
 Coronet Instructional Films
 Chicago, Ill. 11 min. ed. color. 16 mm. 1963.
 TR355.12 P68 19
 Basic Food, Diet patterns, Energy, Food groups, Food habits, Food intake, Nutrient intake, Nutrition education, Physical fitness.
 Abstract: Depicted here is a boy named Paul who has poor food habits. He eats candy before meals, which cuts his appetite, and at meals eats only those foods he especially likes. As a result, Paul has no energy and no resistance to illnesses. One day, Paul's father takes him to see a special nutrition show conducted by the Circus Boy, a young acrobat who is renowned for his endless pep and energy. The Circus Boy tells his audience all about the Basic Food groups and the number of servings of each to have every day. The Circus Boy's words convince Paul to reform his food habits. Once he starts eating a balanced diet, with candy only after meals, Paul regains his energy and good health.
- 301-74
NUTRITION EDUCATION AND THE HOSPITALIZED CHILD.
 C Corredo
 J Nutr Educ 1 (2): 24-25. Fall 1969.
 TR341.36
 Children, Diet counseling, Diet planning, Hospital food service, Hospitals, Nutrition education, Patient care, Pittsburgh, Therapeutic nutrition.
 Abstract: Feeding a hospitalized child offers many opportunities to provide nutrition education. Hospital free care hospital include special food trays, a food tray, dishes, and covers. Supervised alternative food choices are allowed. If a child needs a special diet and is old enough to understand the reasons for it, explanation eases his feelings. Problem eaters are placed on selective diets. In-patients tear the kitchen and out-patients maintain gardens.
- 302-74
THE MEASURED INFLUENCE OF NUTRITION ON PERSONAL AND SOCIAL DEVELOPMENT.
 Hector Correa
 League Int Food Educ p. 3-7. Mar 1974.
 TR341.14 P63
 Economics, Education, Height-weight ratio, Infants (To 2 years), Intelligence, Mortality, Nutrition, Pregnancy and nutrition, Weight.
 Abstract: The article contains a summary of studies involving the influence of nutritional conditions on physical and mental abilities and as a result of these, on educational achievement, economic productivity, and interpersonal relations. Results in most of the studies were obtained by experimental studies, usually dealing with a few hundred persons. Indices of personal development used were I.Q. and working capacity. These relationships and the known nutrition levels of the populations of different countries make it possible to estimate the average values of I.Q., working capacity, etc. for those countries. These indices are then used to estimate the influence of nutritional conditions on socio-economic development.
- 303-74
EXIST IN CHRONIC RENAL DISEASES: A FOCUS ON CALORIES.
 Jacquelyn S Coet
 J Am Diet Assoc 64 (2): 186-187. Feb 1974.
 389.8 AB34
 Caloric modifications, Diet planning, Medical factors, Nutrient intake, Nutrient requirements, Protein, Renal disorders, Therapeutic and special diets, Therapeutic nutrition.
 Abstract: Patients with end-stage renal disease go through periods of dietary adjustment and illness that may lead to malnutrition if their nutritional needs are not constantly met. Calories are a primary need of the body, and if the caloric requirement of a patient's body is not met, his lean body will deteriorate. Therapeutic diets for renal diseases should never be calorically restricted. These diets call for less total protein, limited sodium and water intake, and restricted intake of potassium-containing foods. This modified diet has a built-in caloric deficit, requiring dietitians to select foods that fit these limitations and at the same time boost caloric intake.
- 304-74
SALES TO AND APPEAL TO TEENAGE EATING.
 E Coulson
 What's New Home Econ 32 (1): 17-18. Jan 1968.
 321.8 H55
 Adolescents (12-19 years), Diet improvement, Diet patterns, Food habits, Meal planning, Motivation, School food service, Therapeutic and special diets, Weight control.
 Abstract: Dieting for teenagers, when needed, should fit the kind of life they actually lead. Snacking per se is not detrimental, but foods offering calories only should be banned. Group therapy has been helpful with teenage dieting. School food displays of items good for diets would also help, as would low-calorie parties. Some low-calorie lunches are suggested.
- 305-74
BENI FOODS: WHAT'S IN THEM? ARE THEY SAFE? SHOULD I BAKE BY OVEN?
 David B Courain
 Amer Baby 36 (2): 24, 55. Feb 1974.
 HQ750.A24 P62
 Adults, Food cost, Food preparation, Food safety, Infant feeding, Monosodium glutamate, Sugar.
 Abstract: A pediatrician answers the questions of mothers and others about commercial infant foods, and compares them with similar foods made at home for safety, cost and nutritive value, in this article. Salt in commercial preparations may be less than that of homemade foods. Monosodium glutamate has not been included in baby foods for several years. Recently the amount of sugar the commercial foods contain has been reduced. If a mother made the baby's food herself, and did not count the cost of her time or equipment, she might realize a saving, but she would be less sure of its nutrient content or bacteriological safety, according to the author.
- 306-74
NATIONAL NUTRITION AND THE OFFSPRING'S DEVELOPMENT.
 David B Courain
 Nutr Today 8 (2): 12-13, 15-18. Mar/Apr 1973.
 RA784.B8
 Behavior change, Gestation, Lactation, Malnutrition, Pregnancy diets, Protein.
 Abstract: Report of work being done studying the nutrition of the mother before birth and during lactation on the physical and mental effects of the offspring. Many of the studies involve animals, but there were some reports of human studies now being carried out in Taiwan and Guatemala. Malnutrition of the fetus often results in a small birth weight, not only to smaller brain size, but also to changes in dendritic arborization and in the changes in the synapses. These malfunctions can then be passed on to succeeding generations.
- 307-74
CAMPBELL SOUP'S PROGRAM TO PREVENT ATHEROSCLEROSIS.
 Maryann Cox, Ronald F Jr Neer
 Am J Nursing 72 (2): 253-259. Feb 1972.
 488.8 AB323
 Atherosclerosis, Calorie-restricted diets, Carbohydrate modifications, Cardiovascular disorders, Coronary heart disease.
 Abstract: This article describes the atherosclerosis study conducted by Campbell Soup Company. It includes initial studies, follow-up observations and needed diet manipulations on employees in plants throughout the United States. The study is designed to evaluate patterns of lipoprotein and serum protein abnormalities, relationship of lipid and other factors to the subsequent development of atherosclerosis and the influence of changing some of these factors. This article should be of interest to those in the health professions, particularly those working with individuals of high risk backgrounds.
- 308-74
HOW WE CHOOSE OUR FOODS--AND WHY.
 Dennis Babbarry Crenay
 What's New Home Econ 38 (6): 43-45. Sept 1974.
 321.8 H55
 Age groups, Food habits, Food preferences, Food takers, Individual characteristics, Nutrition education, Sex (Characteristics).
 Abstract: A complexity of physical, economic, psychological and sociological factors influence our decisions about food. Our choices reflect a great deal about us, our life styles, values and beliefs. Dr. Janus Baytan, a psychologist, has classified influences on the food consumer into seven groups (see chart). How we value these influences--which of them are most important to us--largely determines our food choices.
- 309-74
FIGHT AGAINST HUNGER IN ATLANTA.
 Alenzo A Crin
 Sch Foodserv J 29 (8): 58-60. Sept 1974.
 389.8 SC86
 Atlanta, Georgia, Behavior, Child nutrition, Learning ability, Nutrition education, Nutritional deficiencies, School lunch programs.
 Abstract: Atlanta's public schools have adopted as one of their educational goals the abolition of hunger among students, a move influenced by recent studies that point to undernutrition as harmful to a child's brain and his ability to learn.
- 310-74
BABIES AND NEIL ON DEVELOPMENTAL NUTRITION: CALORIES.
 Dorice M Czejkowski, William B Hill
 Columbus, Ohio, Ross Laboratories 13 p. July 1972.
 TR341.C5C P61 (Children are different, no. 2)
 Caloric intake, Caloric requirements (FAO), Children, Cultural factors, Physiology, Professional education.
 Abstract: The requirements for calories from birth to adulthood are presented in this pamphlet for the nutritionist. Both physiologic and nonphysiologic (cultural) factors which affect caloric intake are considered, as are caloric balance and changes in energy needs. The emphasis is on the growing child.
- 311-74
PUERTO RICAN FOODS AND TRADITIONS.
 J B Czejkowski
 Connecticut, University, Cooperative Extension Service
 Storrs, Conn. 9 p. Nov 1971.
 TR360.P9C9 P68
 Cookery, Puerto Rican, Diet patterns, Ethnic foods, Food preferences, Food preparation, Food selection, Foodways, Recipes.
 Abstract: Puerto Rican cuisine includes European as well as

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native foods, Spanish influence predominating. Commonly used foods are rice, beans, chicken, pork, and plantains (green bananas). Recipes are included.

312-74

SPECIAL DIET. (SPA)
Dade County, Dept. of Public Health, Maternity and Infant Care Project
Miami, Fla. unpub. [n.d.].
TK367.D3 P6W
Carbohydrate modifications, Carbohydrates, Diet infarctions, Preventive nutrition, Test diets, Therapeutic and special diets, Tolerances levels.
Title of Original: Dieta especial.
Abstract: A diet to test carbohydrate tolerance levels is described here.

313-74

A PRIMER ON VITAMINS.
G Edward Dana
FDA Consumer (M): 4-11. May 1974.
TK335.P6 P6W
Nutrient functions, Nutrient requirements, Nutrient sources, Vitamins.
Abstract: This article gives general background information on vitamins, their uses, history and composition, and then discusses thirteen specific vitamins and their requirements, functions and sources. It concludes with responses to common questions about vitamins such as synthetic vs. natural vitamins and the use of vitamin supplements. The article could certainly be used as a reference for anyone disseminating nutrition information to people of the intermediate level and above.

314-74

SUSTAINED WEIGHT CONTROL: THE INDIVIDUAL APPROACH. 2d ed.
T S Sasovski
Philadelphia, P. A. Davis Co. 194 p. 1973.
RM222.2.E3 P6W
Adults, Caloric modifications, Carbohydrates, Cholesterol, Fat modifications, Food composition tables, Obesity, Psychological aspects, Weight control.
Abstract: This book for the adult trying to lose weight recommends a program of self-education, motivation, re-education, guidance and activity, including turning down the thermostat for lower environmental temperatures. The approach includes consideration of psychological factors, and places chief responsibility on the overweight person himself. Practical suggestions consider modification of fat and calorie intake. Those who must lower cholesterol intake are given a list showing cholesterol content of various foods. Tables of protein, fat, carbohydrate and calories in a number of common foods are given in an appendix.

315-74

THE UNICORN AND OTHER LESSONS FROM HISTORY.
William J Darby
Nutr Rev 32 (suppl. 1): 57-61. July 1974.
J89.S M953
Food beliefs, Food fads, Food misadventure, Food swackery, Food restrictions.
Abstract: This report presents several examples of medical swackery that have existed throughout the ages and the devices that have been used to convince the public of their beneficial success. Examples of such devices include the understanding of people's basic human nature and wish to be deluded with the consequent manipulation of their hopes and fears, the placebo effect of a product, the appeal of religious, patriotism, and science, and the use of testimonials. Nutrition educators and others concerned with the nutritional habits of the public may find this information helpful in understanding the susceptibility of people to food fadist beliefs.

316-74

NATURAL, ORGANIC, AND HEALTH FOODS.
Mary Earline
St. Paul, University of Minnesota Agricultural Extension Service 16 p., illus. 1973.
TK355.D32 P6W
Adults, Enrichment, Food additives, Food fads, Health foods, Organic foods, Pesticides, Vitamins.
Abstract: This pamphlet for the lay reader explores the current interest in natural, organic and health foods, considers definitions of descriptions for them, and discusses the pros and cons of the use of pesticides in crop production, and of additives in food production. The questions some persons have regarding enrichment of common staples are explored, as is that of the great concern with taking vitamin supplements. Some dos and don'ts for health protection of those using natural foods to avoid ingestion of pesticides and bacterial infections are offered. There is a glossary of some of the more usual health, natural and organic foods.

317-74

VITAMIN E CONTENT OF SELECTED BABY FOODS.
Karen C Davis
J Food Sci 38 (3): 442-446. 1973.
J89.S P7322
Infant diets, Infant feeding, Professional education, Vitamin E.
Abstract: Figures for the vitamin E content of 50 baby foods are given in this article and compared with the 1968 Recommended

Dietary Allowances for a 1-year-old (this figure being the same as the 1973 recommendations for this age), and also to the fat content of the foods. A certain ratio of vitamin E to unsaturated fatty acids being recommended. Most fruits and vegetables are good vitamin E sources in terms of the unsaturated fat ratio but not in absolute content of the vitamin. Peaches, apricots, squash, sweet potatoes and spinach, however, satisfy both requirements. The report confirms that storage conditions and length of storage can markedly reduce vitamin E content. For those who advise on infant feeding.

318-74

VITAMINS IN FROZEN CONVENIENCE DINNERS AND POT PIES.
Elmer De Ritter
J Am Diet Assoc 64 (4): 391-397. Apr 1974.
J89.S M334
Convenience foods, Food analysis, Frozen foods, Nutrient content determination, Nutrients, Nutritional adequacy, Research, Vitamins.
Abstract: Nine frozen dinners, three pot pies, one beef entrée, and a macaroni-and-cheese combination were analyzed as received and after heating according to directions, for: vitamin A, carotene, vitamin E, thiamin, riboflavin, vitamin B6, vitamin B12, and ascorbic acid. The vitamin contents of the products, as prepared for serving, varied considerably and ranged from zero to almost half of the U.S. Recommended Dietary Allowance. All were significantly below levels required under the new FDA regulations for one or more of the six vitamins.

319-74

YOU ARE WHAT YOU EAT; ONE MILE, TWO MILES, THREE MILES MORE.
Mary L Lefebvre
Sch Food Serv J 28 (1): 25. Jan 1974.
J89.S M364
Calorie-restricted diets, Diet information, Exercise, Food habits, Food intake, Nutrient requirements, Physical fitness, Weight control.
Abstract: With the easier, more comfortable life man has made for himself, he has reduced his body's energy (food) needs without changing his eating habits to offset this decreased need. The result is bound to be overweight people. The solution is to either add exercise or reduce calorie intake. For good health and physical fitness, adding exercise is probably the better of the two alternatives.

320-74

REGULATION OF FOOD INTAKE: ROLE OF THE VENTROMEDIAL HYPOTHALAMUS.
Albert F DeBona, Isidore Krinsky
Postgrad Med J 51 (5): 74-78. May 1972.
E31.P6
Appetite, Caloric values, Energy metabolism, Obesity, Research.
Abstract: Experimental evidence strongly implicates the ventromedial region ("satiety center") of the hypothalamus in adjusting food intake to caloric expenditure so that body weight is maintained within narrow limits. Studies from three decades are described. Recent work indicates that the satiety center uses glucose in a manner paralleling its use by the other insulin-sensitive tissues of the organism. This knowledge gives promise of being important in the clinical management of human obesity.

321-74

EATING PATTERNS AMONG MIGRANT FAMILIES.
G Delgado, C L Bruback, H E Deaver
Publ Health Rep 76 (4): 349-355. Apr 1961.
RA421.P62 P6W
Cultural factors, Diet patterns, Florida, Food habits, Food preferences, Food preparation, Food purchasing, Food selection, Migrant workers.
Abstract: In this study of migrant farm workers in the Lake Okechobee region of Florida, data was collected on food selection, food preparation, meal patterns, and eating practices. The group studied was made up primarily of American Negroes. Contact with other cultural groups from the Caribbean has introduced new methods of food preparation.

322-74

EATING PATTERNS AMONG MIGRANT FAMILIES.
G Delgado, C L Bruback, H E Deaver
Publ Health Curr 76: 349-355. Apr 1961.
RA421.P6 P6W
Diet patterns, Educational programs, Food habits, Food purchasing, Food selection, Migrant workers, Negroes, Nutrition education, Program planning.
Abstract: Migrant Negro farm workers in Florida were studied in a multidisciplinary approach to their health needs, including nutrition. The sample studied had already been exposed to some dietary education and were receptive as shown by acceptance of clinic care. Their food habits showed effects of contact with people from the Caribbean. They also showed a need for better use of available foods and for careful planning and budgeting of the food money they have.

323-74

MORE IS NOT BETTER.
Bertha B DeKlan
Amor Baby 36 (2): 30, 56. Feb 1974.
HQ750.A244 P6W
Basic nutrition facts, Food and Drug Administration, Parent education, Recommended Dietary Allowances, Vitamin A, Vitamin

- E.**
Abstract: A nutritionist reviews for parents the basic nutritional roles of vitamins A and D in child growth and development in this article, and gives examples of their effects on child health when too large doses have been given. The author, in citing the Recommended Dietary Allowances for these vitamins, cautions others that more than these amounts is not better in this case. The amounts of vitamins D found in some common fortified foods that children take are presented, and the amounts of both vitamins that the Food and Drug Administration regulations now permit are discussed.
- 324-74**
WHERE YOU SHOULD BE SHOPPING FOR YOUR FAMILY.
Ron Feutech
Nutr New 32 (suppl. 7): 48-52. July 1974.
389.8 H953
Additives and adulterants, Food misinformation, Food processing, Health foods, Organic foods, Pesticides.
Abstract: This article, of interest to the lay public and nutrition educators alike, compares the nutritional quality of foods purchased at a regular market and at health food stores. Various points especially brought up in discessions and cautions these foods are presented including soil conditions, fertilizers, pesticides, additives, and food processing. It is concluded that foods from regular markets do adequately supply needed nutrients and that the purchase of health foods is not necessary. Two criticisms of the food industry are made along with a short discussion of the nutritional status of Americans and background information on dietary requirements.
- 325-74**
NUTRITION EDUCATION OF ILLITERATE PEOPLE.
N P Devasdas, U ChandraSekhar
J Nutr Educ 1 (3): 13-16. Winter 1970.
TX341.J6
Communication, Cultural factors, Dramatic play, Educational progress, Illiteracy, India, Nutrition education, Program design, Teaching techniques.
Abstract: To teach nutrition to the people of India who cannot read, Government nutritionists use the ancient art of mass communication-theatrical puppets, dance-dramas, songs and folk dances, the acting out of ancient myths, and religious stories.
- 326-74**
IMPACT OF NUTRITION EDUCATION IN AN APPLIED NUTRITION PROGRAMME ON NUTRITIONALLY VULNERABLE GROUPS OF PEOPLE.
Patience P Devasdas
Arch Latinoa Nutr 23 (4): 435-444. Dec 1973.
389.8 AM22
Child nutrition programs, Cooking instruction, Lactation, Nutrient intake, Nutrition education, Nutrition programs, Present views.
Abstract: This paper, of interest to those involved in nutrition education programs, describes a study done to evaluate the impact of a nutrition education program for preschool children, expectant women, and nursing mothers. The nutrition knowledge of the subjects are given in tables, obtained at the beginning and the end of the six month study period through observation and questionnaires interview methods. It was found that the nutrition education program along with food distribution had influenced significantly changes in the food habits of children and adults.
- 327-74**
EDUCATION FOR DIETITNS.
K Dickerson, M Davies
Ext Serv Dev U S Dep Agric 40 (1): 8-9. Jan 1969.
1 X1892X
Diet counseling, Diet instruction, Extension education, Nutrition education, Obesity, St. Louis, Weight control.
Abstract: St. Louis County's Extension workers have developed an educational program to provide up-to-date scientific knowledge on weight control for lay organizations of producers. A one-day conference in which experts presented new findings was followed by a seminar series on several subjects related to weight control conducted by the Extension personnel.
- 328-74**
FACTORS RELATED TO FOOD PREFERENCES.
N Dickins
J Home Econ 57 (6): 427-430. June 1965.
321.8 J82
Cultural factors, Diet patterns, Economic influences, Environmental factors, Food habits, Food preferences, Food selection, Psychological aspects, Social factors.
Abstract: Many factors contribute to the development of an individual's food preferences. Cultural factors determine the ethnicity of foods, the foods that are perceived as "going together." Group pressures that influence one to select certain foods over others constitute the social factors. Personal or psychological factors include age, resistance to change, individual taste, one's physical condition, and so on. Economic factors are, of course, bound to one's income and determine the foods one can afford. Environmental factors determine food supply and thus the kinds and variety of food available.
- 329-74**
SOME EFFECTS OF A WHITE CORNMEAL SNACK.
D Dickins
J Am Diet Assoc 21 (5): 287-288. May 1945.
389.8 AM34
Behavior change, Children, Diet patterns, Ethnic groups, Food habits, Food preferences, Food selection, Food supply.
Abstract: According to this study, both white and Negro school children prefer white to yellow cornmeal. If there is no cornmeal, they will not eat turnip greens, collards, cabbage, cowpeas, or other legumes. If there are no biscuits, they will not eat syrup and gravy.
- 330-74**
DIET AND BIRTH DEFECTS IN HUMANS.
Nutr Today 9 (4): 14. July/Aug 1974.
NA784.H8
Birth defects, Fetal growth, Food additives, Food storage, Food-induced disorders, Nitroates, Nitrites.
Abstract: The idea that the birth defects occurring in humans may be in some way related to diet is not widely held. In fact, it is difficult to find any information indicating that one or more food substances otherwise nutritious might be harmful to the fetus carried by the pregnant woman. However, such defects in animals can be produced with absolute predictability and regularity by foods ordinarily beneficial to livestock.
- 331-74**
DIET AND CORONARY HEART DISEASE.
Nutr Today 9 (3): 26-27. May/June 1974.
NA784.H8
Caloric intake, Cardiovascular disorders, Cholesterol, Fat-controlled diets, Fatty acids, Hereditary factors, Lipids, Obesity, Salt.
Abstract: The development and progression of coronary heart disease is influenced by many factors of heredity, environment, and lifestyle. Among these factors, a diet rich in calories, saturated fat, and cholesterol can contribute to hyperlipidemia and obesity. There is substantial evidence that the diets recommended herein will aid in the control of serum lipid levels in man. Present evidence also suggests that maintaining serum lipids at reduced levels will lower the incidence of heart attacks caused by atherosclerosis of the coronary arteries.
- 332-74**
DIET FOR A SMALL PLANET (NOTICE FICTIVE).
Wilford, Pa., Bullfrog Films 1 reel, 16mm, sd., col., 28 min. 1974.
TX392.L3 P8N AV
Food beliefs, Food habits, Vegetarian diets, Vegetarians.
Abstract: This film is based on the book of the same title by Frances Lappe. It presents the unethical and uneconomical nature of a meat centered diet and shows how protein needs can be met without meat by combining vegetables and dairy sources of amino acids in complementary proportions. Types of foods that could be used to replace meat are illustrated and basic combinations which contain complementary proteins are given. Suggestions for such foods for a dinner meal are given, but so suggestions are made for breakfast and lunch type meals. This film would be of interest to a broad audience ranging from upper elementary level students to adults.
- 333-74**
DIET STUDY POINTS TO IRON DEFICIENCY AMONG WOMEN.
Food Prod Dev 8 (6): 79. July/Aug 1974.
HD9000.1.P64
Dietary surveys, Females, Iron, Minerals, Nutritional deficiencies, Socioeconomic influences, Vitamins.
Abstract: Widespread iron deficiency in women's diets and spot inadequacies of other nutrients for population segments were reported in the preliminary findings of the First Health and Nutrition Examination Survey (HANES Report). Conducted by NCH, the survey examined 10,126 individuals in the U.S. during 1971 and 1972 to determine quality of diets.
- 334-74**
LACTASE DEFICIENCY IN MEXICAN-AMERICAN MALES.
J W Dill
Am J Clin Nutr 25 (9): 469-470. Sept 1972.
389.8 J824
Carbohydrate metabolism disorders, Digestion and absorption, Lactase deficiency, Males, Mexican Americans, Research.
Abstract: Isolated intestinal lactase deficiency is common among adults of specific ethnic groups that are historically non-milk drinkers. In this study, it was found that men of Mexican-American descent tend to have a higher incidence of lactase deficiency than does the general population. Genetic factors are probably responsible for this enzyme deficit.
- 335-74**
CHILDREN IN DAY CARE: WITH FOCUS ON HEALTH.
Leara Pittman
Washington, GPO 120 p., illus. with photos. 1967.
LH1740.D5 P8N
Day care progress, Dental health, Early childhood education, Health education, Preschool children (2-5 years), Preschool education.
Abstract: All children have the right to receive adequate health care. When they are enrolled in a day care center, it should become part of the day care services. Continued follow-

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336-74

us should be elected after the preadolescent health examination is given to the child. Immunizations, dental care, good nutrition, safety and sanitation must be supplied.

336-74

NUTRITION EDUCATION THROUGH SCHOOL FOOD SERVICE.

Frances E Dobbins
In Proceedings of the National Nutrition Education Conference, Washington, D.C., Nov. 2-4, 1971 p. 56-59. Apr 1973.
TX364.U529 P68

Breakfast, Nutrition education, School canteen relations, School food service.
Abstract: This article points out the need to teach the classroom teacher the importance of good nutrition, so that she in turn can help the child to eat better balanced meals. The teacher, working with the nutritionist in the school lunch division of the education department, will be able to make the nutrition program more effective. Breakfast has proven more effective in helping the children through the day, and teachers find that the children are able to do a much superior job in their studies if they have had a nutritious meal at the beginning of the day.

337-74

A NEW AUDIENCE FOR NUTRITION EDUCATION.

J Dods
J Nutr Educ 1 (2): 23-24. Fall 1969.
TX361.J6
Adolescents (12-19 years), Diet counseling, Effective teaching, Hospitals, Nutrition education, Nutritionists, Patient care, Teaching techniques.
Abstract: Hospitalized children are a captive audience. This criticalist provided nutrition education for adolescent patients. Files on nutrition were shown and next day were followed as in ward classes with displays, books, and pamphlets. A diabetic patient was given real situations to figure out using arithmetic. Adolescents interested in particular nutritional problems enjoyed evaluation books on the subject.

338-74

DOES NUTRITION EDUCATION REACH TEENAGERS?

What's New Home Econ 32 (6): 55-60. Sept 1968.
321.E H55
Adolescents (12-19 years), Diet improvement, Feeding, Food habits, Food habits, Food selection, Motivation, Nutrition education, Nutrition knowledge.
Abstract: Although 11 of 12 teenagers take home economics in school, many are poorly educated, most do not eat healthfully, skip breakfast, are easily influenced by ads and--except for calories--ignore their diets. Their interest needs to be stimulated and they need knowledge of nutrition facts.

339-74

ETHNOLOGY AND HEALTH PROBLEMS.

F Borolle
N H O Chron 7: 355-363. 1953.
449.9 H892
Anthropology, Cultural factors, Food beliefs, Food habits, Food habits, Nutrition progress, Program design, Program planning, World problems.
Abstract: The need to consider cultural factors in endeavoring to solve health problems in other societies is pointed out. Some examples of food taboos are given.

340-74

NUTRITIONAL STATUS OF PRESCHOOLERS FROM LOW-INCOME ALABAMA FAMILIES.

Jody A Brickell, Claudie S Price
J Am Diet Assoc 65 (3): 280-283. Sept 1974.
389.E H33
Albama, Growth, Low income groups, Nutrient intake, Nutritional adequacy, Nutritional status, Preschool children (2-5 years).
Abstract: The nutritional status of preschool children from low-income Alabama families who received health care from the city-county clinic in Montgomery was evaluated. Low hemoglobin concentrations were observed in 13 per cent of the children and low hematocrit values in 28 per cent. Bone calcium and iron intakes of each age group were below the recommended allowances. Although bone ascorbic acid intakes of each group exceeded the allowances, 40 percent of the children had intakes below this standard. Mean calcium intakes of the white children were twice as high as that of the black subjects; the reverse was observed with respect to vitamin A. The nutritional status of these preschool children was similar to that reported in other studies.

341-74

THE DRIVE FOR ORAL HEALTH CONTINUES...

Geneve, Switzerland, World Health Organization 32 p. 1973.
H611.O7 P68 (World health statistics, December 1973)
Dental caries, Dental health, Fluoride, Food habits, School children (6-11 years), Teeth.
Abstract: This special issue of World Health statistics is a report of the worldwide drive for oral health. The articles cover various topics including the need for the individual's oral dental care habits, periodontal disease, dental caries, fluoride, current research in caries, and tooth development. Although there are no articles devoted especially to nutrition, dietary aspects are integrated throughout.

342-74

THE NEW VEGETARIANS: THE NATURAL RIGHT?

Johanna T Dwyer
J Am Diet Assoc 65 (5): 529-536. Nov 1974.
389.E H33
Food beliefs, Food symbolism, Health foods, Individual characteristics, Organic foods, Vegetarian diets, Vegetarians, Young adults (20-34 years).
Abstract: Attitudes and life styles of young vegetarian adults who differed with respect to membership in vegetarian groups ("joiners" vs. "losers") and in the extensiveness of their dietary evidences ("circumscribed" vs. "far-reaching") are further described.

343-74

TREATING OBESITY IN CHOBING CHILDREN.

Johanna T Dwyer, Caroline U Bloede, Jean Meyer
Pediatr Med J 51 (5): 90-94. May 1972.
E31.P6
Adolescents (12-19 years), Exercise, Food habits, Obesity, School children (6-11 years), Weight control.
Abstract: Treating the obese child takes time, more than most physicians can spare. A competent health professional can handle certain aspects of management. With some extra study, the office nurse might be ideal in this role. Except in severe cases, the goal of treatment is not dramatic weight reduction. Instead the child should grow up to his future, receiving necessary psychological support and learning self-control.

344-74

THE "NEW" VEGETARIANS.

Johanna T Dwyer
J Am Diet Assoc 64 (4): 376-382. Apr 1974.
389.E H33
Attitudes, Diet patterns, Food habits, Life styles, Vegetarian diets, Vegetarians, Young adults (20-34 years).
Abstract: Attitudes and life style of young vegetarian adults who differed with respect to membership in vegetarian groups and the extensiveness of their dietary evidences are described. Joiners, including those following precepts involving emphasis on macrobiotics, raw food, yoga, and health foods, reported more far-reaching food prescriptions than "losers," or those not affiliated with a vegetarian-oriented group.

345-74

NUTRITIONAL IMPROVEMENT DEBATE: SUPPLEMENTATION OF FOODS VS. NUTRITION EDUCATION.

Henry A Dyanze
Food Technol 28 (7): 55-63. July 1974.
389.E P7398
Fortified foods, Malnutrition, Nutrient content determination, Nutrient quality, Nutrient retention, Nutrition education, Nutrition knowledge, Vitamins.
Abstract: The Nutritional Improvement Debate on Supplementation of Foods vs. Nutrition Education at the 1973 IPT Annual Meeting presented several speakers in favor of supplementation and several in favor of nutrition education, who discussed their arguments pro and con. This debate summarizes these papers.

346-74

HELPING YOUR TEENAGERS TO BETTER NUTRITION.

H G Berl
Today's Health 42 (2): 49-51, 81-83. Feb 1965.
RA773.T6 P68
Adolescents (12-19 years), Diet improvement, Food habits, Food selection, Motivation, Nutrition education, Teaching techniques.
Abstract: This is a review of several studies of teenage nutrition, with comments by experts. Teenagers have certain group interests which may be good approaches to nutrition education. They should be encouraged to talk about their food habits. If what they eat to eat is not nutritionally sound, it may seem foolish once they hear themselves say so. They will religiously follow a diet for once if a doctor prescribes it, but usually teens prefer to take advice from one of their own peers.

347-74

VEGETABLE FIBER: ITS PHYSICAL PROPERTIES.

H A Eastwood
Proc Nutr Soc 32 (3): 137-143. Dec 1973.
389.9 H553
Digestion and absorption, Digestive tract, Fiber, Nutrition, Vegetables.
Abstract: The physical properties exerted by dietary fibre are individual to the age and anatomy of the fruit or vegetable eaten. The physical properties will be determined by the chemistry of the constituent polysaccharides and lignins. In the plant these macromolecules are systematically interrelated for anatomical and physiological functions. This intimate relationship is lost during digestion but the secreted polysaccharides and lignin will retain some of their functional characteristics. These characteristics are important in the function of non-resistant colonic cells and are participated from the original physiological and anatomical role in the plant.

348-74

TEENAGERS SHOW A WAY TO BETTER NUTRITION.

S K Ehliog
Nutr News 28 (1): 2. Feb 1965.
389.E H557
Adolescents (12-19 years), Advertising, Breakfast, Diet improvement

- veasat, Food habits, Activation, Music, Nutrition education, Student involvement.
 Extract: Extension and community workers asked the teenagers how they could be motivated to improve their nutritional status. This led to a teen board and creation of a singing quartet, the Eatels, who were heard on radio at a station-sponsored breakfast to which cutaway students were invited.
- 349-74
 PAST AND PRESENT MALNUTRITION AND ITS EFFECT ON HEALTH TODAY.
 T F Eddy
 Royal Soc Health J 93 (6): 314-315. Dec 1973.
 B31.A1R6 F6W
 Accident prevention, Elderly (65 + years), Great Britain, Growth, Infants (To 2 years), Malnutrition, Professional education.
 Abstract: A British health professional writing for other health professionals considers the effects of malnutrition on health at the two ends of the age spectrum, infancy and old age. The birth weights and growth of children in the British Isles have both increased in recent decades, supposedly due to better diets in schools and out. The author speculates that growth retardation in early life as assessed by stature may be significantly related to accidents and accidental injury in the present-day aged, with subsequent mortality, from fracture of the long bones following falls. Such falls are statistically more frequent in elderly people of short stature than in taller older people.
- 350-74
 EVERYTHING YOU NEED TO KNOW ABOUT FEEDING YOUR BABY.
 Alvin W Eden
 Amer Behv 36 (2): 47-48, 51. Feb 1974.
 W0750.A2A4 F6W
 Adult nutrition education, Appetite, Basic nutrition facts, Breast feeding, Infant feeding, Iron, Milk.
 Abstract: This article for others of small babies offers advice from a pediatrician on how, what and when to feed their children. Points considered include how often to feed an infant, when to introduce solid foods, and what kinds, and how such milk should an infant take. The author favors breast-feeding as valuable nutritionally and emotionally for both persons involved, providing the mother's incentives are genuine. Situations in which iron supplements should be given are outlined. Appetite should be the only factor determining the amount of food a baby should eat.
- 351-74
 NUTRITION FOR LITTLE CHILDREN (FILMSTRIP/CASSETTE TAPE).
 Ann Idson
 Freeport, N.V., Educational Activities 1 filmstrip, 46 fr., 35 mm, col., cassette tape. 1973.
 TX355.W04 F6W AV
 Basic nutrition facts, Breakfast, Energy, Preschool children (2-5 years), School children (6-11 years), Snacks.
 Abstract: This filmstrip for children of about 5 to 8 years shows a variety of nutritious foods and their sources, and the importance of good food for health, growth and energy. It does not attempt to differentiate nutrients or their roles in the body, only to distinguish nutritious foods from snacks that are less so.
- 352-74
 NUTRITION FOR LITTLE CHILDREN (FILMSTRIP/RECORD).
 Ann Idson
 Freeport, N.V., Educational Activities 1 filmstrip, 46 fr., 35 mm, col., record. 1973.
 TX355.W04 F6W AV
 Basic nutrition facts, Breakfast, Energy, Preschool children (2-5 years), School children (6-11 years), Snacks.
 Abstract: This filmstrip for children of about 5 to 8 years shows a variety of nutritious foods and their sources, and the importance of good food for health, growth and energy. It does not attempt to differentiate nutrients or their roles in the body, only to distinguish nutritious foods from snacks that are less so.
- 353-74
 NUTRITION SURVEY OF 6200 TEENAGE YOUTHS: IMPLICATIONS FOR NUTRITION EDUCATION.
 C B Edwards
 J Am Diet Assoc 45 (6): 543-546. Dec 1964.
 389.8 AN34
 Adolescents (12-19 years), Breakfast, Diet patterns, Food habits, North Carolina, Nutrition education, Nutritional surveys, Research, Snacks.
 Extract: A 24-hour recall nutrition survey of 7th, 9th, 10th, and 12th graders in North Carolina indicated that the younger teenagers chose more nutritious snacks than older ones. Although the majority ate breakfast, 15% missed at least one meal during the survey period. The information gained will be used to develop a nutrition education program.
- 354-74
 THE OBESE SCHOOL CHILD--A CHALLENGE.
 B Egan
 Sch Lunch J 10 (3): 44-52. Mar 1964.
 389.8 SC64
 Diet counselling, Diet improvement, Exercise, Nutrition education, Obesity, School children (6-11 years), School lunch program, Weight control.
 Extract: It is estimated that 10% to 15% of U.S. children are obese. Overweight children tend to become overweight adults. Too much weight is gained during the school years. Inactivity is a greater contributor to the weight problem than food intake per se. Treatment should include understanding what food means to the child. Exercise regimes should be included. School lunch menus should help the obese child choose suitable foods for his diet needs.
- 355-74
 COMBATING MALNUTRITION THROUGH STATEWIDE AND CHILD HEALTH PROGRAMS.
 B C Egan
 Children 16 (2): 67-71. Mar 1969.
 WV741.A1C4 F6W
 Diet counselling, Diet improvement, Family health, Health services, Home management, Malnutrition, Maternal and child health, Nutrition education, Preventive nutrition.
 Extract: A number of instances of malnutrition among young people in the U.S. are cited. Preventive nutrition should include intensive dietary counselling in the comprehensive health care project for children, increasing parents' understanding of nutrition's importance in child growth, focusing on problems of home management and family economics, and reaching the young child with effective nutrition education.
- 356-74
 NUTRITION EDUCATION IN CANADA.
 I Elliott
 Can Nutr Notes 22 (4): 41-47. Apr 1966.
 389.9 C168
 Canada, Curriculum planning, Educational objectives, Educational progress, Health education, Nutrition education, Program design, Program evaluation, Public schools.
 Extract: A description of nutrition education in the public schools of Canada, with Manitoba as an example, is detailed by grade level from 1 through 12. Food and nutrition is integrated into health courses in the last six grades and one year of home economics is compulsory. Because of less than ideal food habits and nutrient intakes, this writer recommends certain changes in the current plan to increase the impact upon young people.
- 357-74
 NUTRITION EDUCATION...BROSE JOB?
 Anita Ellis, Faith Gravenier
 Charleston, S. Va.; West Virginia Dept. of Education 53 p. 1974.
 TX364.E4 F6W
 Curriculum guides, Food sanitation, Nutrition education, School administration, Student involvement, Student participation.
 Extract: The school administrator plays an important role in nutrition education. It is he who understands the need for a good nutrition program and the important role that nutrition plays in the development of the child. He realizes that food habits can be altered by means of a nutrition program which involves not only eating meals at school but also classroom experience with foods. The school administrator who is "Nutrition Conscious" understands that nutrition must be included as part of the total curriculum; recognizes that items purchased for classroom experiences in health and nutrition--tooth brushes, electric skilllets, and foods--are just as important as textbooks and writing materials; is convinced that it is important to create an environment which is conducive to relaxation and enjoyment of food in the lunchroom and in the classroom.
- 358-74
 VITAMIN B6, THE DOCTOR'S REPORT.
 John H Ellis, James Presley
 New York, Harper and Row 251 p. 1973.
 RC620.5.E4 F6W
 Deficiency diseases and disorders, Food beliefs, Pyridoxine, Vitamin B complex, Water-soluble vitamins.
 Abstract: This book, written for the adult consumer and acclaimed by Adelle Davis, discusses in detail the history and use in treatment of vitamin B6. Covered are treatment of such disorders as rheumatism, diabetes, heart disease, problems such as edema and extremity numbness associated with menstruation, menopause, pregnancy and use of birth control pills, and infant abnormalities, evidence is presented primarily through the use of undocumented case histories of the author's own patients. The use of vitamin B6 supplements is highly recommended. The author explains that vitamin B6 deficiency is the most prevalent deficiency disease in the U.S. today and states: "...when a person is deficient, and this deficiency is long standing, how is one to regain all the years of lost ground without supplementing his proper diet with B6 tablets."
- 359-74
 THE COMEBACK OF THE LOW-CAL MARKET.
 Donald B Engstrom
 Food Prod Dev 8 (2): 38-40. Mar 1974.
 W99C00.1.F64
 Calorie-restricted diets, Consumer economics, Diabetic diets, Diabetic foods, Economic influences, Formulated foods and specialized products, Marketing, Sales volume, Sugar substitutes.
 Abstract: In October, 1969, FDA announced the ban on sale of products containing cyclamate. This ruling had an immediate and adverse effect on the sale of dietetic products. 1970,

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therefore, was a tough year for dietetic food sales. New low-calorie, non-sugar sweeteners had to be found, and a great deal of sales resistance resulting from the ban had to be overcome. It is a tribute to the dietetic food industry that having been hit so hard (and unfairly) in its early years, it now stands stronger than before. Additional research on cyclamate will be conducted and the truth regarding the dangers and human tolerance of cyclamates will be revealed.

360-74

THE VIEW FROM THE CATHERINE'S SEAT--PART I.

Cortez F Enloe
Food and Nutr News 45 (4): 1, 4. Mar 1974.
389.B F7332

Consumer education, Health personnel, Intracranial malnutrition, Medical factors, Nutrition, Nutrition education, Nutrition knowledge, Patient care, Public relations.

Abstract: Nutrition has become almost an obsession in the U.S. the benefits and limitations of nutrition are being exaggerated and distorted by speakers and writers everywhere. Books on the subject deal in hyperbole and name-calling. This becomes very dangerous to the public health, especially when indulged in by nutritionists, dietitians, and others who should know better. Another cause for alarm in the field of nutrition is the growing suspicion on the part of patients and the medical profession that many people in the nation's hospitals are becoming the victims of physician-induced malnutrition and outright starvation. Two case histories are presented to illustrate how intracranial malnutrition is induced. In these two cases, one patient died in the hospital of starvation, the other became mentally incapacitated for life.

361-74

THE VIEW FROM THE CATHERINE'S SEAT--PART II.

Cortez F Enloe
Food and Nutr News 45 (5): 1, 4. May/June 1974.
389.B F7332

Dietitians, Medical factors, Nutrition, Nutrition education, Nutrition policy, Nutritionists, Patient care, Professional associations, Professionals.

Abstract: Despite the charlatans and zealots pushing their private nutritional theories, and despite the lackadaisical state of the nutritionist/dietitian profession in hospitals, positive steps are in progress in the nutrition field. Healthy public controversy, such as that waged over Pauling's vitamin C theory, has provided impetus for sound nutritional research. As a result of intense public pressure and interest in the subject of nutrition, medical, dietetic, and dental students are now being persuaded to study the subject more thoroughly and to practice what they learn, one of the most heartening facts is the advent of a national nutrition society for the U.S. Needed now is a national society to give cohesion to the various scientific groups that have a partial interest in nutrition. Such a society would be dedicated to expanding and disseminating nutrition knowledge and encouraging research and enlightening controversy.

362-74

THE POWER OF GOOD NUTRITION.

I S Eppright
Food and Nutr News 32 (9): 1, 4. June 1961.
389.B F7332

Adolescents (12-19 years), Diet improvement, Diet patterns, Food fads, Food habits, Food selection, Nutrient intake, Nutrition education, United States.

Abstract: Studies have shown that the diet of many in the U.S., particularly teenagers, is not as good as one would wish for health and fitness. Energy regulation is a problem for both under- and overweight people. Teenagers particularly need dietary guidelines regarding breakfast and snack choices, food fads, and skinny eating. Americans need a philosophy of eating.

363-74

EATING BEHAVIOR OF PRESCHOOL CHILDREN.

I S Eppright
J Nutr Educ 1 (1): 16-19. Summer 1969.
TK341.J6

Behavior, Behavior change, Diet patterns, Food habits, Food preferences, Parent education, Preschool children (2-5 years), Psychological aspects, Research.

Abstract: By age three, many children have developed food dislikes. Mothers say need to become aware of possible results of dealing sensitively with children's eating reluctance. They say also overestimate the amount small children need to eat. These and other facts emerged from a five-state survey of the eating habits of preschool children, which shows a need for better understanding of how children eat.

364-74

FREQUENCY OF EATING.

Erceal S Eppright, Hazel H Fox, Beth A Fryer
J Home Econ 62 (6): 407-410. June 1970.
321.B J82 (North Central Regional Study of diets of preschool children, no. 3)

Child nutrition, Dietary surveys, Food habits, Infants (To 2 years), Nutrient intake, Preschool children (2-5 years).
Abstract: The type and frequency of feeding in infancy and early childhood, and the relationship between eating frequency and nutrient and energy content of the diet are examined in this report for nutritionists. Eating was individualistic. No time was typical for any meal. Snacks were eaten as frequently

as any meal, and deserve as such emphasis as the latter in nutrition education. During the first three months three fourths of the feedings were bottle feedings, and one tenth were breast. About one-third included baby food. Eating frequency changed in the second and third years and stabilized from the fourth to sixth year. Eating less than four times a day affected energy intake negatively, whereas eating six or more times positively affected energy intake. Eating less than four times a day had an adverse effect on calcium, iron, protein and ascorbic acid. More than five or six eating times a day favorably affected calcium and ascorbic acid, but not iron or protein. Most meals were eaten at home, under mother's directions. This indicates the mother as the target for nutrition education and nutritionists who read this article.

365-74

EATING BEHAVIOR OF PRESCHOOL CHILDREN.

Erceal S Eppright, Hazel H Fox, Beth A Fryer
J Nutr Educ 1 (1): 16-19. Summer 1969.
TK341.J6

Dietary surveys, Food habits, Food selection, Preschool children (2-5 years), Professional education, Psychological aspects.

Abstract: This article reviews for the nutritionist a study made in the North Central States of nutrient quality of the diets and feeding practices of preschool children. This paper reports the children's food habits and mothers' attitudes toward them. Foods specified by the mothers as good should result in diets of reasonably good nutritive quality. Attitudes of dislike toward vegetables were more closely associated with those of older siblings than of parents. Sweets were the only type of food that generated concern about overeating on the part of mothers. These and similar foods such as baked goods were also used as rewards by about one fourth of the mothers. Preschool children make food selections more often at breakfast and snack times than in other periods.

366-74

NUTRITION KNOWLEDGE AND ATTITUDES OF MOTHERS.

Erceal S Eppright, Hazel H Fox, Beth A Fryer
J Home Econ 62 (5): 327-332. May 1970.
321.B J82 (North Central Regional Study of diets of preschool children, (3, 2))

Adult nutrition education, Attitudes, Dietary surveys, Meal planning, Preschool children (2-5 years).

Abstract: In this phase of a North Central states study of diets of preschool children, it was found that mothers' nutrition knowledge and attitudes toward meal planning, food preparation, nutrition and persistence in child feeding were interrelated, influencing diet quality. The most influential, though negative, was persistence. Diet quality was not affected by favorable attitudes toward nutrition. Food money and family size influenced the protein, fat and carbohydrate content of the child's diet. Food money and mother's education affected the diet content of calcium, thiamine, riboflavin and ascorbic acid. Mothers of children whose diets were classified in the lowest 10 percent with regard to nutritional quality had a relatively low level of nutrition knowledge, unfavorable attitudes toward meal planning and preparation, and were highly permissive regarding eating behavior. Nutrition educators will find this report of interest.

367-74

THE NEW VEGETARIANS--PART TWO: THE ZEN MACROBIOTIC MOVEMENT AND OTHER CULTS BASED ON VEGETARIANISM.

Darla Erhard
Nutr Today 9 (1): 20-27. Jan/Feb 1974.
BA784.W8

Diet patterns, Food beliefs, Food fads, Food intake, Health foods, Religious dietary laws, Vegetarian diets, Vegetarians, Zen macrobiotic diet.

Abstract: Among members of the U.S. counter-culture there is a great interest in vegetarianism, based primarily on their adoption of pseudo-Oriental mysticism as a religion and way of life. This article describes the food habits and beliefs of cult members, specifically the dietary laws of (1) Ohnawa's Zen Macrobiotic Doctrine, (2) Ehret's Mucoclean Diet Healing System, (3) The One World Family and its Organic Galactic Command Diet, (4) Yoga groups, (5) The Order of Sufi, (6) The New Vrindaban International Society for Krishna Consciousness and (7) The American Vegan Society and its use of Dr. Shelton's Food Combining System.

368-74

THE NEW VEGETARIANS, PART ONE--VEGETARIANISM AND ITS MEDICAL CONSEQUENCES.

Darla Erhard
Nutr Today 8 (6): 4-12. Nov/Dec 1973.
BA784.W8

Food information, Infant feeding, Malnutrition, Rickets, Vegetarians.

Abstract: This is a discussion of the new interest of many young adults in vegetarianism. Many of the people feel that food has a great spiritual meaning, rather than a nutritive value. Food should be eaten in a "natural" state. The growing of the food should not involve the use of any chemical fertilizers or insecticides. The food should in no way be artificially processed and should have no additives. This raises the price of foods. Many vegetarians do not have correct nutritional information, and consume diets that are lacking in protein or other nutrients. Because the eating of foods has become a religion to many of these people, doctors, dietitians and

- nutritionists cannot break through to give the correct information to these people.
- 369-74**
MINNESOTA/INTERCULTURAL-INTERNATIONAL FOCUS ON HOME ECONOMICS. G I Estares
J Home Econ 61 (4): 258-261. Apr 1969.
321.E J82
cultural factors, Diet patterns, Educational programs, Food beliefs, Food habits, Home economics education, Minnesota, Program planning, Teaching methods.
Abstract: This article describes a teaching method with which to develop an understanding of the value systems of other cultures. It is designed for university home economics students, this program was designed by an anthropologist and makes use of lecture, seminar, and individual study sessions.
- 370-74**
MEDICAL NUTRITION TEACHING CHARTS (POSTERS).
Ethiopian Nutrition Institute
Addis Ababa, ERI Communication Centre 7 posters, 50cm x 70cm, Mw. [s.d.l].
TE364.P43 P58 AV
Geiter, Umashiorokor, Malnutrition, Barabara, Nutrition.
With 8 p. Teacher's guide.
Abstract: A series of charts show what may happen to children who do not get the proper nutrition. They are planned to be used by workers in public health clinics and baby care centers. There are also pictures of adults who are in the various stages of scurvy, and will help the personnel of the clinics to discover these people needing help.
- 371-74**
NUTRITION TEACHING BIRD KIT (POSTERS).
Ethiopian Nutrition Institute
Addis Ababa, ERI Communication Centre 9 posters, 50cm x 70cm, Mw. [s.d.l].
RJ216.WE P58 AV
Breast feeding, Weight-weight tables, Kaashiorokor, Harabara, Pregnancy, Sickets.
With 8 p. Teacher's guide.
Abstract: Bird charts of posters help the public health worker teach pregnant women and mothers of new born how to feed their children. The women are shown that after four months they must supplement the child's diet, and also keep the baby clean. Pictures of infants with various nutritional diseases are included, as well as a healthy infant for comparison purposes. Good habits of health are also stressed to the pregnant woman.
- 372-74**
NUTRITION OF HOUSEBOUND OLD PEOPLE.
A N Eston-Smith, B B Stanton, A C B Windsor
London, Eric Edward's Hospital Fund 67 p. 1972.
TE361.A328 P58
Aging, Elderly (65 + years), Food habits, Geriatric diets, Geriatrics, Gerontology, Nutrition.
Abstract: This study was designed to assess the nutritional status of housebound old people and to compare their dietary intakes with those of more active old people. Comparisons are made of nutrient intakes, health status and its relationship to nutrition, domestic factors (such as the ability to shop, cook, etc.), and food consumption. The significance of these findings and recommendations for rectifying the situation are given. This information could be used by those in nutrition education, particularly those working with older people.
- 373-74**
NUTRITION SURVEYS AND METHODS OF DETECTION OF MALNUTRITION IN THE ELDERLY.
A N Eston-Smith
Nutrition 24 (4): 218-223. Winter 1970.
389.E H959
Dietary information, Dietary study methods, Elderly (65 + years), Food intake determination, Malnutrition, Nutrient intake, Nutritional deficiencies, Nutritional surveys, Research.
Abstract: Cross-sectional and longitudinal nutrition survey studies each provide specific types of information on aging and the nutritional status of the elderly population. Clinical examinations and appropriate laboratory tests just accompany nutritional surveys, as diagnosis of malnutrition can seldom be made on dietary history alone. In old age, primary dietetic insufficiency can arise from isolation, mental depression or impairment, inexperience, poverty, and physical disabilities. Past surveys have shown a high incidence of ascorbic acid, folic acid, and vitamin D deficiencies among elderly persons. Detection of malnutrition in the elderly is well worthwhile, since the response to treatment with increased intakes of appropriate nutrients is nearly always satisfactory.
- 374-74**
P.O.O.D FOR THOUGHT: FOCUS ON OPTIMAL DEVELOPMENT OF THE CHILD: INTERMEDIATE LEVEL.
Durham, N.C.: Project P.O.O.D.; Durham City Schools 94 p. 1974.
TE361.C5P62 P58
Basic food, Basic health facts, Caloric values, Cooking instruction, Development, Food service, Menu planning, Nutrients, Nutrition education.
Abstract: Nutrition is the subject of Part one of this book. Eight concepts with corresponding activities and objectives are presented and include the four basic groups: selection;
- plant growth; nutrients and calories; food enjoyment; new foods; planning, preparing and serving foods; and harmful substances. Parts 2, 3, and 4 cover physical and mental health, and developmental skills.
- 375-74**
NUTRITIONAL AWARENESS INSTRUCTION SERIES FOR CLASSROOM USE-WITH LESSON PLANS FOR AFRICAN FOODS, AMERICAN INDIAN FOODS AND MEXICAN-AMERICAN FOODS (POSTERS).
Family Circle, Food Council of America
New York, Family Circle [s.p.], 3 posters. 1973.
TE364.W83 P58 AV (Nutritional awareness instruction series, no. 2)
Ethnic foods, Food groups, Instructional aids, Nutrition education, Teaching guides.
Abstract: This material is designed for use in secondary schools. The posters feature ethnic foods. The lesson plans provide background information, suggested films, and raise leading questions for class discussion. The student is made aware of the basic underlying concepts of nutrition and learns about food items in various cultures.
- 376-74**
PREVENTING RECURRENCES OF CONGESTIVE HEART FAILURE.
S Parag, N H Rozar
J Am Diet Assoc 51 (1): 26-28. July 1967.
389.E AM34
Cardiovascular disorders, Diet counselling, Home health aides, Home health services, Nutrition education, Nutritionists, Patient care, Therapeutic and special diets, Therapeutic nutrition.
Abstract: A home visit program, of health educator, nurse, and nutritionist was set up for patients with congestive heart failure. Each health professional gave education as well as assistance, and the program was successful in reducing returns to and stays in the hospital. There should be further exploration of nutritionists' and home health aides' roles in such a program.
- 377-74**
FOOD HABITS--AN ANTHROPOLOGIST'S VIEW.
G W Pathauer
J Am Diet Assoc 37 (4): 335-338. Oct 1960.
389.E AM34
Anthropology, Behavior change, Cultural factors, Diet patterns, Food beliefs, Food habits, Food symbolism, Motivation, Social factors.
Abstract: Food is defined culturally and has symbolic value for people. Food sharing symbolizes social intimacy and acceptance. This paper discusses the best ways to attempt changes in food habits, taking into account cultural and systolic factors.
- 378-74**
FOOD FOR THOUGHT (CHART).
Doris E Farrington
Clemson, SC, Cooperative Extension Service of Clemson University 24 p. flipchart, 14 p. student's leaflet. 1972.
TE364.P632 P 5 8 AV
Activity learning, Adolescents (12-19 years), Basic nutrition facts, Class activities, Educational games, Recipes, Resource materials, Teaching aids.
With 20 p. Leader's guide.
Abstract: These seven lessons on breakfast, milk, snacks, meat, fruit and vegetables, and banners are intended for classroom use in a high school setting. For each lesson there is a leader's guide, a teen lesson and check list, and an accompanying flip chart poster illustration.
- 379-74**
FEEDING THE PRESCHOOL CHILD (FILMSTRIP). (SFA)
Guatemala, C.A., Carlos Caspiano 1 filmstrip, 24 fr, si, 35mm, col. 1971.
RJ101.A42 P58 AV
Child care, Child nutrition, Diet information, Food guides, Food selection, Health needs, Meal planning, Preschool children (2-5 years).
Title of Original: Alimentacion del niño pre-escolar (Filmstrip) with accompanying teacher's guide in Spanish written by Victoria A. Connelly. Entire set produced under the auspices of the Alliance for Progress.
Abstract: Preschool children, like adults, need a well-balanced diet made up of a variety of foods. This filmstrip, directed toward Guatemalan housewives who have had little education, explains the dietary and health needs of children and shows the types of food that mothers should serve.
- 380-74**
CARDIOVASCULAR DISEASES: CAUSE AND PREVENTION - 2.
Z Fejfar, T Strasser, A Ikeae
W M O Chron 28 (3): 116-125. Mar 1974.
449.S H892
Atherosclerosis, Cardiovascular disorders, Coronary heart disease, Hypertension, BHO.
Abstract: This article, the second in a series written for professionals, discusses four cardiovascular diseases. Hypertension is presented first and in the discussion are included the incidence of the disease, a study on community approach to treatment, and hypertension, possible areas of research and feed-back problems encountered in studying the disease. This is followed by a report on atherosclerosis and ischemic heart disease and the WHO conducted coordinating research on the role

381-74

of trace elements, physical activity, high altitude and lipid metabolism disturbances. The need of future studies is outlined. Finally cerebrovascular disease is discussed including etiology and prevention, the early phase, pathophysiology, diagnosis and patient care.

381-74

CARDIOVASCULAR DISEASES: CARE AND PREVENTION - 1.

E Peifer, T Strasser, S Matsuo
N H O Chron 28 (2): 55-64, Feb 1974.
849.5 H892

Cardiovascular disorders, Coronary heart disease, WHO.
Abstract: This article, written for professionals and the first in a series of three, discusses the achievements and the work to be done by WHO on the etiology, prevention and control of cardiovascular diseases. The WHO program, 1959-72, is presented including objectives, approaches used to achieve these objectives such as research studies, training programs, conferences, the establishment of a panel of experts and the cooperation with international scientific organizations. Difficulties encountered are listed. The future program to be coordinated by WHO is then presented which follows a course similar to the past. The program concerning rheumatic fever and Chagas' heart disease are discussed in some detail with emphasis on the need to improve the transfer of acquired knowledge to treatment.

382-74

CARDIOVASCULAR DISEASES: CARE AND PREVENTION - 3.

E Peifer, T Strasser, S Matsuo
N H O Chron 28 (4): 190-199, Apr 1974.
849.9 H892

Cardiovascular disorders, Coronary heart disease, Hypertension, WHO.
Abstract: This article, written for the professional, is the third in a series on care and prevention of cardiovascular diseases. Current status of knowledge and recommendations for future research on a world wide basis are made for specific conditions, including cardiomyopathies such as endomyocardial fibrosis, idiopathic cardiomyopathy, peripheral vascular disease, pulmonary hypertension. Suggestions are made for WHO to coordinate studies and recommendations are made for some training programs and standardized procedures. Also discussed are thrombosis and vascular disease, cardiovascular problems in the aged, methods and means for improving health education and economic aspects of cardiovascular diseases. WHO's overall program for cardiovascular control is outlined.

383-74

NATURAL FOODS.

Barbara Fantan
New York, P. Watts 66 p. illus. 1974.
TX355.F38
Natural foods, Nutrition.
Available from PAL. Bibliography: p. 63.

384-74

NATURAL FOODS.

Barbara Fantan, D I Fantan
New York, Franklin Watts 66 p., illus. 1974.
TX355.F4 P6H
Food purchases, Health foods, Natural foods, Nutrient quality, Creole foods.
Abstract: This book, written for the lay reader, does not exaggerate the reasons for using natural foods but advocates the use of such foods as an alternative for obtaining a balanced diet based on the four food groups. No specific health cures are made for natural foods but the authors do feel that additives that do nothing more than, for example, add color or taste or preservative qualities, should not be eaten as their possible harmful effects are not known. The book includes evidence on purchased food, choosing vitamins, nutrient supplements, dieting, how to grow and make your own foods and also lists several natural and creole food sources and other books to read.

385-74

HOW I TEACH DISADVANTAGED SPANISH-AMERICAN STUDENTS.

E C Parrill
What's New News Econ 31 (2): 69-70, Feb 1967.
321.8 H55
Consumer education, Disadvantaged youth, Ethnic groups, Food preparation, Food purchases, Low income groups, Nutrition education, Spanish Americans, Teaching techniques.
Extract: A high school home economics teacher tells how she teaches nutrition to Spanish-American girls, keeping costs in mind and showing how to prepare foods the family can afford. Other techniques used for reaching the parents are mentioned, such as a weekly news sheet to take home. It includes information on good food buys that week.

386-74

DIETS OF MEN, WOMEN, AND CHILDREN IN THE UNITED STATES.

L J Fischer, M E Bouschart
Nutr Program News 6 p. Sept/Oct 1969.
1.982 A2H955
Age groups, Diet improvement, Diet patterns, Household consumption, Household surveys, Nutrient intake, Nutrition education, Nutritional status, United States.
Extract: As part of the national household consumption survey of the U.S. Department of Agriculture in 1965, information on individual food intakes was obtained. Most were adequate in

nutrients, except for calcium and iron. Passes from 9 to 55 years of age needed improvement in several nutrients, while children under nine years of age were above the recommendations except for iron. Nutrition education needs particularly to increase emphasis on consumption of foods that are good sources of these minerals.

387-74

FIND MEAT FAT LOWER CHOLESTEROL, BLOOD PRESSURE.

Articulation 20 (6): 9, Feb/Mar 1974.
TE364.A1A7 P6H
Cardiovascular disorders, Cholesterol, Fats and oils, Fatty acids, Fiber, Meat, Medical factors, Research, Saturated fat.
Abstract: Research conducted under the auspices of the National Livestock and Meat Board has found that only one saturated fatty acid—caproic acid—raises serum cholesterol. This fatty acid is not present in meat. Stearic acid, one of the main saturated fatty acids found in meat fats, actually lowers both cholesterol and blood pressure. There is no evidence that meat in the diet causes cholesterol abnormality or contributes in any way to heart disease. The increased incidence of arterial heart disease among Americans is more likely due to insufficient intake of crude fiber than excessive intake of saturated fats.

388-74

ON ENERGY AND PROTEIN REQUIREMENTS.

Morris Fishbein
Med Insight p. 100, Jan 10, 1974.
W11.H8 I6H
Age groups, Caloric intake, Energy, FAO/WHO, Professional education, Proteins, Reference standards.
Abstract: A physician reviews for other physicians the recent publication of the FAO/WHO on requirements for energy and protein in this editorial. The needs of persons of the age and size of the reference standards are discussed, as are alterations with age and activity, including pregnancy. A point for consideration of restriction of protein is the effect of diets restricted in calories due to illness or other causes of inactivity. Such reductions in calories may result in deficiencies of minerals and vitamins unless care is taken in food choice. The article recommends the FAO/WHO publication.

389-74

LACTOSE NUTRITION AND NATURAL SELECTION.

Gerhard Platz, Hans Werner Sotthaus
Lancet 2 (7820): 76-77, July 14, 1973.
448.8 L22
Calcium, Genetics, Lactose intolerance, Milk, Professional education, Vitamin D.
Abstract: Contrary to the current hypothesis of an unspecific nutritional advantage of milk as cause of the high prevalence of adult lactose tolerance in some human populations, it is proposed that the singularly high prevalence of this trait in European populations is due to a specific selective advantage of the lactose-tolerant lactase producer caused by a lactase-induced enhancement of calcium absorption in an environment with low ultraviolet irradiation and low dietary supply of vitamin D. The article should be of interest to nutritionists and students of genetic variations, especially as they affect nutrition.

390-74

ANNUAL PATTERNS OF FAMILY AND CHILDREN'S DIET IN THREE GUATEMALAN INDIAN COMMUNITIES.

M Flores
Br J Nutr 18 (3): 281-293, 1964.
389.8 E773
American Indians, Child rearing practices, Diet patterns, Family relationship, Food habits, Foodways, Guatemala, Infant feeding, Meal patterns.
Extract: This is a description of diet and meal patterns among Guatemalan Indians. Small children do not follow a regular eating schedule but eat between meals.

391-74

MY FOOD PLAN. (SPA)

Florida, Dept. of Health and Rehabilitative Services, Division of Health
Jacksonville, Fla. map. Aug 1969.
TX355.F42 P6H
Diet information, Food groups, Meal planning.
Part of the text contains a Spanish translation.
Abstract: This pamphlet pictures the basic food groups and shows how foods from each are combined to form nutritious meals.

392-74

CITRUS IS...A FABULOUS FRUIT.

Florida Citrus Commission
Lakeland, Fla., Florida Citrus Commission 18 p. 1972.
TX558.C5F5 P6H
Adolescents (12-19 years), Citrus fruits, Fruits, Nutrient values, Nutrition, Vitamins.
Abstract: This booklet about citrus fruits contains a brief history on the origin of citrus fruits, the types available and the time of year, vitamin C and folate and their functions, storage of citrus, a 1600 Caloric diet which includes citrus, and recipes.

393-74

POOR ON DEVELOPMENTAL NUTRITION: PROTEIN AND AMINO ACIDS; NUTRIENTS FOR PROTEIN AND AMINO ACIDS IN INFANCY.

Sassol J Penen

Columbus, Ohio, Hess Laboratories 7 p. foldout. July 1972.

TX361.C596 P5H (Children are different, no. 3)

Amino acids, Infants (To 2 years), Professional education, Proteins.

Abstract: A pediatrician writes for other pediatricians and nutritionists as the requirements for protein and amino acids in infancy, and makes some recommendations of food choices in relation to advisable intakes of protein in infancy. Some preliminary estimates of infants' requirements for the essential amino acids are presented in a table.

394-74

FOOD ACCEPTANCE IN THE DEVELOPING WORLD.

Lesson Int Food Educ 4 p. Apr 1974.

TX341.L4 P5H

Cultural factors, Developmental stages, Diet patterns, Environmental factors, Food beliefs, Food habits, Food taboos, Nutrition education, Psychological aspects.

Abstract: Food acceptance is predicated on a number of complex physiological factors regulating hunger, thirst, and sensory aversion. Environmental conditions also play a part--salty foods desired in hot climates, hot foods in cold climates. Food habits are a deeply ingrained behavior and changes are not easy, especially when the habits were instilled in pleasant settings. If food is considered a status symbol, however, people tend to adopt it readily. A worldwide list of food taboos would be a very long one. Examples such taboos have such to do with fascinating food habits and sensory requirements. In developing countries, these food factors are crucial. Introducing proteins, for example, into largely carbohydrate diets may prove a dismal failure unless the protein source fits the accepted dietary patterns of the area. People in developing countries have the same preoccupation with the aesthetic aspects of food as do people in highly developed nations. New foods will have to fit these local aesthetic values.

395-74

FOOD CONSUMPTION PATTERNS: RURAL VS. URBAN.

Food Bull 4 (1): 19-22. 1974.

OD431.H177 P5H

Developing nations, Diet patterns, Dietary information, Dietary surveys, Food consumption, Food intake, Rural population, Urban population.

Abstract: A limited number of dietary surveys undertaken in developing countries during the period of 1960-70 indicated that urban diets were somewhat better in quality than rural diets. The contribution to the diet of protective foods, such as fish and livestock products, was appreciably higher for urban than for rural households. Caloric levels were significantly higher in rural areas. A rural population's energy requirements are higher compared with those of city dwellers and are met by basic staple foods, such as cereals and starchy roots, which supply cheap calories. No uniform pattern of differences can be observed in total protein consumption. In all countries, however, consumption of animal proteins was by far larger in urban than in rural areas. The surveys suggest that levels of income may account for the wide differences between town and rural areas in food consumption patterns and expenditures on various food groups. Varying ecological conditions, working habits, and marketing structures may also be in part responsible for some of the differences.

396-74

FOOD FOR THOUGHT: ORGANIC FOODS.

Food Insight 13 (11): 51-52. Mar 17, 1972.

H11.H4 P5H

Food beliefs, Food fads, Food misinformation, Health foods, Organic foods.

Abstract: This article, written for the physician, comes up with a favorable slant on the use of organic foods. It briefly defines the term and explains a possible value in organic fertilizers - supply the supplying of trace nutrients to the food crop. It points out that "the government declines to regulate - and the FDA to recognize - organic foods as such..." and then describes guidelines, particularly the Federal Food Process of certification. Regulations would be possible, proponents believe, if "officialdom" would recognize organic food standards as a basis. Some adverse effects of use of inorganic fertilizers are given. The article ends with a quotation of the chief of the FDA's Division of Nutrition saying, "But if the product has a benefit and we can't identify a hazard, we cannot arbitrarily say that it should set continue in use."

397-74

FOOD GIVES ENERGY FOR WORK AND PLAY (POSTER).

[Berkeley] University of California 1 poster, 65 x 50 cm. (1973).

TX355.P62 P5H 1V

Basic nutrition facts, Energy, Food intake, Nutrient sources, Physical activity, Physical health.

Abstract: The body gets energy for physical activity from foods of all kinds. This poster depicts a group of lively youngsters who apparently get lots of energy from the foods they eat. The printed message reads: "Food gives energy for work and play. Things you do most every day."

398-74

FOOD HELPS US GROW TO BE AS TALL AS WE CAN BE (POSTER).

[Berkeley] University of California 1 poster, 65 x 50 cm, cal. (1973).

TX355.P63 P5H 1V

Basic nutrition facts, Child development, Child nutrition, Children, Food intake, Growth, Physical development.

Abstract: Almost every child's dream is to grow up to be big and tall. Good physical development results from eating an adequate amount of the right kinds of foods. This poster depicts a small boy standing with a basketball in his hands and staring up at an incredibly tall basketball player. The printed message says: "Food helps us grow to be as tall as we can be, instead of small."

399-74

FOOD POWER!

San Francisco, Dept. of Public Health 36 p., illus. 1971.

TX356.P66 P5H

Basic nutrition facts, Consumer education, Food purchasing, Food stamp program, Low income groups, Menu planning, Recipes.

Abstract: Basic information on meal planning, main dish recipes, sample menus and food buying information are offered in this booklet for the consumer, which also contains a section on the food stamp program. The recipes use inexpensive ingredients, and would be suitable for use in programs for low income groups.

400-74

A FOOD TEACHER FOR SCHOOL LUNCH.

What's New News Moon 34 (8): 7. Nov/Dec 1970.

321.8 H55

Educational programs, Elementary education, Nutrition education, Program design, School food service, Teachers.

Abstract: The nutrition education teacher of an Indiana school system has created a special nutrition education plan for the elementary school children using both teachers and the school's food services. It helps children understand foods of other cultures, learn about food preparation, and practice good table manners.

401-74

THE FOODS YOU EAT--THE NUTRITION YOU GET.

News Nky 36 (2): 33-35. Feb 1974.

HQ75U.H24 P5H

Adult nutrition education, Basic nutrition facts, Food groups, Food guides, Infant feeding, Pregnancy and nutrition.

Abstract: Some basic nutrition information for pregnant women and other adults is presented in this brief article. The article is followed by a two-page spread entitled Daily Food Guide showing the four food groups and listing approximate needs in servings as examples of each for pregnancy, lactation, and for infants.

402-74

FOODS: PADS AND FACTS (NOTION PICTURE).

Los Angeles, Alfred Higgins Productions 17 min. ad. color. 16mm. 1973.

TX364.P64 P5H 1V

Consumer protection, Fertilizers, Food additives, Food fads, Food purchasing, Food selection, Government role, Health foods, Pesticide residues.

Abstract: People who advocate organic farming, argue against food additives, and fear the residues of pesticides in foods are really just a group of food faddists. The FDA and the state departments of agriculture are all there to protect the consumer against any harmful effects of chemical residues. Organic farming on a large scale is an impossibility in this day and age. Without dependable, balanced fertilizers, we would be unable to grow sufficient food. Anyway, agricultural scientists have proved that there is really no such thing as organic fertilizing. There is nothing wrong with chemical additives, since even the foods we eat are made up of chemicals. Contrary to what food "faddists" say, very few nutrients are lost in food processing. Processing involves nothing more than cleaning, cutting, peeling, sometimes cooking, then canning or freezing. For all these reasons, the food sold in supermarkets is perfectly safe and there is no need to buy from health food stores.

403-74

THE RISE OF OBESITY.

J M Fed

Lancet 2 (7844): 1487-1488. Dec 29, 1973.

446.9 L22

Body composition, Caloric intake, Diet improvement, Obesity, Professional education, Weight control, Weight reduction.

Abstract: Overeating, excess calorie intake, is the immediate cause of all types of obesity, says this article for the physician, but that this is invariably the primary cause is less certain. The paper goes on to point out that some people are weight-stable, some people gain weight only slowly, even when grossly overfed, and others tend to gain weight over time. The author favors a constitutional-oriented hypothesis to account for these differences, based on heredity and individual differences. The prevalence of obesity in Western countries which would seem to be greater than the theory could account for may be partially explained by the replacement of breast feeding by infant diets by foods that encourage overnutrition, and partly by the overriding effects of refined carbohydrate foods on the regulating mechanisms of those who might tend to gain

404-74

weight faced with such high energy, high activity foods. The article is of interest to nutritionists.

404-74

HYPERCALCAEMIA AND SKELETAL EFFECTS-IN CHRONIC HYPERVITAMINOSIS A.

Nov France, Charles E Jackson, Willane A Noyaold
Annals Intern Med 80 (1): 44-48. Jan 1974.
R11.A5

Acetate, Hypercalcaemia, Hypervitaminosis A, Hypervitaminosis B. Toxicity, Weight loss.
Abstract: The clinical features of vitamin A toxicity in three patients included severe skeletal pains and hypercalcaemia, experimental and clinical evidence indicates that hypervitaminosis A can cause heavy resorption as well as periosteal calcification. Ingestion of excessive amounts of vitamin A should be considered in the differential diagnosis of hypercalcaemia. Vitamin A preparations containing more than the usual daily requirement for an adult (5000 units) per dose should be dispensed only by prescription.

405-74

THE PEOPLE'S HANDBOOK OF NUTRICAL CARE.

Arthur Frank, Stuart Frank
New York, Randco House 498 p. 1972.
TX364.P7 P6H

Adults, Basic health facts, Basic nutrition facts, Health, Medical services.
Abstract: The nutrition chapter of this book is brief. The authors use an "American as food and eating approach" (not the Basic Four or the deficiency disease approach). Nutrition educators working with free clinics, health collectives and those trying other experimental life styles should find the nutrition chapter helpful.

406-74

FOOD ZEALOTRY AND YOUTH--HEN ELLIENAS FOR PROFESSIONALS.

Neva T Frankle, P K Housenpaton
Am J Public Health 64 (1): 11-18. Jan 1974.
449.9 AH3J

Food beliefs, Food fads, Food misinformation, Health foods, Professional education.
Abstract: A growing group of young people are adopting eating patterns which can lead to poor nutrition, as well as conflicts with adults. This article for the professional nutritionist describes three major types of these nontraditional diets, vegetarians, organic or health food, and eschabiatic, and the rationale of their consumers. Some of the health problems which can arise from their consumption are discussed. Many stylized diets are used as care for diseases. The influence of this movement on more traditional food resources, both markets and eating places, is noted. Some suggestions for reaching these dieters with good nutrition information are made.

407-74

EATING RIGHT FOR YOU.

Carlton Frederiche
New York, Greenet & Dunlop 310 p. [1972].
R1784.P7 P6H

Diet improvement, Diet information, Diet patterns, Food additives, Food habits, Health foods, Maternal and child health, Nutrition, Preventive nutrition.
Abstract: When pressed for a definition of health, most of us explain it in negative terms--the absence of a major disease. If we suffer from skin rash, poor posture, stomach gas, bad teeth or eyes, sinus trouble, allergies, etc., we do not consider ourselves unhealthy. We have lived with these chronic conditions for so long that we now accept them as normal. This author contends that our diet patterns and food preferences are prime contributors to these symptoms of dwindling health. Because food processing (which removes nutrients) is so all-pervasive, we must halter our diets with nutrient supplements as well as make valiant efforts to direct our eating habits toward unprocessed natural and "health" foods. These chapters discuss the effect of diet improvement on shyness, mental health, menstrual cramps, diabetes, aging, child nutrition, plus many others. Great emphasis is placed on the uniqueness of each person's physiology and therefore the necessary uniqueness of each one's diet and dietary needs.

408-74

FREQUENCY OF EATING AND DENTAL CARIES PREVALENCE.

Nutr Rev 32 (5): 139-141. May 1974.
389.8 H953

Breakfast cereals, Carbohydrate-rich foods, Dental caries, Dental health, Teeth.
Abstract: Four studies are outlined on dental caries factors. These include the relationship of frequency of eating and types of snacks on dental caries of intermediate and secondary level students. Types of food consumed by caries-free vs. rampant caries dental recruits, and the effect of ready-to-eat breakfast cereals on caries experience in seventh grade children. The results are outlined and questions are asked regarding the meaning of these studies and the dietary patterns effect on fluoride therapy. The information could be used by those involved in teaching nutrition to dental professionals and to the general public.

409-74

ALTERNATE APPROACH TO LOW FAT--LOW SATURATED FAT--LOW CHOLESTEROL DIET.

Gless H Friedman, Anita Yencchik, Nancy West
J Nutr Educ 6 (1): 8-10. Jan/Mar 1974.
TX361.J6

Coronary heart disease, Fat-restricted diets, Menu planning, Professional education, Protein modifications, Weight control.
Abstract: This article suggests that, instead of the usual diet treatment for prevention of coronary disease that limits fat, saturated fat and cholesterol, people be encouraged to limit the amount of animal protein consumed daily to no more than the Recommended Dietary Allowance for a person that age and body size. Further, substitution of plant proteins for some of the animal protein should also be sought. The alternative diet outlined does not change the types of animal foods eaten, but only the quantities. This, the authors feel, requires less re-education than learning an entirely new eating pattern. Example menus are included.

410-74

NUTRITIVE VALUE OF THE UNITED STATES PER CAPITA FOOD SUPPLY.

Berte Friend
Amer J Clin Nutr 27 (1): 1-2. Jan 1974.
389.8 J824

Fats and oils, Food composition, Food consumption, Food sources, Nutrient values, U.S. Dept. of Agriculture.
Abstract: This brief letter commenting upon food consumption surveys made by the U.S. Dept. of Agriculture presents current figures on nutrient per available per capita per day, and sources of fat in fats and oils free different foods. The professional nutritionist should find these data useful.

411-74

FOOD AND NUTRITION TEACHING PICTURES (STUDI PRINTS).

Merle Hibel Frost
Elgin, Ill., David C. Cook 12 study prints, 10 3/4"x13 3/4", col., miniature. 1966.
TX364.P65 P6H AV

Breakfast, Fruits, Instructional aids, Resource guides, Vegetables.
Abstract: A set of twelve attractive full color teaching pictures to be used with groups from preschool to third grade. Each picture has its own resource sheet containing: 1) ideas suggested for the lesson using that picture, 2) questions the teacher may use to elicit responses, 3) rhythmic activity, 4) story, 5) learning activities, 6) background information, 7) books and 8) filmstrips. The pictures teach milk, breakfast, lunch, dinner, hot foods, cold foods, salads, fruits, vegetables, preparing food, growing food, and buying food.

412-74

BIG CANTON NUTRITION.

Barbara Fry
Ithaca, NY, New York State College of Human Ecology 18 cards, 6" x 4", spiral bound. [n.d.].
TX745.P7 P6H

Adolescents (12-19 years), Basic nutrition facts, Energy, Individualized instruction, Instructional aids.
Abstract: A self-teaching exercise for individuals or small groups on balancing food energy and activity levels using egg cartons as examples. Especially suitable for teenagers. Last 4 pages are a question test with answers.

413-74

YANDSTICKS FOR NUTRITION (KIT).

Barbara Fry
Ithaca, Cornell University Cooperative Extension Service kit of 4 nutrient cards, 12 card inserts, guide. Oct 1973.
TX364.Y3 P6H

Activity learning, Adolescents (12-19 years), Ascorbic acid, Calcium, Classroom games, Iron, Preschool children (2-5 years), School children (6-11 years), Vitamins A.
Abstract: This is a set of cards for each of 4 nutrients, iron, calcium, vitamin A and vitamin C with measures of the amount of the nutrient in more than a dozen foods. The cards can be used for all ages from preschool children to adolescents and adults. An accompanying guide explains how to use the cards, and describes several ways to use them with children or adults.

414-74

NATURAL HISTORY OF HYPERTENSION, A CASE FOR SELECTIVE NUTRITION.

John Fry
Lancet II (7878): 431-433. Aug 24, 1974.
448.8 L22

Adults, Cardiovascular disorders, Death rate, Hypertension.
Abstract: This study, reported in a medical journal for physicians, attempted to define clinical factors of vulnerability to complications and death found in patients with raised blood pressure. Results included the incidence of high blood pressure, degree of hypertension, general outcome, and observed and expected deaths. Conclusions are that specific hypertensive therapy is indicated for those hypertensives who are under sixty years, in men more than women, and in the younger hypertensives with high diastolic blood pressure.

415-74

TEACHING KIT ON FEEDING BOTTLE (POSTERS); SHOULD YOUR CHILD SITH BETTER KNOWLEDGE.

Andreas Fogelberg, Bo Erik Gyberg

- Ethiopian Nutrition Institute**
Addis Ababa, EMI Communications Centre 8 Posters, 50cm x 70cm, b/w. [n.d.].
RJ216.74 PSH IV
Breast feeding, Infant feeding, Malnutrition, Milk, Sanitation.
with 8 p. Teacher's guide.
Abstract: In a series of eight posters a mother is shown how she can help protect her child against disease and suffering. If possible she should breast feed her child, and then at four months she needs to supplement the child's diet. If she uses a bottle, she is shown how to wash the bottle, and to fill it with whole milk, not watered down. Cleanliness of the bottle is emphasized.
- 416-74**
TEACHING KIT ON RICKETS (FOSTERS); SUNSHINE IS GOOD FOR BARRIES.
Andreas Fulesean, Bo Erik Gyber
Ethiopian Nutrition Institute
Addis Ababa, EMI Communications Centre 9 Posters, 50cm x 70cm, b/w. [n.d.].
RJ396.74 PSH IV
Breast feeding, Infant feeding, Rickets, Sanitation, Vitamin D, Vitamin deficiencies.
with 8 p. Teacher's guide.
Abstract: A set of nine posters tells a simple story to the mother of a new baby. By shielding the young child from the sun, she is not protecting the child, but rather exposing him to the possibility of rickets. By the use of pictures, the mother of the child is told not to cover the child's face and ears, and not to bat the child in the house while she works in the sun. She is also advised to supplement her breast feeding after four months with whole food.
- 417-74**
ADVANCED NUTRITION TEACHING KIT (FOSTERS).
Andreas Fulesean
Ethiopian Nutrition Centre
Addis Ababa, EMI Communications Centre 8 Posters, 50cm x 70cm, b/w. [n.d.].
TX364.13 PSH IV
Calorie requirements (PAO), Digestion, Nutrient requirements, Nutritional deficiencies, Rickets.
with 8 p. Teacher's guide.
Abstract: Eight posters help teach some nutrition facts to the student who has at least a secondary education. Included is a chart with pictures of children who have nutritional deficiencies, one showing the different calcium needs according to physical activities, one showing a cross-section of the skin, another the time the different foods remain in the stomach, and the nutritional value of some foods.
- 418-74**
ELEMENTARY NUTRITION TEACHING KIT (FOSTERS).
Andreas Fulesean, Bo Erik Gyber
Ethiopian Nutrition Institute
Addis Ababa, EMI Communications Centre 8 Posters, 50cm x 70cm, b/w. [n.d.].
TX364.132 PSH IV
Breast feeding, Digestion, Infant feeding, Malnutrition, Metabolism, Pregnant women, Sanitation.
Abstract: A group of posters shows people of different ages why it is important to eat well. Two posters give a simple drawing of the digestive system, one shows the importance of two years between children, in one poster we see the child being breastfed and given a supplementary feeding, we also graphically see children who are malnourished, and with pictures understand the importance of good sanitation. Another poster shows a healthy child in various stages of growth. With a person trained in teaching nutrition, each of these posters can introduce a lesson in health and nutrition.
- 419-74**
FOOD FOR SCHOOL (FOSTERS).
Andreas Fulesean, Bo Erik Gyber
Ethiopian Nutrition Institute
Addis Ababa, EMI Communications Center 3 Posters, 50cm x 70cm, b/w. [n.d.].
TX364.769 PSH IV
Breakfast, Children, Health, Intelligence, School food service.
with 8 p. Teacher's guide.
Abstract: Three posters, the first depicts a boy eating his breakfast as the mother packs his school satchel in the background, the second shows him at school eating the lunch his mother has packed, while in the background we see his classmates playing ball, the final poster shows the boy in the classroom, raising his hand to show he knows the answer to a question. Give a lesson on nutrition and learning.
- 420-74**
DINARY IRON INTAKES OF ADOLESCENTS.
Klaes G Geisels, William A Daniel
J Am Diet Assoc 65 (3): 275-280. Sept 1974.
389.8 AH34
Adolescents (12-19 years), Albania, Habits, Growth, Hemoglobin, Iron, Low income groups, Males, Sex (Characteristics).
Abstract: The relation of dietary iron intake to sex, race, and sex maturity ratings, based on the appearance of secondary sex characteristics, was investigated in adolescents in Jefferson County, Alabama. At the onset of puberty, mean iron intakes were almost identical for all subjects of the same race. Thereafter, the intake of white subjects, especially males, increased sharply; this continued throughout adolescence. The trend was similar in black males, whereas intakes of black females decreased significantly, then increased slightly at maturity. Absolute iron intakes of all subjects showed average trends dependent on sex, race, and sex maturity ratings. The majority of the subjects consumed less than two-thirds of the recommended allowance for iron for their age and sex.
- 421-74**
THE EFFECT OF DIET ON THE DEVELOPMENT OF THE ADIPOSE ORGAN.
Douglas Gairdner, Joy Dauncey
Proc Nutr Soc 33 (2): 119-121. Sept 1974.
389.9 H953
Adipose tissue, Fat cells, Infant diets, Infant feeding, Obesity.
Abstract: The possibility that an infant's diet may influence the later development of obesity or of atherosclerosis gives this subject its interest and importance. While overfeeding a baby certainly leads to an abnormally large gain in his total body fat, we are not yet in a position to say whether his total complement of fat cells is unduly multiplied, or merely that his existing fat cells grow unduly large.
- 422-74**
EFFECTS OF NUTRITION AND OTHER FACTORS ON PREGNANT WOMEN'S SERUM VITAMIN A LEVELS.
Isabel Gal, Christine E Parkinson
Am J Clin Nutr 27 (7): 688-695. July 1974.
389.8 J824
Breast feeding, Lactation, Pregnancy, Pregnancy and nutrition, Pregnancy diets, Pregnant women, Supplements (Nutrient), Vitamin A.
Abstract: This paper, of interest to nutritionists and related professionals involved in the care of pregnant women, reports on a study carried out to assess the effects of improved Vitamin A intake during pregnancy and also to evaluate other factors affecting the maternal vitamin A levels. The serum vitamin A and carotenoid concentrations were studied in 133 women during pregnancy and in the postpartum period. The physiological pattern showed a decrease in the first trimester, which was followed by an increasing trend in both vitamin A and carotenoids as pregnancy advanced. Toward the end of pregnancy, vitamin A levels again decreased, but rose again after delivery, almost returning to nonpregnant levels by six weeks postpartum. The season of the year, multivitamin intake, maternal age, parity, social class, lactation, and fetal sex were found to affect vitamin A status. These findings are discussed in light of present day nutritional standards in developed and underdeveloped countries. Also included is an evaluation of the present need for vitamin A supplements during pregnancy and suggested ways to determine that need.
- 423-74**
LACTOSE INTOLERANCE AND FERMENTED DAIRY PRODUCTS.
Charlotte R Gallagher, Ann L Mollenach, James H Caldwell
J Am Diet Assoc 65 (8): 416-419. Oct 1974.
389.8 AH34
Calcium, Dairy foods, Fermented foods, Lactose intolerance, Milk, Osteoporosis.
Abstract: The tolerance of three genetically lactase-deficient subjects to fermented dairy products was observed. Each subject tolerated these foods without symptoms of lactose intolerance. The possibility exists that the activity of beneficial bacteria added in the process of culturing dairy products continue to exert lactase activity in the intestinal tract after ingestion.
- 424-74**
THE ROLE OF NUTRITION IN ALCOHOL ABUSE AND ALCOHOLISM.
Adrienne Garter
Los Angeles, Los Angeles Community Health Services 12 p. 1974.
HV5015.63 PSH
Alcohol, Alcoholic beverages, Alcoholism, Caloric intake.
7 p. Bibliography.
Abstract: Alcohol as a calorie source is discussed in this publication. It covers background information, calorie contribution of alcohol, absorption and utilization, effects on nutritional status, and nutritional rehabilitation of the alcoholic. A bibliography accompanies the text.
- 425-74**
THE SOCIO-CULTURAL ASPECTS OF NUTRITION.
I D Gerine
Ecol Food Nutr 1 (2): 143-163. Mar 1972.
TX341.13
Cultural factors, Food beliefs, Food consumption, Food habits, Nutrient intake, Nutritional status, Religion, Resistance to change, Social factors.
Abstract: Many of the sociocultural factors affecting food consumption, including food production techniques, nutritional taboos, supernatural and religious influences, and social organization, are discussed by a French ethnographer. All that is edible can be accommodated by our digestive systems, but is far from being utilized in full. Choices are culturally based. The author postulates food habits may be imprinted in infancy, hence the difficulty of changing them. A logical classification of food taboos is offered, as are practical points to consider in studying effects of proposed dietary change.

426-74

426-74

FOOD IS NOT JUST SOMETHING TO EAT.

I D Gerins
Ceres 4 (1): 46-51. Jan/Feb 1971.
TX341.763

Anthropology, Cultural factors, Food beliefs, Food habits, Food preferences, Food symbolism, Food taboos, Religion, Social factors.

Abstract: This article discusses the sociocultural symbolism of food and food habits as reported by a French ethnographer. Every society chooses what it considers edible. Taboos are logical and relate to social integration. Food gifts, food sharing, food rituals, prestige through food, the sacralization of food, and food as related to the supernatural are discussed. Western man's desacralization of food is also considered.

427-74

FOOD PREFERENCES AND NUTRITION KNOWLEDGE OF DEAF CHILDREN.

Bina E Garton, Mary A Beak
J Nutr Educ 6 (2): 60-62. Apr/June 1974.
TX341.76

Adolescents (12-19 years), Deaf education, Food preferences, Nutrition knowledge.

Abstract: This study of 98 deaf adolescents in Knoxville will be of interest to those who are working with deaf persons, especially those people who are dealing with the food consumption of this group. The children were tested on their food and nutrition knowledge. Then their scores were compared with a similar group of hearing youngsters. Food preferences of the group were studied and differences and similarities were compared with those displayed by an alike group of hearing teenagers.

428-74

FACTORS INFLUENCING FOOD CHOICES OF 4-B CLUB MEMBERS IN WILKINSON COUNTY, TENNESSEE.

Virginia Beth Geary, Claire E Gilbert, Robert S Dotson
Washington, D.C., ERIC Document Reproduction Service 7 p. Dec 1972.
TX353.64 P58

Adolescents (12-19 years), Food habits, Food preferences, Meal patterns, Nutritional surveys.

Available from: Computer Microfilm International Corp., P.O. Box 190, Arlington, Virginia 22210. MF-\$0.65 UC-\$3.25.
Abstract: A study was conducted to identify some of the eating habits and factors influencing food choices of selected junior and senior 4-B club members. Identification of eating habits was sought related to breakfasts, snacking at school and at home, and drinking milk. The study also attempted to determine whether sex, age, place of residence, employment status of mother, and enrollment in the food-nutrition project affected food choices and eating habits of the interviewees. Since no attempt was made in this study to analyze the nutritional content of the diets of members, a study including such analysis would provide more accurate information regarding adequacy of diets. This report may be of interest to those involved with the nutrition care of the adolescent.

429-74

MEAL PLANNING FOR THE GOLDEN YEARS: WITH PERTINENT INFORMATION ON WEIGHT CONTROL AND OTHER SPECIAL DIETS.

General Bills
Bismarck, Minn., General Bills 16 p. 1966.
TX361.A3G42 P58

Adults, Aging, Basic nutrition facts, Diet improvement, Elderly (65+ years), Food cost, Menu planning, Weight control.
Abstract: This booklet was written to help the older person on an average retirement income maintain good nutrient status on low-budget foods. It includes basic nutrition information, a guide to enjoyable eating for those of normal weight, weight and weight gain, how to modify a diet to meet certain health needs (bland, low salt, diabetic, for example), advice on food fads, and how to cut food costs.

430-74

FUNDAMENTAL GUIDE TO GOOD EATING. (5YA)

General Bills, Inc.
Bismarck, Minn. single-sheet flyer printed one side only. (n.d.).
TX353.64 P58

Basic Food, Diet information, Food groups, Food guides.
Title of Original: Guia fundamental para comida saludable.
Abstract: This is a general description of the Basic Food groups, the foods contained in each, and the portions needed daily to maintain a balanced diet.

431-74

A NUTRITION EDUCATION UNIT FOR SIXTH GRADE.

J C George
J Nutr Educ 2 (3): 111-112. Winter 1971.
TX341.76

Diet improvement, Dietary study methods, Elementary schools, Grade 6, Menu planning, Nutrient intake, Nutrition education, School lunch program.

Abstract: As part of a science class, the sixth grade of a country school in Maryland took part in planning their school lunch menu, then persuaded schoolmates in other grades to buy the lunch by performing skits for each. While the students kept food diaries, home eating improved and their knowledge of nutrition was each greater at the end of the course.

432-74

USE OF DRUGS IN THE TREATMENT OF OBESITY.

Berhart Garshberg
Fostered Med J 51 (5): 135-138. May 1972.
R31.P6

Diabetes mellitus, Drugs, Food habits, Obesity, Physical activity, Weight control.
Abstract: Many drugs have been used in attempts to promote weight loss. None has been shown in properly controlled investigations to be more effective than a placebo when the diet is unrestricted. Thyroid hormone and the sympathomimetics have been documented to be more effective than a placebo when they are given in conjunction with a low-calorie diet.

433-74

GIRTH CONTROL.

Corvallis, Oregon State University Extension Service 1 leaflet. Sept 1973.
RH222.2.G5 P58

Caloric value, Education, Food groups, Nutrients, Nutrition, Weight control.

Abstract: This is a leaflet for weight watchers. Foods are listed in groups, with quantities for each item and the number of servings allowed per day. Although calories are not given, the servings from each group are equivalent to a 1000 calorie diet. Helpful hints for losing weight are placed throughout the leaflet.

434-74

NURSERY SCHOOL CAN INFLUENCE FOODS ACCEPTANCE.

A Gleaser
J Home Econ 56 (9): 680-683. Nov 1964.
321.8 J82

Family environment, Food habits, Food preferences, Food selection, Motivation, Parental influence, Preschool children (2-5 years), Research.

Abstract: A study was made to see whether food acceptance can be developed in nursery school and carried over to subsequent years. Mid-morning snacks encouraged sampling of unfamiliar or little-liked, non-sweet foods. Food acceptance was shown to carry over into the home and to favor non-sweets in children who had been exposed to the program. Parents' food habits influence children's food preferences to a large extent.

435-74

ALL ABOUT THE HUMAN BODY.

Bernard Gleason, Felix Traugott
New York, Randco House 136 p. 1958.
QP33.5.G5 P58

Carbohydrates, Digestion and absorption, Energy, Proteins.
Abstract: This book could be used by children from 10-12 (or older children who are poor readers). It explains how the human body is put together and how its various parts function in relation to one another. Included in the book is a chapter called "Why you eat, why you drink and why you breathe". The next chapter entitled "What happens when you eat?" goes into more detail on the digestion that takes place within the body. There are drawings of the various parts of the digestive system, and the text explains the workings and the digestive enzymes necessary in the body. Chapter 5, "How your body is nourished", goes into more detail on how the blood is able to bring the food, water and oxygen to the body's cells.

436-74

COOK-YEETER CATERING AN INTRODUCTION TO ITS TECHNOLOGY.

George Glen
London, Picher 3-168, [8] p. illus. 1973.
TB22C.G57

Catering, Frozen foods.
Available from IAL. Bibliography: p. 161.

437-74

SOCIO CULTURAL MALNUTRITION. (GROWTH FAILURE IN CHILDREN DUE TO SOCIO CULTURAL FACTORS).

K S Gokulnathan, K P Verghese
J Trop Pediatr Child Health 15: 118-125. Sept 1965.

Child nutrition, Children, Cultural factors, Food intake, India, Malnutrition, Nutrient intake, Social factors, Urbanization.
Abstract: The extent of the undesirable effects of modern technology in traditional communities correlates with the level of its use. Using infant nutrition and child growth as parameters in a traditional community in India that is becoming urbanized, children of the privileged groups were found to have substandard growth compared with industrialized Indian or western areas.

438-74

THE SECRET FAMILY DIET.

Jean Goldberg
Pan Health 6 (1): 28, 31, 35-40. Jan 1974.
RA773.P3 P58

Adults, Calorie-restricted diets, Fat-restricted diets, Menu planning, Portion control, Recipes, Weight control.

Abstract: How to put your family on a diet without their knowing it, after shutting the kitchen door, is discussed in this article for the housewife and mother. Among the ways suggested are to decrease portion size and fat in foods, avoid buying concentrated carbohydrate foods, count snacks and their calories when planning meals, make dinner festive, and don't talk

- about dieties than. Example meals and recipes are included.
- 439-74**
THE MANY MEANINGS FOOD HAS FOR THE AGED.
 Vivian Goldsman
 Nurs Home 23 (3): 22-23, 28. Apr/May 1974.
 NY 1451.86 PSH
 Aging, Foods, Geriatrics, Gerontology, Nursing homes, Value systems.
 Abstract: In this article the author explains that food for the aged has nutritional ramifications that at times can over-ride the physical ones. These ramifications stem from social needs as well as psychosocial ones such as the need for independence, the maintenance of dignity, and the need for affection and care. These involved in the nutritional care of the elderly should have an understanding of the role food plays in these human activities.
- 440-74**
MALNUTRITION AND HUNGER--WHOSE RESPONSIBILITY IS IT?
 Grace A Goldsmith
 In Proceedings of the Eastern Hemisphere Nutrition Congress II Miami Beach, Fla., Sept. 2, 1971 E. 4-9. 1972.
 TI342.84 PSH
 Dehydration, Nutritional influences, Hunger, Malnutrition.
 Abstract: This paper gives the reader the difference between the meaning of malnutrition and hunger. Dr. Goldsmith tells of some of the reasons for these problems in the different areas of the world. The problem of hunger can be alleviated by an adequate food supply, the availability of government. The problem of malnutrition is a health problem, and needs the attention of physicians and allied health professionals to bring relief to the afflicted individuals. The paper gives an overview of why such of the world has these problems points to food for students studying the problems of why food is short in certain areas of the world.
- 441-74**
RIFT AND COLONIC DYSPLASIA.
 Frank Goldstein
 J Am Diet Assoc 60 (6): 499-503. June 1972.
 389.8 B134
 Rife special conditions, Fiber, Gastrointestinal disorders, Gastrointestinal tract, Special groups, diets, Therapeutic and special diets.
 Abstract: This article examines the relationship of bacterial flora, arsenic acid which is produced by bacterial fermentation from carbohydrates residues, and active substances entering the colon from the small intestine on calcium function. There is a relationship between these entities and diet but the precise relationship remains speculative. This article emphasizes therefore the value of low residue diets in the treatment of colonic function disorders as it appears contradicted in many patients. Nutritionists, dietitians and physicians treating such patients should find this article of interest.
- 442-74**
GOOD DRUGS MAY CAUSE BAD NUTRITION.
 Ned Insicht 14 (42): 86. Nov 16, 1973.
 B11.84 PSH
 Dietary supplements, Drugs, Malnutrition, Professional education, Vitamin B complex.
 Abstract: Many drugs used by large groups of people can cause malnutrition, but their adverse nutritional side effects could be avoided by administration of supplementary nutrients. Drugs given to children to control hyperactivity may suppress growth by diminishing food intake. Some drugs, such as a common laxative, for example, may damage the intestinal lining and cause malabsorption. The antituberculous drug para-aminosalicylic acid, and an oral treatment for diabetes interfere with absorption of vitamin B 12, while isoniazid, another antituberculous drug, causes loss of pyridoxin through excretion. Other drugs may cause increased sodium requirements, such as the effect of phenobarbital on vitamin E. Oral contraceptives can create deficiencies of folic acid and pyridoxin. This article for physicians and dietitians points out that the benefits of a drug should be weighed against its nutritional cost to the patient.
- 443-74**
HUMAN NUTRITION IN HEALTH AND DISEASE: DIETOTHERAPY. 5th ed.
 Robert S Goodhart, Maurice E Shils
 Philadelphia, Lea and Febiger 1973 p. 1973.
 QP141.N6 1973 PSH
 Clinical nutrition, Metabolism, Nutrition, Physiology, Textbooks, Therapeutic nutrition.
 Abstract: This book is a comprehensive report on the entire field of nutrition in health and disease. The forty chapters - essentially review articles with thorough bibliographies - have been arranged into six parts: the foundation of nutrition, safety and adequacy of the food supply, interrelationships of nutrients and metabolism, malnutrition, nutrition during "physiologic" stress, and nutrition in the prevention and treatment of disease. Although this book may be used selectively as a textbook, it will probably be most useful as a reference book for students and professionals in nutrition, dietetics, medicine, and related health sciences.
- 444-74**
BETTER LIVING THROUGH BETTER EATING. 2d ed.
 Mary T Goodwin
 Hentecore County Health Department, Nutrition Services
 Rockville, Md. 118 p. 1974.
 TI745.G6 1974 PSH
 Cooking techniques, Food groups, Food preparation, Home, Health, Nutrient intake, Nutrient requirements, Nutrition, Nutrition education, Recipes.
 Abstract: Today we are in the midst of a food crisis--food supply crisis, food cost crisis, and food quality crisis. Food supply and cost crises are acutely experienced by the consumer, but what may be more devastating is the chronic illness that thousands of American families are suffering as a result of the poor quality of much of our supply. This book focuses on food quality: how to select wholesome foods and enjoy them; how to discriminate between nutritional foods and worthless food products. In the past, most of the food available came from the farm; today nearly ten thousand new food products are marketed annually. Many of them are highly processed and nutritionally worthless. We are being manipulated by the food manufacturers, who design new food products in response to their marketing and advertising departments, not in response to our needs. This booklet discusses what is happening to our food quality and supply, looks at its effects on health, and points out alternatives which will enable the individual to cope personally and socially with these problems.
- 445-74**
CREATIVE FOOD EXPERIENCES FOR CHILDREN.
 Mary T Goodwin, Gerry Pollan
 Washington, E.C., Center for Science in the Public Interest 191 p. 1974.
 TI361.C564 PSH
 Children, Instructional innovation, Instructional materials, Nutrition education, Teaching techniques.
 Abstract: This book was written to help teachers, nutritionists and parents use food-related activities with children so that they attain full benefit. Part 1 answers the question "What does the child learn from creative food experiences?" Part 2 provides a list of supplies and equipment needed to carry out the food experiences. Methods of presentation are described in detail. Except for a part on sources and resources and another section containing a cookbook-type collection of recipes, the rest of the book presents lesson plans on food-related projects. The authors suggest the book be used as a resource by preschools, daycare elementary schools, parent education classes, recreation departments, summer camps, scout groups, children's television programs and parents.
- 446-74**
ETIOLOGICAL FACTORS IN OBESITY.
 E Goth
 Proc Nutr Soc 32 (3): 175-179. Dec 1973.
 389.9 B953
 Carbohydrate metabolism disorders, Endocrine disorders, Energy metabolism, Enzymes, Etiology, Metabolic disorders, Obesity, Psychological aspects, Socioeconomic influences.
 Abstract: The aetiology of obesity is complex. Social, economic, biochemical, genetic, neurological, psychological and personality factors are involved. Obesity cannot be explained only by changes of energy balance. Metabolic, hormonal and enzymic changes can be demonstrated. It is possible that these are not the primary aetiological factors but that they are consequences of obesity.
- 447-74**
DIABETES AND PREGNANCY: A GUIDE FOR THE PROSPECTIVE MOTHER WITH DIABETES.
 Alan L Grabar, Barbara G Christman, Virginia W Rawlings
 Nashville, Vanderbilt University Press 80 p. May 31, 1973.
 TI361.P767 PSH
 Calcific acidifications, Diabetes mellitus, Food exchange, Insulin, Ketosis, Physiology, Pregnant women, Sodium, Weight control.
 Abstract: This book covers the important clinical aspects as well as personal considerations a woman with diabetes should be aware of, especially if she is contemplating pregnancy. The physiology of diabetes during pregnancy is discussed, including chapters on metabolic control, diet, insulin, insulin reactions, and obstetric considerations for diabetic pregnancies. The book also includes food exchange lists, sodium lists, and menu patterns for 1200 through 2600 calorie diabetic diets.
- 448-74**
LEAD POISONING AND THE SUNSHINE CHILD.
 Ada Grabar, Frank Grabar
 Today's Health 52 (3): 38-41. Mar 1974.
 RA773.T6 PSH
 Adults, Brain damage, Lead poisoning, Low income groups, Preschool children (2-5 years), Socioeconomic influences, Toxicity.
 Abstract: More than 400,000 young children, well-off as well as poor, will undergo treatment for some degree of lead poisoning this year, of which some will die and others will suffer some degree of brain damage. This article for parents reviews some of the sources other than peeling paint (which includes automobiles exhaust) that cause this preventable disease, and its effects upon its victims. Recommendations for eradication of this toxic environmental hazard made at a conference to discuss the problem are included.

BIBLIOGRAPHY

849-74

849-74

A STUDY OF THE RELATIVE ACCURACY OF TWO SHORT METHODS OF DIETARY EVALUATION AS APPLIED TO DIETS IN LEON COUNTY.

Marion Arnott Graham
Tallahassee, Florida State University 33 p. Aug 1954.
TX361.G7 P6H

Dietary history, Dietary study methods, Energy, Food intake, Nutrients.

Master of Science thesis, Florida State University.
Abstract: This Master of Science thesis on the accuracy of two short methods of dietary evaluation as applied to diets in Leon County, Florida includes a review of literature, methods of investigation, results and conclusions. The two "short" methods were compared with the "long" method. The Babcock method was found to be more reliable as compared to the "long" method. The revision of the Danaharan and Leitchman-Rise techniques, published by Stalskear, Robinson and Razer ('45) is suggested as a guide for incorporating local food patterns into the usual food group values employed in the "short" method.

850-74

THE NUTRITION GAME (GAME).

Graphica Company
Urbana, Ill., Graphica Company 1 game. 1972.
TX355.N62 P6H AV (Game that teach)

Basic nutrition facts, Classroom game, Consumer education, Educational game, Instructional aids, Instructional materials, Nutrition education, Teaching techniques.

Abstract: Here is a nutrition game that teaches all ages how to eat. Each player is allotted a certain amount of "money" to spend on various foods and a certain number of calories which he can spend on the foods he obtains. The object of the game is to eat 100% of the recommended Dietary Allowances for eight nutrients, and to obtain them at the lowest cost and caloric expenditure. The game is designed to make nutrition and consumer education more effective by establishing the principles of nutrition as a basis for students' food choices. Players learn what they are eating when they refuse to eat certain foods. They learn the functions of proteins and other nutrients and the effects on the body when various of these nutrients are missing from the diet.

851-74

THE GREAT FOOD SHOW (NOTICE PICTURE).

Chicago, Kraftco Corporation 14 slides, color. 16 mm. [1973].

TX355.G72a P6H AV

Basic facts, Basic nutrition facts, Children, Diet information, Food sources, Food habits, Food intake, Nutrients, Nutrition education.

Abstract: In the forest of an old-time woodchuck show, this selected cartoon film introduces the Basic Food Group "acts" and presents skits about improvement of food habits, food intake, and so on. Children are instructed to eat the right foods in the right amounts at the right times.

852-74

BE INFORMED ON NUTRITION.

Nancy Clarke Gridley
Syracuse, New Readers Press 40 p. 1973.
TX364.G7 P6H (Be informed, so. 18)

Basic facts, Energy, Heat plasmas, Nutrients, Nutrition, Pregnancy, Weight gain, Weight loss.

With 15 p. Teacher's guide.
Abstract: This is a self-teach unit on nutrition that can be used to advantage for groups of people who are slow readers. The information briefly covers why we eat, what the food does for our bodies, what we should eat, how to lose or gain weight, specific foods, how to lose or gain weight, physiological needs for food, and the need for careful food planning. At the end of the chapters, there are review exercises, activities suggestions for testing and discussion, and the answer keys.

853-74

ORIGIN OF SELECTED OLD TESTAMENT DIETARY PROHIBITIONS.

Lois Eves Grivatti, Rose Maria Paschera
J Am Diet Assoc 65 (6): 638-638. Dec 1974.
389.8 AN3a

Cultural factors, Ecology, Food habits, Food taboos, Health beliefs, History, Pork, Sanitation, Trichinosis.

Abstract: The common contention that the avoidance of pork by Semitic people is based on health and sanitation is challenged. Considerable evidence indicates that restriction of atheic identity, in combination with ecologic factors, led to the development of this prohibition. However, these two hypotheses do not necessarily explain the avoidance of other foods cited in the Old Testament. It is suggested that food codes have multiple origins based on the cultural attitudes of the historic periods in which they emerged, which may not have validity within the framework of modern medicine and scientific logic.

854-74

WHAT IS YOUR IRON SCORE.

Christina C Groppa
Berkeley, California Agricultural Extension Service 8 p., tables. Nov 1973.
TX553.I767 P6H (California University, Berkeley, Agricultural Extension Service. NIT-99)
Basic nutrition facts, Iron, Nutrient functions, Nutrient requirements, Nutrient sources.

Abstract: This booklet contains a discussion of iron--its body functions, human requirements, and why many diets provide a low intake. A list provides the milligrams of iron contained in specified amounts of common foods.

855-74

ADVERSE EFFECTS ON INFANT DEVELOPMENT ASSOCIATED WITH MATERNAL FOLIC ACID DEFICIENCY.

R L Gross, P H Newbama, J V C Reid
Matr Nat Int 10 (5): 241-246. Nov 1974.
RC620.A1N8

Children, Deficiency diseases and disorders, Folic acid, Infants (To 2 years), Pregnancy and nutrition, Pregnancy diets, Pregnant women.

Abstract: Fourteen African children aged six weeks to four years whose mothers had been severely folic acid deficient during pregnancy were assessed developmentally with the Denver Developmental Screening Test. Eight of the fourteen children showed abnormal or delayed development in one or more of the four general areas measured by the test. Eighteen control children, who were products of normal pregnancies or pregnancies associated with iron deficiency anemia, were also studied. Only two of these control children showed a delay in development as assessed by DDST. The role of adequate folic acid status during pregnancy on subsequent infant development requires further study.

856-74

BEFORE YOU SAY HALO...HERE'S WHAT YOU SHOULD KNOW ABOUT VEGETARIANISM.

Daniel Grotta-Karaka
Today's Health 52 (10): 18-21, 73-74. Oct 1974.
RA773.T6 P6H

Diet planning, Food habits, Therapeutic and special diets, Vegetarian diets, Vegetarians.

Abstract: This article, written for the lay person, discusses the vegetarian diet in some detail. The protein qualities of meat and non-meat protein sources are discussed and it is determined that complementary proteins from plant vegetables sources can satisfy protein needs. Many sources used for food proteins are presented. The disadvantages of a heavily meat-laced diet are listed such as the usual ingestion of larger than necessary amounts of meats and consequently their calories, cost, the inefficient and energy wasting factors of production, and the possible correlation between a meat diet and health disorders and diseases. Possible benefits of the vegetarian diet are speculated upon and guidelines recommended by nutritionists for people interested in following the diet are given. A vegetarian vocabulary is also included.

857-74

THE NURSE AS AN "EXPERT"--THE MICRO HEALTH UNIT.

G R Guarin, N Feldstein
J Sch Health 39 (2): 130-135. Feb 1969.
LB3401.J6 P6H

Cultural factors, Environmental factors, Food habits, Health education, History, Nutrition education, Social factors, Social studies.

Abstract: A school nurse uses social studies subjects, such as historic incidents, to discuss health and nutrition aspects of the time as class material. The examples detailed in the nutrition of Washington's troops at Valley Forge and the social and environmental factors contributing to their problems.

858-74

FOOD HABITS AND FOOD CONSUMPTION OF JEWS FROM COCHIN IN ISRAEL.

K Gagganahis, P Dreyfuss
Isr J Clin Nutr 7 (5): 519-525. Sept/Oct 1959.
389.8 J82a

Cultural factors, Diet patterns, Ethnic foods, Ethnic groups, Food consumption, Food habits, Food intake, Israel, Jews.

Abstract: The most notable changes in the food habits of immigrant families was their acceptance of wheat in place of rice. Their consumption of rice was still high, however, as was their consumption of fish. They continued to use their traditional spices, which are not popular with immigrants from western countries. Their diets were adequate.

859-74

A GUIDE TO ESTABLISHING A NUTRITION PROGRAM IN A DAY CARE CENTER.

N.p. 33 p. [n.d.].
N783a.G8 P6H

Child nutrition, Day care services, Nutrition education, Nutrition programs, Preschool children (2-5 years).

Abstract: When a child enters day care, he has already begun developing a pattern of eating, based on food habits that have been formed since birth. The groundwork for these habits has been laid in the home. And the home, where he has most of his meals, will continue to be the primary influence on the way he eats. Recognition of this fact is essential to the success of a day care center nutrition program. Without the understanding and aid of parents, the day care center will not be able to help partial success is influencing the food habits of its young children.

860-74

GUIDE TO NORMAL NUTRITION AND DIET MODIFICATION MANUAL.

Salisbury, J. Millie Miller Health Center 247 p. 1973.
TX364.G82 P6H

Diet planning, Diets, Diets for special conditions, Special

PAGE 40

- groups, diets, Therapeutic and special diets.
Abstract: This annual offers information on normal nutrition for individuals of various ages, and diet modifications of specific nutrients, and modifications for specific situations such as dentistry, horses and alcoholism. The appendix contains information on nutrient and caloric values for various foods, recipes are included for specialty items and there is an extensive reference list. This annual should prove of interest to physicians and dietitians particularly as well as others as an instructional tool and clinical reference.
- 461-74**
HUMAN REQUIREMENTS OF IRON.
J N Gurney
Calase VII (2): 75-79. Apr 1974.
R478A.11C3
Basic nutrition facts, Iron, Metabolism, Nutrient requirements, Nutrient sources.
Abstract: This article briefly discusses in a simplified manner iron in the human diet. It offers information on the use of iron in the body, iron metabolism, iron absorption, and human iron requirements as established by the FAO/WHO in 1971. Food sources for iron and the use of iron supplements are also discussed. This article could be used by nutrition educators as a basis for discussing the subject with a non-scientific audience.
- 462-74**
RODENTS, BRAINS AND POVERTY: FOOD CHILDREN AND THE SCHOOLS.
Joan Ivy Guesow
IRCD Bull 6 (3): 3-4, 9-12. Sept 1974.
LC4051.E2 P5H
Child nutrition, Disadvantaged groups, Economic influences, Learning, Malnutrition, Mental development, Poverty, Professional education, School breakfast programs.
Abstract: Poverty is a material fact of life, says this article for teachers, nutritionists and school administrators, with an often lasting effect on the physical and mental health of those who suffer from it. It goes on to review these effects in terms of children who die because of their own and their mothers' malnutrition, those who live to experience malnutrition and concurrent illnesses, and the damage and deficit in learning ability experienced by these children of the disadvantaged. The author recommends school breakfasts rather than school lunches as the best treatment to improve the child's nutrition and attention in class for better learning.
- 463-74**
BOON FOR THE CHESE--OR JUST A SUPER-EXPENSIVE PLACEBO?
Med Insight 15 (34): 73, 77, 78, 80. Oct 11, 1974.
R11.H4 P5H
Obesity, Weight, Weight control, Weight loss, Weight reduction.
Abstract: This article discusses the use of human chorionic gonadotropin in a restricted caloric (500) weight reduction program. The controversy surrounding the efficacy of this regimen is then described and several double blind studies are discussed. Specific action being taken by organized educators and state agencies in certain states in regard to this program is also presented. Those in nutrition and related professions who wish to remain current on treatment used for obesity may find this article of interest.
- 464-74**
OBSERVABLE SIGNS OF CHILDREN'S HEALTH PROBLEMS BY TEACHERS HOW IMPORTANT?
Jesse Belea Kaeq
J Sch Health XLIV (7): 371-373. Sept 1974.
LB3401.J6 P5H
Curriculum guides, Health appraisal, Health education, Nutrition education, Nutrition knowledge, Teacher education, Teachers.
Abstract: This article, written for educators, reports on studies showing that children's observable health problems are not significant to teachers. Examples of observable signs teachers should be able to identify are given. As of today, health problems of elementary school children are not considered an essential subject for the curriculum of prospective teachers. This report recommends a change in this attitude.
- 465-74**
FOOD PATTERNS OF THE SOUTHWEST.
D N Hacker, E D Miller
Amer J Clin Nutr 7 (2): 224-229. Mar/Apr 1959.
3B9.E J224
American Indians, Diet improvement, Diet patterns, Food habits, Food preferences, Food preparation, Nutritional adequacy, Southwestern states, Spanish Americans.
Abstract: The southwestern area of the United States has a large Indian and Spanish-American population, the cultural heritage of these groups determines the kinds of foods eaten and the preferred methods of food preparation. This paper describes the traditional Spanish/Indian dishes of the Southwest, how they are prepared, the nutritional adequacy of the diet, and how food intake may be modified to meet the principles of certain therapeutic diets yet retain the integrity of the ethnic diet.
- 466-74**
HANDBOOK AND O'BRIEN ON DEVELOPMENTAL NUTRITION: TRACE METALS; TRACE METALS IN CHILDHOOD NUTRITION.
Michael Henhidge, Donough O'Brien
Columbus, Ohio, Home Laboratories 11 p. Mar 1973.
TK361.C5H3 P5H (Children are different no. 7)
Children, Growth, Infants (To 2 years), Professional education, Trace elements.
Abstract: The pediatrician summarizes current knowledge regarding the role of a number of trace minerals in childhood nutrition. Among those considered in some detail are zinc, chromium and copper. The authors feel that rapidly growing children have a relatively large requirement for trace metals. For the professional nutritionist and physician.
- 467-74**
HIGH SECONDARY STUDENTS LEARN FROM ANIMAL NUTRITION STUDIES.
C I Hamilton, E L Krova
What's New Home Econ 32 (1): 21. Jan 1968.
321.E W55
Animal nutrition, Case studies, Demographics (Animal), Diet improvement, Higher education, Nutrient intake, Nutrition education, Research, Teaching techniques.
Abstract: College students in a nutrition class fed various cereals as a sole protein source to rate and in so doing learned the need for eating a wide variety of foods. The paper suggests the technique should be useful among high school students.
- 468-74**
THE OBESE ADOLESCENT.
S Hanner
J Sch Health 35 (6): 246-249. June 1965.
LB3401.J6 P5H
Adolescents (12-19 years), Behavior change, Diet improvement, Individual characteristics, Motivation, Obesity, Nutritional aspects, Social factors, Weight control.
Abstract: Obesity is a frustrating, chronic disease requiring a total rehabilitation approach. Prognosis for weight reduction is poor. Treatment should make the patient feel better able to handle his life situation. Psychological problems include dependency on parents, poor sexual identification, and poor social acceptance. Only deep motivation on the obese one's part will make dieting successful. The obese are often underachievers, self-conscious of their appearance. Some schools have organized clubs for obese girls. The clubs concentrate on improving appearance and social behavior. The author suggests group therapy would be helpful here.
- 469-74**
TREATING ADOLESCENT OBESITY; LONG-RANGE EVALUATION OF PREVIOUS THERAPY.
S L Hanner, V Campbell, J Wolley
Cln Pediatrics 10 (1): 46-52. Jan 1971.
WJ1.C5 P5H
Adolescents (12-19 years), Behavior change, Diet counseling, Diet information, Food habits, Food selection, Obesity, Therapeutic nutrition, Weight control.
Abstract: Results of a long-term study of adolescents treated for obesity showed that good nutrition education in food selection and habits was more effective for weight control than prescribing particular diets. The weight control methods included diet modifications only, supportive counseling for emotional problems, and group counseling in which appearance and social behavior as well as weight problems were discussed.
- 470-74**
HEALTH COUNSELING FOR THE OVERWEIGHT ADOLESCENT GIRL.
Elizabeth J Hendley
Washington, D.C., ERIC Document Reproduction Service 123 p. Aug 1972.
DE222.2.E3 P5H
Adolescents (12-19 years), Females, Health education, Nutrient excesses, Nutrition education, Obesity.
Available from: Computer Microfilm International Corp., P.O. Box 190, Arlington, Virginia 22210. NPO0.65 EC-43.29.
Abstract: This study first reviews the health literature on obesity, surveys school nurse-teacher health counseling programs, and investigates related community characteristics. The six-month pilot health counseling program for sixteen overweight girls and a control group included nutritional education, retraining of eating habits, stimulation of diverse interests, and encouragement of physical activity. The results of the study showed an overall weight loss of 22 1/2 pounds among the sixteen counseled girls along with an improvement in personal appearance, attitudinal reaction about the weight problem and self-acceptance. This report could be of particular interest to nutrition oriented professionals working with the problem of weight control at all age levels and particularly with the adolescent girl.
- 471-74**
DIETARY AND DISEASE PATTERNS AMONG MICRONESIANS.
J Henkin
Amer J Clin Nutr 23 (3): 346-357. Mar 1970.
3B9.E J224
Diet patterns, Dietary surveys, Economic influences, Food habits, Health, Micronesia, Nutritional status, Social factors, Urbanization.
Abstract: Dietary data were obtained from natives of the Marianas and Caroline islands living in different socioeconomic settings. Data indicated wide differences in diet practices

472-74

associated with increasing acculturation.

472-74

URBANIZATION, NUTR AND POTENTIAL HEALTH EFFECTS IN PALAU.
J W Heskia, L H Dickison
Amer J Clin Nutr 25 (3): 340-353. Mar 1972.
389.8 J824

Anthropology, Behavior change, Cultural factors, Diet patterns, Dietary surveys, Food habits, Micronesia, Nutrient intake, Urbanization.

Abstract: The health effects of urbanization were studied among Micronesians natives by dietary surveys in three areas of Palau at different stages of western acculturation: the isolated subsistence village of Ngarhachlan; the cash-economy district center of Koror; and the transitional municipality of Felalic. Felalic had the lowest nutrient intake, suggesting that the transitional stage of acculturation is accompanied by dietary deterioration that could affect the general health status, particularly the health of women and children.

473-74

PROBLEMS OF ASSESSMENT AND ALLEVIATION OF MALNUTRITION IN THE WHITE MOUNTAINS, NASHVILLE, TENNESSEE, 1970; PROCEDURES OF A MONITORING.

R S Hanson, M E Neare
Washington, GPO 186 s. 1972.
TI360.9697 P8H

Assess, Consumer education, Scitex, Growth, Malnutrition, Nutritional surveys, Professional education, Recommended Dietary Allowances.

Abstract: This publication reports on a symposium which was held before the final report of the National Nutrition Survey was available. It discusses the preliminary results and includes a detailed analysis of practical solutions of assessing nutritional status and the problem of continuous nutritional surveillance. Topics include evaluation of the Recommended Dietary Allowances, assess, scitex, growth retardation and the social and cultural implications of malnutrition, which include nutrition education.

474-74

INDIAN--TOOL POP CONCEPTUAL LEARNING.

M Hudson, M E Leat
J Nutr Educ 1 (4): 13-15. Spring 1970.
TI341.1J6

College students, Descriptions (Anatomical), Diet improvement, Food beliefs, Food information, Food instruction, Higher education, Nutrient intake, Nutrition education.

Abstract: University students in a beginning foods course participated in a demonstration in which rats were fed according to various dietary habits or beliefs of the students. Deficient animals were later fed an adequate diet to demonstrate recovery. The assignment included required writing of a research report.

475-74

RAISING INFANT ON VEGETARIAN DIET; QUESTIONS AND ANSWERS.

Horvya G Hordina, Susan V Hone
J Amer Med Assoc 227 (1): 88. Jan 7, 1974.
448.9 AN37

Food beliefs, Infant diets, Infant feeding, Infants (To 2 years), Nutritional education, Vegetarian diets, Vegetarians.

Abstract: This "Questions and Answers" section of a journal for physicians discusses the adequacy of a vegetarian diet for infants. One response explains that the lacto-ovo-vegetarian diet and the lacto-vegetarian diet are perfectly adequate for infants. Clinical, anthropometric, hematologic, radiologic, and chemical comparisons of cow milk fed vs. Plant milk fed babies are mentioned along with differences in serum cholesterol level. The second response admits such a diet is possible but questions the use of vegetarian diets for children since the consumer of such a diet needs to have sophisticated nutritional expertise, more money and access to a well stocked food store.

476-74

NUTRITION EDUCATION FOR TODAY.

C S Furker, P H Bassel
J Home Econ 63: 15-18. Jan 1971.
321.8 J82

Food information, Higher education, Information sources, Malnutrition, Nutrition education, Teacher education, Teaching methods.

Abstract: Malnutrition and nutrition education are just two of today's problems which point to a need for more intensive nutrition education for the whole population to help people understand what is good nutrition and why it is important. The author seeks some suggestions for training at the college level for teachers, and reference sources, methods of teaching, and a clear student score teaching and oral judgments of foods.

477-74

HEALTH: REINFORCEMENT FOR GOOD HABITS.

Orvis A Karolsson
Yantructor 83 (6): 57-58. Feb 1974.
171.15 P8H

Behavioral objectives, Dental health, Food habits, Health education, Teachers, Teaching techniques.

Abstract: Health education which involves the learner directly in practicing the desired behavior is the most effective education, whether the behavior involves good eating habits, den-

tel health, or some other aspects, according to this article for teachers. The author cites a study which showed that healthy people practiced good habits of sleeping, eating and physical activity, and another in which positive health actions--in this case good tooth care--led to positive attitudes toward continued care. Long-range responses to fear arousal lead to rejection when students find dire predictions do not come true.

478-74

ESSENTIAL FOODS--A DAILY GUIDE FOR YOU AND YOUR FAMILY. (SPA)
E Harrington
Berkeley, Calif. 4 single-sheet flyers printed front and back Sept 1969.

TI364.832 P8H (California University, Berkeley, Agricultural Extension Service. Los Angeles extension para si familia, nos. 54-13a, 14a, 15a, 16a)

Basic Food, Diet information, Food groups, Food guides, Meal planning, Nutrition education, Recipes.

Title of Original: Alimentos esenciales--guia diaria para usted y su familia.

Abstract: A well-balanced diet can be maintained by the daily intake of foods from the Basic Food groups. Each flyer deals with a particular food group--Graps de la lacha (oil), Graps de las carnes (meat), Graps de frutas y de verduras (fruits and green vegetables), and Graps de pan y cereales (bread and cereals)--with daily guides for consumption and suggested recipes.

479-74

INFLUENCE OF CULTURE ON MAN'S DIET.

M S Herrie
Arch Environ Health 5: 144-152. Aug 1962.
RC943.1117

Anthropology, Cultural factors, Diet patterns, Food habits, Food intake, Food selection, Food supply, Geographic regions.

Abstract: Using as example his earlier work among the Otomi Indians of Mexico, this nutritionist suggests that man's diet is circumscribed by geography. Food patterns of different areas are, therefore, different, and solutions to problems must be sought within particular regions. The diets of people should not be changed hastily.

480-74

FOOD--HEAT PONY

Gail G Harrison, Ruth H Klippel
New York State College of Home Economics at Cornell University
Ithaca, New York State College of Home Economics 36 p. [19-68].

TI361.133H P8H (Cornell University; Cornell miscellaneous bulletin 94)

Adolescents (12-19 years), Basic nutrition facts, Food habits, Growth, Weight control.

Abstract: This pamphlet is written to provide the teenager with sound nutritional knowledge and to help him become aware of the science of nutrition as an exciting field related to human health. It consists of 5 parts: Food--for people, for health, for growth, for your future, for future years. Each part has a short text followed by text relating to the material and a project for self-evaluation of diet habits. There are questions for further discussion. The text contains various illustrations, charts, answers to stated questions and a glossary of terms.

481-74

THE HOT-COLD THEORY OF DISEASE; IMPLICATIONS FOR TREATMENT OF PUERTO RICAN PATIENTS.

A Harwood
J Amer Med Assoc 216 (7): 1153-1158. May 17, 1971.
448.9 AN37

Pain medicine, Food beliefs, Illness, Medicine, Patient care, Physicians, Puerto Ricans.

Abstract: Many Puerto Ricans classify illnesses, medicines, and foods according to a casual system that derives historically from Hippocratic humoral theories of disease. The humoral theory says that bodily humors (blood, phlegm, black bile, and yellow bile) must balance. Illness is believed to result from humoral imbalance which causes the body to become excessively dry, cold, hot, wet, or a combination of these. Foods and medicines also classified as wet or dry, hot or cold, are used to restore the body to humoral balance. In Latin American folk practice, the wet/dry dichotomy has been dropped, but the hot/cold classification remains along with an additional category called "cool" used primarily by Puerto Ricans. The physician must understand the hot/cold theory and learn to treat patients within its framework.

482-74

INTERACTIONS BETWEEN NUTRITION AND HEREDITY IN CORONARY HEART DISEASE.

Frederick T Hatch
Amer J Clin Nutr 27 (1): 80-90. Jan 1974.
389.8 J824

Caloric intake, Cholesterol, Coronary heart disease, Demography, Genetics, Hereditary factors, Nutrition.

Abstract: In this review article for the nutritionist and other health professionals the author considers the demography of coronary heart disease, why the condition is so common in affluent populations. In part the answer is in a rise in cholesterol levels free adolescence to middle life. Other contributing factors are energy intake, cigarette smoking, and stress. The reviewer concludes that the major risk factors are

- under Polymeric control. Nutritional status modulates but does not override the genotype. This preventive measure, including prudent diet, could reduce incidence, the fundamental genetic influence on risk would remain in evidence.
- 483-74**
WHO MAGIC IS CHILD'S PLAY.
 Antoinette Hatfield, Peggy Stanton
 Fam Health 6 (2): 28-29, 48, 5C. Jan 1974.
 HA773.P3 P68
 Adults, Child nutrition, Menu planning, Recipes, Taste.
 Abstract: This brief article suggests some ways others can get children to eat what they need rather than what they want, and offers some concrete examples in the form of recipes and menus. Both the foods and the suggestions to improve children's eating habits could be adapted for use in feeding programs.
- 484-74**
HELP! MY CHILD WON'T EAT RIGHT: OVER 200 MAGIC MEALS AND NUTRITION RECIPES, A GUIDE TO BETTER NUTRITION.
 Antoinette Hatfield, Peggy Stanton
 Washington, DC, Acropolis Books 168 E., illus. 1973.
 WJ206.N3 P68
 Adults, Basic nutrition facts, Cookbooks, Day care program, Menu planning, Preschool children (2-5 years), Recipes.
 Abstract: Two congressional wives have put together this nutrition and child feeding guide of over 200 recipes for parents. It contains information on nutrients and nutritional problems, bones, cartilage, seal essentrics, add-ons and advice from many others. The result of a questionnaire which asked for successful eating meals and a nutritious recipe, the book was reviewed for accuracy by a nutritionist, and could be used by teachers and day care and Headstart personnel as well as parents.
- 485-74**
VITAMIN D: MODE OF ACTION AND BIOCHEMICAL APPLICATIONS.
 Herb F Neesler
 Nutr Rev 32 (9): 257-266. Sept 1974.
 389.E B953
 Basic nutrition facts, Bone disorders, Metabolic studies, Research, Vitamin D, Vitamins.
 Abstract: This article reviews basic research origins of vitamin D and characterizes the focus of current studies. Particular emphasis is given to vitamin D metabolism and its regulation and mechanism of action. Assays for vitamin D metabolites are described along with the research now feasible because of their availability. Therapeutic advances with vitamin D metabolites in the treatment of osteoblastic bone diseases are also explored. The clinical and research nutritionist should find this report of interest.
- 486-74**
A NUTRITION EDUCATION PROGRAM AT THREE GRADE LEVELS.
 Mary K Reed
 J Nutr Educ 6 (2): 56-59. Apr/June 1974.
 TX341.J6
 Dietary information, Nutrition education, Recommended Dietary Allowances, School lunch.
 Abstract: Elementary and secondary students were involved in a study which included determining the influence of nutrition education on acceptability and consumption of school-served food, dietary habits and knowledge of nutrition. Selected classes of fifth, seventh, and tenth graders received nutrition education. The teachers who were to conduct the nutrition education attended a one week workshop. The amounts of school-lunch plate waste were measured before the nutrition classes began, and again after completion of classes. The paper will be of interest to teachers and others in the educational system who are responsible for setting up programs of study.
- 487-74**
TREATMENT OF OBESITY IN ADOLESCENCE.
 Felix Weald
 Pediatrics 61 (5): 109-112. May 1977.
 W31.P5
 Adipose tissue, Adolescents (12-19 years), Body composition, Caloric value, Exercise, Food habits, Obesity, Weight control.
 Abstract: Rapid weight gain is normal in adolescence, and triceps skinfold measurement can help in determining how much of this weight is excess fat. Conventional weight-control methods with this age group are not for their lack of success. From the metabolic and psychological standpoint, severe caloric restriction is risky. Therefore the goal should be to prevent further increments of fat and being supportive in a situation difficult for both teenager and parent.
- 488-74**
MYTHS OF VITAMINS.
 Jane Boone
 FDA Consumer 8 (2): 4-9. Mar 1974.
 TX335.P6 P68
 Food beliefs, Food misinformation, Nutrient excesses, Nutrient requirements, Nutrient sources, Nutrients, Supplements (Nutr.), Vitamins.
 Abstract: This article discusses various myths about vitamins starting with the general incorrect belief that vitamin supplements are necessary to achieve adequate supplies of nutrients that even a balanced diet cannot provide. The author gives some discussion to the balanced diet and the Four Food Groups
- and then goes on to discuss the claims of some specific vitamins. Also mentioned are the controversy of natural vs. synthetic vitamins, vitamin A and vitamin D toxicity, vitamin sources and USRDA levels. This information could be helpful to anyone involved in nutrition education.
- 489-74**
ENERGY NEEDS AND ENERGY UTILIZATION.
 P H Hagsted
 Nutr Rev 32 (2): 33-38. Feb 1974.
 389.E B953
 Adipose tissue, Biochemistry, Caloric intake, Energy, Energy metabolism, Professional education, Protein malnutrition.
 Abstract: This research review considers the relative efficiency of energy metabolism as it occurs biochemically within the body and in the individual. There are "useless cycles" which result in net energy losses in the cell. Such is the case when food is consumed in a meal. The energy that is stored as fat produces less energy when it is later mobilized than that present in the original food. Protein deficiency causes an excess consumption of calories during recovery. These calories are not efficiently utilized by protein-deficient animals or, presumably, by human infants. Most other animals are utilized inefficiently at higher levels of intake, and this may be true also with calories. The article is of interest to nutritionists.
- 490-74**
IMPROVEMENT OF FOOD SELECTION THROUGH PHYSICAL EDUCATION AND ATHLETIC PROGRAMS.
 P V Hein
 J Sch Health 37 (7): 340-345. Sept 1967.
 LN3401.J6 P68
 Athletes, Curriculum planning, Diets for athletes, Food habits, Nutrient intake, Nutrient requirements, Nutrition education, Physical activity, Physical education.
 Abstract: Some misconceptions regarding foods thought to be particularly suitable for athletes are pointed out and some basic principles of nutrition for the athlete are cited. The author makes a plea to nutritionists to teach nutrition through physical education and sports. Some resources are suggested.
- 491-74**
HEINZ NUTRITIONAL DATA. 6th ed.
 Heinz International Research Center
 Pittsburgh, Heinz U.S.A. 150 p. 1972.
 TX553.W4 P68
 Carbohydrates, Infants (To 2 years), Minerals, Nutrition, Proteins, Reference materials, Vitamins.
 Abstract: This is the sixth edition of Heinz Nutritional Data, a continuation of work started in 1934. Contents include chapters on 1) proteins and amino acids, 2) carbohydrates, 3) fats, 4) vitamins, 5) minerals, 6) general nutrition, 7) nutrition and feeding of infants, and 8) definition of table constituents. Also included are lists of the composition of Heinz products, a bibliography and suggestions for further reading.
- 492-74**
PROGRAMS TO COMBAT NUTRITIONAL QUACKERY.
 LeVall H Henderson
 J Am Diet Assoc 64 (4): 372-375. Apr 1974.
 389.G A934
 Advertising, Consumer education, Educational programs, Food misinformation, Food quackery, Nutrient standards, Nutrient values, Nutrition education, Nutrition knowledge.
 Abstract: Combating nutritional quackery is extremely difficult. Control of claims can be done in the public interest by governmental regulation and education. The FDA, through its progress involving enrichment standards and Standards of Identity, is concerned with nutritional factors as they impinge on a threat to health. The Federal Trade Commission is concerned with deceptive advertising. In the realm of education, the Cooperative Extension Service in each state provides the populace with sound nutritional information. The Committee on Nutritional Misinformation of the Food and Nutrition Board plans to issue authoritative statements on topics on which misinformation is reaching the public. Other organizations, such as the AMA and American Academy of Pediatrics, also conduct information programs to disabuse the public of false beliefs.
- 493-74**
PROGRAMS TO COMBAT NUTRITIONAL QUACKERY.
 LeVall H Henderson
 Nutr Rev 32 (suppl. 1): 67-70. July 1974.
 389.E B953
 Education, Food beliefs, Food facts, Food misinformation, Food quackery.
 Abstract: This article discusses available avenues for combating nutrition misinformation and quackery. The regulation approach is considered and the author concludes that it cannot be completely effective because of the FDA's limited resources and consequent concentration on health issues, and also the extensive quantity of advertising material that is to be considered by the FTC. Education efforts are then considered. The author suggests that past poor results from this approach are the result of poor education and communication techniques. Outlets for disseminating such information such as the state extension services and professional efforts such as those of the Food and Nutrition Board of the National Academy of Science are discussed. Nutrition educators should find this report

BIBLIOGRAPHY

494-74

informative in understanding fading popularity and reasons involved in determining effective methods of combating such beliefs.

494-74

DIEITITICS AND HUMAN ECOLOGY.

S F Henderson

Hospitalx 44 (14): 78-80. July 1970.

NA960.86 F5H

Diet counseling, Diet planning, Effective teaching, Hospitals, Human relations, Nutrition education, Patient care, Therapeutic nutrition.

Extract: Diet counseling of hospital patients and their families should begin as soon as the patients are able to participate. In one hospital, diabetic patients take part in group discussions and benefit from sharing questions and problems. In planning diets, patients are treated as individuals with special psychological, social, and economic needs.

495-74

FOOD GUIDES IN THE UNITED STATES: AN HISTORICAL REVIEW.

Ann A Hertzler, Helen L Anderson

J Am Diet Assoc 64 (1): 19-24. Jan 1974.

389.8 AH34

Dietary standards, Food guides, History.

Abstract: National food guides for the U.S. have been developed in order to translate dietary standards into simple and reliable nutrition education tools for the layman. In this paper, the evolution of these national food guides is reviewed from the five food groups developed by Caroline Hunt in 1916, to the four food groups (Basic 4) introduced by Page and Phlipard in "Essentials of an Adequate Diet" in 1956. This review should broaden understanding of the food guides and their nutritional objectives.

496-74

INTESTINAL BYPASS FOR OBESITY.

Abby Hitchcock Heydama

Am J Nurs 74 (6): 1102-1104. June 1974.

444.8 AH323

Intestinal absorption, Obesity, Surgery, Weight control, Weight loss, Weight reduction.

Abstract: This article discusses the use of the jejunio-ileal bypass, or intestinal shunt, to reduce food absorption and body weight. Patient qualifications, procedures used, pre- and post-operative care, and desired attitude of people working with this patient are discussed. Those in nutrition wanting to keep current on various treatments for obesity may find the discussion of this procedure helpful.

497-74

HIGHLIGHTS FROM THE TEN-STATE NUTRITION SURVEY.

Nutr Today 7 (4): 4-11. July/Aug 1972.

RA744.W6

Ethnic groups, Food habits, Food preferences, Nutritional status, Nutritional surveys, Surveys.

Abstract: This article, highlighting the ten-state nutrition survey, offers information on survey background, major findings, and acknowledges the contributions of some of those involved. The findings showed that a significant portion of the population surveyed was malnourished or at high risk. Specific nutrient deficiencies are given and analyzed according to ethnic group (Black, White, Spanish American), age, sex, income, and the educational attainment of persons responsible for family nutrition. Other factors such as social, cultural and geographical differences were found to have an effect on nutritional level. Specific height, weight and other body measurements were also used to identify nutritional inadequacies. The relationship of nutrition and dental health and the positive effect of school lunch programs are also mentioned. The information contained in this report should be of interest to all involved in nutrition programs.

498-74

NUTRITION EDUCATION FOR TEENAGERS.

M H Hill

Nutr Conn News 4 p. Nov/Dec 1961.

1.942 A2H955

Adolescents (12-19 years), Diet improvement, Educational programs, Food habits, Motivation, Nutrition education, Program design, Student involvement.

Extract: Several state and county programs providing nutrition education to adolescents are described. In one, the chairman and key members of a nutrition committee are teenagers. High school students conduct their own food habits survey. In another, teenagers are invited to participate in and give opinions to professionals attending nutrition workshops. Another program involved parents as well as children in activities and activities to deal with overweight and obesity. One group of obese teenage girls successfully lost weight by contributing weekly to a fund awarded to the graduating senior who had lost the most weight.

499-74

NUTRITIONAL FITNESS FOR TEENAGERS.

M H Hill

Nutr Conn News 4 p. July/Aug 1963.

1.942 A2H955

Adolescents (12-19 years), Diet improvement, Food habits, Food selection, Motivation, Nutrition education, Physical fitness.

Extract: This article presents a rationale for a program of physical fitness for teenagers. The problems include convin-

ing teenagers that the right kind of food is correct amounts affects performance and health. Teaching needs to begin in the home, in infancy. Food selection should be taught in a positive way. Teaching programs should be both long-term and geared to the immediate problems of any age group. Teenagers need to be involved in activities where they think and make choices among the alternative foods for good health.

500-74

FOCUS ON YOUTH FITNESS.

M H Hill

Nutr Program News 4 p. July/Aug 1964.

1.942 A2H955

Diet improvement, Educational programs, Elementary education, Food habits, Nutrition education, Program evaluation, Secondary education, Student participation, Teacher education.

Extract: Several programs from different parts of the U.S. to improve food habits of youth are described and discussed. In two, the young people participated in evaluating the problem themselves. Nutrition education for teachers is also included. The emphasis is on fitness.

501-74

NUTRITION EDUCATION BASIC TO GOOD EATING HABITS FOR ALL.

M H Hill

Food and Nutr News 37 (4): 1, 4. Jan 1966.

349.8 P7332

Basic nutrition facts, Behavior change, Diet improvement, Diet patterns, Food habits, Food misinformation, Information dissemination, Nutrition education, Research.

Extract: This article describes the four basic nutrition concepts U.S. government nutrition educators would like to see adopted by all teaching nutritionists to help interpret research for all people. Coordinated authentic information should have sufficient impact to overshadow poorer sources. Other professionals can also convey such information.

502-74

NUTRITION EDUCATION FROM THE LABORATORY TO THE DINING TABLE.

M H Hill

Food and Nutr News 34 (1): 1, 4. Oct 1962.

349.8 P7332

Communication skills, Communications, Information dissemination, Nutrition education, Public speaking, School lunch program.

Abstract: Moving nutrition information from the laboratory to the dining table--where it will do the most good in terms of attitudes and eating habits--is becoming increasingly complex for nutrition educators. The author makes some suggestions for effective public speaking to this end using the school lunch as subject material.

503-74

NUTRITION EDUCATION COMPETENCY--1962.

M H Hill

Nutr Conn News 4 p. May/June 1962.

1.942 A2H955

Applied nutrition, Children, Conferences, Educational programs, Educational resources, Food habits, Nutrition education, Program planning, Research needs.

Extract: Because food habits are formed early in life, a nutrition education conference was held to discuss improving nutrition education for children. The program included how children learn and how to facilitate learning through acceptance and involving them. Child growth, nutritional needs, and food selection were explored as were effects of mass media--especially television, home, and community influences on food habits. Among conclusions reached, it was pointed out that research is needed to determine how to use mass media to promote good nutrition, and there should be a systematic approach to coordinating resources and activities.

504-74

NUTRITIONAL ASPECTS OF SELECTED STUDIES ON CARDIOVASCULAR DISEASES--IMPLICATIONS FOR NUTRITION EDUCATION.

M H Hill

Nutr Conn News 4 p. Nov/Dec 1962.

1.942 A2H955

Cardiovascular disorders, Cholesterol, Death rate, Dietary study methods, Fat levels, Nutrient intake, Nutritional status, Obesity, Research.

Extract: Some diet-oriented studies on causes of cardiovascular disease are described. The diets of two different geographic orders, one of which consumed very little animal fat, were compared. Both groups kept food records. In another study, normal volunteers ate foods in which vegetable oils were substituted for animal fats to study the effects on serum cholesterol. In other research, relations between childhood obesity and adult morbidity and mortality are being explored, and diet information is being collected from surviving families of persons dying early with arterial lesions.

505-74

NUTRITION ACTIVITIES PROMOTE DENTAL HEALTH.

M H Hill

Nutr Conn News 4 p. Jan/Feb 1961.

1.942 A2H955

Dental caries, Dental health, Diet improvement, Dietary study methods, Educational programs, Nutrient intake, Nutrition education, Nutrition knowledge, Surveys.

Extract: In Connecticut, a dentist and his dietitian wife write scientific and popular articles on the relation of good

PB63 44

nutrition to dental health. Nutritionists in Indiana have cooperated with dental health associates to give in-service training to teachers on the relation of diet to dental health. A Seventh-Day Adventist dental school surveyed school children's dental health and made a file on diet.

506-74

FOOD AND NUTRITION KNOWLEDGE, ATTITUDES, AND INTERESTS OF NONHUNTERS.

Mary M Hill
[Haitavilla] United States Dept. of Agriculture 8 p. Nov 3, 1972.

TI364.N5 P5H

Applied nutrition, Attitudes, Behavior change, Expenditures, Nutrition progress.

Presented at a Symposium on nutrition and ascidias, Southern Illinois University at Carbondale, November 3, 1972.

Abstract: A research firm interviewed 2,500 housewives to ascertain what these women know about nutrition and what affect, if any, this knowledge has on actual practices. Housewives know some facts than they apply. Nutrition education should be geared to all family eaters, with supportive help to change attitudes and habits.

507-74

VITAMINS AND BIRTH CONTROL.

William Hiana
New York Post n. 38. Oct 3, 1973.

HD268.W5H4 P5H

Adults, Anemia, Family planning, Folic acid, Iron-deficiency anemia.

Abstract: Nutritionists who counsel women using either contraceptive pills or intrauterine devices will wish to know of findings reported by physicians in this newspaper account of a scientist's research. Both methods of birth control can lead to anemia, though of different nature. Oral contraceptives interfere with the body's ability to metabolize folic acid, leading to megaloblastic anemia, and the intrauterine devices cause iron deficiency through increased blood loss during menstruation due to the device. Both anemias can be prevented by consumption of appropriate dietary supplements.

508-74

EATING BEHAVIOR AND DIETARY INTAKE OF GIRLS 12 TO 14 YEARS OLD.

Ma Hinton
J La Diet Assoc 43: 223-227. Sept 1963.

389.8 AH34

Adolescents (12-14 years), Diet improvement, Diet patterns, Families, Food habits, Nutrient intake, Nutrition education, Research, Surveys.

Abstract: A survey of eating practices of school girls showed they resembled those of others studied in past decades. Diet quality scores were higher in winter than in summer. Those who ate more, whether for meals or snacks, were more likely to have an adequate diet. Of factors investigated, those significantly influencing a good diet included saturation, concern about overweight, hygienic adjustment, knowledge of nutrition, and enjoyment of food. Knowledge of factors affecting eating behavior can aid wiser nutrition education.

509-74

CAN WE MODIFY THE NUMBER OF ADIPOSE CELLS?

Jules Hirsch
Postgrad Med J 51 (5): 83-86. May 1972.

W31.P6

Adipose tissue, Adolescents (12-14 years), Adults, Nutrition, Obesity, Research, Weight control.

Abstract: It is felt that obesity is a function of both the number and fat content of adipocytes. If periods of adipocyte multiplication can be pinpointed, prevention or early treatment of obesity may be possible. It may be necessary to redefine critical nutrition for infants and adolescents. In answer to the question posed by the title of the paper, "one might say yes, we can modify the number of adipose cells in rats, and in man we should begin making efforts to do so."

510-74

ALASKAN ARCTIC ESKIMO: RESPONSES TO A CUSTOMARY HIGH FAT DIET.

K J Ho
Amer J Clin Nutr 25 (8): 737-745. Aug 1972.

389.8 J824

Alaska, Cholesterol, Diet patterns, Dietary surveys, Eskimos, Ethnic groups, Food habits, Metabolism, Physiology.

Abstract: The foods and eating habits of Alaskan Eskimos were studied in relationship to their lipid and cholesterol metabolism. A characteristic response to the alternating hypo- and hypercholesterolemia has evolved so that, although atherosclerosis exists, it is less severe than in Caucasian Americans.

511-74

EMMA AND JAN FOR FRANCES.

Bessie Hoban
New York, Scholastic Book Services 31 p. illus. [1973].

TI769.N6 1973 P5H

Children's stories, Diet patterns, Food intake, Food preferences, Food selection, Instructional materials, Parental influence, Preschool children (2-5 years), School children (6-11 years).

Abstract: This is the story of Frances, a fatty bear-like animal character, who loves bread and jam so much that she will eat nothing else. Her mother prepares all sorts of delicious meals. But Frances won't touch them, so mother stops preparing other kinds of food for Frances. Frances gets bread and jam for breakfast. She finds bread and jam in her lunch box at school. She gets a bread-and jam snack when she gets home, and gets bread and jam for dinner. Meanwhile, her family and friends are eating a lot of different, delicious foods. Finally Frances breaks down. She's tired of bread and jam and asks to be served the spaghetti her family is having for dinner. From then on, Frances starts eating a wide variety of foods and finds she really enjoys them.

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512-74

EMMA'S FOR LUNCH, CHARLEY.

Margaret Hodges
New York, Scholastic Book Services 80 p. illus. [1972].

TI735.N6 1972 P5H

Baggar, Children's stories, Commercial food service, Hotels, Instructional materials, Lunch, School children (6-11 years). Abstract: Charley is a boy who has trouble getting to school on time. In his rush, he often forgets to take his lunch.

Every day on the way to school Charley passes the King Charles Hotel, a very grand-looking place where his father sometimes goes for lunch. One morning, upon arrival at school, Charley meets Rosabella Ruggles, a new girl who brings big, elegant lunches to eat. The next day, Charley forgets his lunch. His school has no cafeteria, so Charley goes without food as he watches Rosabella selfishly consume all of her huge lunch. Suddenly, Charley decides to do something different--eat lunch at the King Charles Hotel. There he is served a gigantic meal that he can neither finish nor pay for. Charley's father, arriving at the hotel for lunch, rescues his son from financial embarrassment. As Charley leaves, he thanks the restaurant hostess, who turns out to be Rosabella's mother. Rosabella's big lunches, Charley realizes, are made of leftovers from the restaurant kitchen.

513-74

FOOD: READINGS FROM SCIENTIFIC AMERICAN.

Johan P Hoff, Jules Janick
San Francisco, W.H. Freeman 268 p., illus. 1973.

TI353.N6 P5H

Adolescents (12-14 years), Basic nutrition facts, Ecology, Energy, Food production, Food supply, Malnutrition.

Abstract: This book reprints articles about food production, food technology and nutrition which have appeared in the Scientific American over some 20 years. The book has been written to interest students in the subject, and such of the material, such as ecological cycles, energy for exercise, and beer and wine production, would seldom be found in conventional texts, the section on nutrition is not extensive, and some of the material is not up-to-date.

514-74

EAT YOUR WAY TO HEALTH.

Iola Balla McIlbrook
Santa Monica, Devoras 93 p. 1972.

RA784.N5 P5H

Food beliefs, Frying, Deep fat, Menu planning, Nutrients, Recipes, Vegetable oils, Vegetables.

Abstract: The author has designed her book on eating for health particularly for the city dweller who must chiefly depend on supermarkets for their supply of food. It covers such subjects as the "proper" balance of food, vegetables, oils, coconut, adrenalin, poisoning, alcoholism, water and frying. There are menus and recipes included.

515-74

HUNGER IN AMERICA.

Ernest F Hollings
Submarketing 26 (6): 41-60. June 1971.

286.28 F733

Consolidation, Dietary surveys, Food industry, Food stamp programs, Learning, Malnutrition, Nutrients, Nutrition.

Abstract: This article by Senator Hollings (D-S.C.). Author of the best seller "The case against hunger," is provocative, penetrating and should cause everyone to sit back and wonder in what he says can be true in the U.S. And why has it happened. The author points out the number of poor Americans going hungry in America today supported by figures from the Office of Economic Opportunity, the National Nutrition Survey and other medical research. He goes on to stress that we must face the issue now and use all our vast resources to correct the problem of poor nutrition.

516-74

NUTRITIONAL PROBLEMS IN A CHANGING WORLD.

Dorothy Hollingsworth, Margaret Russell
New York, John Wiley and Sons 309 p. 1973.

TI345.N8 P5H

Food industry, Infant feeding, Nutrients, Nutrition knowledge, Nutritional surveys, Obesity.

Proceedings of the British Nutrition Foundation Research Conference held at Churchill College, Cambridge, England, March 29-April 4, 1973.

Abstract: This book publishes papers presented at the British Nutrition Foundation Invitational Conference in March-April, 1973. The four plenary lectures include papers on obesity, fiber as a dietary requirement, and Britain's entry into the Common Market and the effect on her food supply. Other chapters cover nutritional surveillance in four countries, infant feeding, the British National Child Development Survey, food for adults, implications of modern nutrition thought for the

517-74

food industry, conclusions and recommendations. This monograph will be of interest to all those with serious concerns in nutrition and those establishing guidelines for nutrition action in affluent societies.

517-74

CARBOHYDRATE INGESTION DURING PROLONGED RUNNING PERFORMANCE.
M F Fosston, F A Field, N J Greer
Nutr Rep Int 9 (5): 377-381. May 1974.
RC620.A1N8

Blood analysis, Carbohydrates, Chocolate and cocoa, Exercise, Fluid intake, Males, Nutrient values, Oxygen.
Abstract: Four male subjects representing various training backgrounds ran 24 miles each in a 24 hour relay. Food intake during this period was restricted to sweet chocolate, taken after each mile, and liquids were permitted ad libitum. Mean venous glucose and lactate levels taken after selected miles declined by 36% and 37% respectively over the 24 hour period. However, 3 of the subjects were able to tolerate a preassigned pace that represented 100-106 percent of their maximal oxygen uptake.

518-74

NUTRITIONAL DEFICIENCIES IN MEDICAL NURSING, OXFORD, 1972: BASED ON A SYMPOSIUM HELD DURING OCTOBER, 1971, BY THE FOOD EDUCATION SOCIETY.

Alan W Howard, I McLean Baird
London, Hovnan Books 109 p. 1973.
RA784.N6 P8

Anemia, Elderly (65 + years), Malabsorption syndromes, Nutritional deficiencies, Nutritional status, Water-soluble vitamins.

Abstract: This is an account of a symposium held in October, 1971, to ascertain the state of nutrition and incidence of nutritional disorders in the United Kingdom. Papers are included which deal with iron deficiency anemia, vitamin B12 and folic acid, calcium and vitamin E, vitamin C, trace element nutrition, malabsorption, nutritional deficiencies in the elderly, and the role of dietary assessment as an indication of nutritional status. As in the U.S.A., iron deficiency anemia is a frequent problem, folate deficiency is a common and preventable problem in pregnancy, and the elderly are a group particularly vulnerable to malnutrition.

519-74

NUTRITIONAL FACTORS RELATED TO DENTAL CARIES EXPERIENCE OF LOW INCOME PRESCHOOL CHILDREN.

Elizabeth Helge Howard
University Park The Pennsylvania State University 54 p.
June 1970.

RR61.N62 P8

Breast feeding, Dental health, Low income groups, Preschool children (2-5 years), Snacks.

Abstract: Fifty-seven children from four and a half to eight and a half years of age were studied to ascertain if differences in their diet had an effect on the number of dental caries they experienced. The paper includes a review of the literature pertaining to the causes of dental caries.

520-74

NUTRITION AND CARE OF YOUNG CHILDREN IN PERU. III. YURINAGUAS, A JUNGLE TOWN.

H L Huesemann
J Am Diet Assoc 30 (11): 1101-1105. Nov 1954.
3M9.F AN34

Child care, Child nutrition, Child rearing practices, Diet patterns, Food beliefs, Food habits, Infant feeding, Paras, Rural areas.

Abstract: This nutrition survey reports on the feeding of infants and young children. Beliefs about food considered "good" or "bad" for children and foods to be given during sickness are included in this report.

521-74

ENVIRONMENTAL FACTORS ASSOCIATED WITH PRESCHOOL OBESITY: II. OBESITY AND FOOD PRACTICES OF CHILDREN AT SUCCESSIVE AGE LEVELS.

Ruth L Huesemann
J Am Diet Assoc 64 (5): 488-491. May 1974.
3M9.N AN34

Anthropometry, Diet information, Environmental factors, Growth, Infants (To 2 years), Obesity, Physical development, Preschool children (2-5 years), Weight gain.

Abstract: As the babies in the preceding report grew older, growth patterns were plotted on the Metzel Grid. Between six months and three years of age, many shifted from one channel to another, and the majority of "fat" six-month-olds had moved to lesser classifications. The trend toward leanness was obvious. Nutrient intake of these children up to three years was satisfactory, except for calcium and iron, according to the Recommended Dietary Allowances. Protein and riboflavin consistently exceeded the allowances. Seventy-four per cent of the babies were breast fed initially, a much larger proportion than reported in other surveys. Higher socioeconomic status appeared to encourage the practice, while the introduction of solid foods varied inversely with this criterion.

522-74

ENVIRONMENTAL FACTORS ASSOCIATED WITH PRESCHOOL OBESITY: I. OBESITY IN SIX-MONTH-OLD CHILDREN.

Ruth L Huesemann

J Am Diet Assoc 64 (5): 48-49, 482-487. May 1974.

3M9.N AN34

Anthropometry, Diet information, Environmental factors, Family environment, Infants (To 2 years), Nutritional surveys, Obesity, Physical development, Weight gain.

Abstract: A study of environmental factors in the development of infant obesity involved physical assessments of 448 six-month-old infants in Berkeley, California; three-day food records; one-day activity records; and personal interviews with the mothers to determine socioeconomic status, health histories, opinions and beliefs, and other data. Factors associated with obesity, compared with leanness, were: more rapid weight gain; lower birth weight; primary birth order; higher caloric intake; obesity of the mother; with less nutritional knowledge and a less conventional life style.

523-74

A REVIEW OF TEENAGE NUTRITION IN THE UNITED STATES.

Ruth L Huesemann

In Proceedings of the National Nutrition Education Conference, Washington, D.C., Nov. 2-4, 1971 p. 37-43. Apr 1973.

TR344.U529 P8

Adolescents (12-19 years), Exercise, Nutrition, Obesity, Snacks.

Abstract: This paper delves into the nutritional needs of adolescents in relation to growth. An assessment of the various ways we have of ascertaining just what the nutritional status of the teenager is discussed. There are four major kinds of assessment: anthropometric, biological determination, clinical assessment, and dietary intake. This paper will be of value to anyone working with adolescents, whether teaching them or in a health capacity. Since one of the problems Ms. Huesemann discusses is the lack of moderate and heavy exercise that the teenager follows, the gym teacher in secondary schools will find this paper of value.

524-74

FOOD HABITS OF OBESE AND NONOBESE ADOLESCENTS.

Ruth L Huesemann

Postgrad Med J 51 (5): 99-105. May 1972.

M31.P6

Adolescents (12-19 years), Caloric values, Energy metabolism, Exercise, Food habits, Nutrients, Weight control.

Abstract: Eating practices of adolescents, both obese and nonobese, vary highly among groups and individuals. Data representative of the U.S. as a whole are not available. Present data indicate that the obese eat fewer calories than the nonobese and that their nutrient intakes are likely to be lower. The overall physical activity level of adolescents appears to be low.

525-74

HUNGER IN CHICAGO.

Chicago Sun-Times 14 p. Apr 13-21, 1969.

AM14.S8 P8

Aging, Hunger, Learning ability, Malnutrition, Nutrition, Program.

Abstract: A series of newspaper articles show that Chicago shares equally with other cities the abuse of widespread malnutrition. Thousands of children suffer crippling defects because of inadequate diet. Mothers deprive themselves so there will be more for their children. Too little is done due to insensitivity or redtape. Officially hunger does not exist.

526-74

THE NATURAL FOODS PRIMER; HELP FOR THE ENHANCED ENGINEER.

Beatrice Tren Hester

New York, Simon and Schuster 156 p. 1972.

TR355.N8 P8

Food additives, Food beliefs, Food preparation, Food storage, Health foods, Natural foods, Organic foods, Preservatives.

Abstract: The author recommends the use of natural foods and discusses them in detail, including what they are, where they are found, ideas on storage, explanations of costs and how to order natural foods in restaurants. She details several practical steps of food preparation including how to shop, necessary equipment, measures for edible portions, logical steps in preparation and the adjusting of recipes for the inclusion of natural foods. The author also has some general nutrition recommendations including modifying the Four Food Group plan by placing priority emphasis on seeds, fruits and vegetables and secondary emphasis on milk, breads and cereals. She recommends the use of nutrient supplements because of food preparation losses, poor food habits, as an aid against the effects of pollution and as a help in meeting stressful situations.

527-74

I'M MINI-SNACK (POSTER).

[Berkeley] University of California 1 poster, 65 x 50 cm, col. [1973].

TR355.I22 P8

Basic nutrition facts, Diet improvement, Energy, Food intake, Nutrient intake, Nutrients, Snacks.

Abstract: Snacks should provide needed nutrients just as regular meals do. Shown on this poster is a kind of Wonder Food character named Mini-Snack who says: "I'm Mini-Snack./ What do you lack? Protein, calcium, A, or C? Why not take some advice from me.../ Choose snacks for nutrients and energy."

- 528-74**
I'M MR. ENERGY, IN FOOD FROM A TO Z (POSTER).
 [Berkeley] University of California 1 poster, 65 x 50 cm, col. [1973].
 TX355.123 P58 AV
 Basic nutrition facts, Energy, Food intake, Growth, Nutrient sources, Nutrients, Physical development, Physical health.
 Abstract: The body gets energy from foods of all kinds. This poster depicts a character called Mr. Energy, a vivacious man of lightening bolts. The message he gives is: "I'm Mr. Energy, I eat food from A to Z. Now you know I take you grow!"
- 529-74**
I'M PAUL PROTEIN (POSTER).
 [Berkeley] University of California 1 poster, 65 x 50 cm, col. [1973].
 TX553.P712 P58 AV
 Basic nutrition facts, Amino acids, Nutrient intake, Nutrients, Physical health, Proteins.
 Abstract: A little character named Paul Protein is depicted here as a man with cement and gravel, building and repairing muscles. The message he gives is: "I'm Paul Protein...your friend. Your calls I build and mend. All your muscles are made of me. That's why you need protein. You see."
- 530-74**
I'M SALLY C AND HERE'S WHAT I DO.
 [Berkeley] University of California 1 poster, 65 x 50 cm, col. [1973].
 OHS82.5.12 P58 AV
 Ascorbic acid, Basic nutrition facts, Nutrient intake, Nutrients, Physical health, Vitamins.
 Abstract: Vitamin C acts as a kind of adhesive within the body, keeping the cells closely knit and aiding in the healing process. The message on this poster reads: "I'm Sally C and here's what I do.../ I heal hurts and act like glue/ Holding your body cells together.../ To make you!"
- 531-74**
INFANT FEEDING DURING THE FIRST YEAR (FILMSTRIP). (SPA)
 Guatemala, C.A., Carlos Castresino 1 filmstrip, 28 fr., si, 35mm, col. 1971.
 BJ101.A8 P58 AV
 Breast feeding, Child care, Child nutrition, Food preparation, Home, Hygiene, Infant feeding, Infants (To 2 Years), Maternal and child health, Nutrition education.
 Title of Original: La alimentación del niño en el primer año (Filmstrip). With accompanying teacher's guide in Spanish written by Victoria A. Connelly. Entire set produced under the auspices of the Alliance for Progress.
 Abstract: Infants during the first year of life have special dietary needs that parents should know about. Mother's milk is the best food for newborn babies, but the breast and nipple must be kept hygienically clean. The infant's first "adult" foods must be strained and combined with milk whenever possible. Later, the baby can begin to eat progressively more solid food. All food given to a baby must be absolutely clean. These and other suggestions are presented in this filmstrip for Guatemalan homemakers who have had little education.
- 532-74**
LEARNING ABOUT FOOD (FILMSTRIP/RECORD).
 Vivian Shie Inc, Judith Olscn
 Chicago, Encyclopaedia Britannica Educational Corp. 1 filmstrip, 32 fr., sd, 35 mm, col., 1 record; 32 1/3rpm, . 1968.
 TX355.L42 P58 AV (Learning about health, unnumbered series of ten)
 Basic Food, Bread, Energy, Proteins, Vitamins, Water.
 Abstract: This filmstrip is an introduction for the younger child to the basic food groups. The child is told what foods are in each group and why we must eat each different type of food. A young boy is shown eating potato chips for his complete lunch, and helped to see that he will never grow into a healthy boy unless he eats a more balanced meal.
- 533-74**
LEARNING ABOUT FOOD (FILMSTRIP/CASSETTE TAPE).
 Vivian Shie Inc, Judith Olscn
 Chicago, Encyclopaedia Britannica Educational Corp. 1 filmstrip, 32 fr., 35mm, ccl., 1 cassette tape. 1968.
 TX364.L42 P58 AV (Learning about health, unnumbered series of 10)
 Basic Food, Bread, Energy, Proteins, Vitamins, Water.
 Abstract: This filmstrip is an introduction for the younger child to the basic food groups. The child is told what foods are in each group and why we must eat each different type of food. A young boy is shown eating potato chips for his complete lunch, and helped to see that he will never grow into a healthy boy unless he eats a more balanced meal.
- 534-74**
PUT NUNCH IN THEIR MENU: GUIDE TO BUILDING BETTER EATING HABITS IN YOUNG CHILDREN.
 Inter Harvest
 Salinas, Inter Harvest 28 p., illus. [n.d.].
 TX361.C5P8 P58
 Behavior change, Child nutrition, Food preparation, Home, Lettuce, Parent education, Vegetables.
 Abstract: The booklet is addressed to mothers and gives ideas on how to introduce more fresh vegetables into their children's diets. Ideas for children from high chair age to teen years are included. Food preparation and presentation tips and
- "games" (e.g., having the youngster search for tidbits in a bowl of sautéed with a lettuce-leaf spoon) are the main suggestions. The booklet is illustrated with line drawings and color illustrations.
- 535-74**
PUT NUNCH IN THEIR MENU (FILMSTRIP/CASSETTE TAPE).
 Inter Harvest
 Salinas, Inter Harvest 1 filmstrip, 75 fr., sd, 35mm, col., cassette tape, audible. [n.d.].
 TX364.P8 P58 AV
 Child nutrition, Food habits, Lettuce, Malnutrition, Parent education, Vegetables.
 Booklet of same title can be used with the filmstrip.
 Abstract: The filmstrip builds a case for increasing fresh vegetable consumption, reasons such as poor eating habits, hurried shopping, and over-reliance on processed foods are given. Then the development of a nutrition booklet (Put nunch in their menu) is described, and some of the ideas described in the booklet are illustrated in the filmstrip.
- 536-74**
THE REMARKABLE STORY OF MONOSODIUM GLUTAMATE.
 International Glutamate Technical Committee
 Washington, DC, International Glutamate Technical Committee 6 p. 1973.
 TP453.H615 P58
 Malt, Amino acids, Flavorings, Food composition, Food safety, Monosodium glutamate.
 Abstract: Monosodium glutamate, the sodium salt of glutamic acid used as a flavor enhancer, is also present naturally in foods. This brief pamphlet for the lay reader describes its discovery in Asia, and discusses its safety and the amounts that may be added in cooking. Tables indicate the glutamate content of a number of foods. The body itself produces this amino acid.
- 537-74**
BASIC NUTRITION. INSTRUCTOR'S GUIDE.
 Branstine Jackson
 Florida, Dept. of Education
 Tallahassee, Florida State Department of Education 130 p. 1969.
 TX364.J3 P58
 Food habits, Food preparation, Food processing, Food storage, Nutrients, Nutrition, School food service.
 Abstract: This booklet is an instructor's guide for a course on basic nutrition to use for in-service training for for school food service personnel. It is divided into nine chapters and an introduction. Included are: 1) nutrition and health, 2) essentials of an adequate diet, 3) the use of food by the body, 4) the functions of food, 5) nutritive needs of different age groups, 6) how to determine nutritional adequacy of meals, 7) food habits and factors influencing food preferences, 8) food fads and fallacies and 9) the influence of storage, processing and preparation on nutrient content of food.
- 538-74**
THE CHILD WITH DIABETES (SLIDES).
 Robert I Jackson, Peter Y Stone
 Washington, Nutrition Today 11 slides, 2"x2", col., 12 copies of syllabus. 1971.
 BJ399.E5CA P58 AV (Nutrition Today teaching aid. No. 10)
 Child nutrition, Diabetes mellitus, Disorders, Instructional aids, Nutrition, Professional education.
 Based on the article "The child with diabetes", Nutrition Today 6 (2): 2-9.
 Abstract: The teaching aid includes 11 color slides and syllabus. The slides have excellent details for explaining their particular purpose. There is a slide to cover areas of physical changes due to diabetes or the normal state. The syllabus covers the treatment of juvenile diabetes and why control is so important. No detailed discussion of dietary treatment is given.
- 539-74**
NUTRITION NOTES: TOOTH DECAY CAN BE PREVENTED.
 Irving W Jacobson
 Amer Baby 36 (9): 16. Sept 1974.
 BQ750.A2A4 P58
 Children, Dental caries, Dental health, Infant feeding, Mouth disorders, Teeth.
 Abstract: This brief article, written by a pediatric dentist, offers parents of young children basic information on factors causing tooth decay and its prevention. These factors discussed include a susceptible tooth, specific type of carbohydrate ingestion, particularly sucrose, and decay causing bacteria. Parents should realize the importance of these factors and should encourage their children to avoid the frequent eating of foods that are sweet, particularly sweet and sticky. The practice of letting babies sleep with a bottle of milk or juice is also strongly discouraged.
- 540-74**
NUTRITION IN ACTION FOR YOUNG TRANSIENTS IN HAWAII.
 D E Jase
 Am J Public Health 62 (9): 1202-1206. Sept 1972.
 A49.9 AB3J
 Addicts, Effective teaching, Hawaii, Low income groups, Nutrient requirements, Nutrition education, Nutritional status, Nutritional surveys, Teaching techniques.
 Abstract: A dietary survey was conducted among young transients

BIBLIOGRAPHY

541-74

using the Waikiki Drug Clinic. Findings suggest that the patients' nutritional status was not optimal. The informal "rap" sessions in nutrition education are recommended. In this way, counselors familiar with the life style and philosophies of the individual patients and knowledgeable in nutrition are available to talk to them.

541-74

THE CHEST-HEAD CIRCUMFERENCE RATIO AS AN INDICATOR OF THE NUTRITIONAL STATUS OF YOUNG CHILDREN.
A A J Jansen
J Trop Pediatrics Environ Child Health 19 (2A): 162-164. June 1973.
RJ1.A136 P&N
Anthropometry, Infants (To 2 years), New Guinea, Professional education, Protein-calorie malnutrition. Special issue on practical anthropology.
Abstract: Papuan children under two years of age from the island of New Guinea (now a part of Indonesia), who were hospitalized for treatment of protein-calorie malnutrition were found to have an inverse ratio of the measurements of head and chest circumference, in comparison with those of healthy children. Upon rehabilitation, this inverse ratio disappears. Nutritionists and other health professionals will find the article of interest.

542-74

NATURAL NUTRITION IN THE 1970'S: PART 1.
Virginia C Jauch
Food and Nutr News 46 (2): 1,4. Dec/Jan 1974/1975.
389.6 F7332
Dietary factors, Dietary supplements, Energy, Fetal growth, Nutrients, Nutrition education, Nutritional status, Pregnancy and nutrition.
Extract: Health personnel providing prenatal care are being challenged to a re-education in dietary principles which will assure the best possible outcome of pregnancy. Particular emphasis is given here to these dietary principles which have immediate implications for health services and nutrition practices.

543-74

NUTRITION PROGRAMMES FOR PRESCHOOL CHILDREN, ZAGREB, YUGOSLAVIA, AUGUST 23-26, 1971.
Derrick B Jelliffe, F F Patrice Jelliffe
Zagreb, Institute of Public Health of Croatia 347 p. 1973.
TX361.C588 P&N
Child care, Child development, Child nutrition, Child nutrition programs, Children, Nutrition education, Nutrition programs, Preschool children (2-5 years).
Abstract: This publication is a collection of papers presented at a conference in Yugoslavia in 1971. The papers cover such areas as previous developments in preschool nutritional care, maternal and child health components, nutrition rehabilitation units, supplementary feeding programs for preschool children, day care centers. Applied nutrition programs, some new approaches, and the evaluation of nutrition programs. Those involved in program planning and direct nutritional care of children should find these papers of interest.

544-74

WHY ARE SOME BABIES FAT?
F F Jelliffe
Catanus VII (2): 56-65. Apr 1974.
RA704.A1C3
Child development, Child nutrition, Infant diets, Infant feeding, Infants (To 2 years).
Abstract: This report examines various reasons for fatness in babies and children. Such fatness may be promoted and affected by cultural attitudes, maternal attitudes, and the psychological needs of the child and parents. An understanding of nutritional needs of the child and the role food plays in various aspects of development is promoted for greater nutritional health in children. This information will be of interest to those involved in the nutritional care of children.

545-74

DECIDUOUS DENTAL ERUPTION, NUTRITION AND AGE ASSESSMENT.
F F Patrice Jelliffe, Derrick B Jelliffe
J Trop Pediatrics Environ Child Health 19 (2A): 193-248. June 1973.
RJ1.A136 P&N
Age groups, Child development, Developing nations, Professional education, Protein-calorie malnutrition, Tooth development.
Sixteen papers on tooth development versus age in relation to nutritional status, is a special issue of practical anthropology.
Abstract: Clinical nutritionists and other health professionals who survey the nutritional status of preliterate peoples in the developing world customarily use the appearance of the deciduous teeth as one means of estimating the age of young children for whom birth dates are not accurately known. This monograph reviews studies from many parts of the developing world which suggest that severe protein-calorie malnutrition leads to delay in the eruption of the baby teeth, though less severe conditions apparently do not. The effect of the protein-calorie malnutrition on tooth appearance is much less than it is on weight and height growth, but still needs to be considered when used this as a means of estimating age of the young child.

546-74

SOCIAL, EMOTIONAL AND CULTURAL INFLUENCES AS RELATED TO EATING PATTERNS AND MALNUTRITION.
A Jenner
Can Nutr Notes 24 (4): 37-43. Apr 1968.
389.9 C168
Cultural factors, Diet patterns, Food beliefs, Food habits, International programs, Malnutrition, Nutrition education, Psychological aspects, Social factors.
Extract: Malnutrition in many social groups can be laid to cultural practices rather than to lack of food per se. Taboos prevent pregnant women and small children from getting sufficient protein foods in many parts of Africa. Certain foods have such emotional significance that they are eaten in large amounts to the exclusion of other needs. The author describes other psychological problems and social practices pertinent to food choice.

547-74

SOCIAL, EMOTIONAL AND CULTURAL INFLUENCES AS RELATED TO EATING PATTERNS AND MALNUTRITION.
A Jenner
Can Nutr Notes 24 (4): 37-43. Apr 1968.
389.9 C168
Cultural factors, Diet patterns, Food beliefs, Food habits, Food symbolism, Food taboos, Malnutrition, Psychological aspects, Social factors.
Extract: Malnutrition is often due to cultural practices rather than lack of food. In many parts of Africa, taboos prevent pregnant women and small children from getting sufficient protein foods. Some foods have such symbolic significance that they are eaten in large amounts to the exclusion of other foods.

548-74

FOOD: FACT AND FOLKLORE; SELECTED SOURCES.
Alice Jenner
Toronto, McClellan and Stewart 50 p. 1973.
TX353.J4 P&N (Curriculum resource books series)
College students, Cultural factors, Food beliefs, Food habits, Foodways.
Abstract: This book is a reader for high school and college students on nutrition in the broad sense of sociocultural, religious, economic, clinical and educational factors which relate to food and eating. The format is general statements on a particular aspect followed by quotations by other writers, summed up by questions to the student.

549-74

FOODS AND NUTRITION IN A BLACK STUDIES PROGRAM.
Gladys I Jennings
J Am Diet Assoc 65 (6): 661-663. Dec 1974.
389.6 AN34
College curriculum, Community surveys, Food programs, Negroes, Nutrition, Nutrition education, Socioeconomic influences.
Extract: Nutritional needs for growth and development are studied in light of the conditions in the black community. For example, the high incidence of teen-age pregnancy, low birth weight infants, and higher infant mortality, are assessed in relation to appropriate nutritional data.

550-74

DISCHARGE DIRTS VERSUS PATIENT EDUCATION.
A K Jernigan
Hospitals 45 (4): 100-102. Feb 1974.
RA96C.H6 P&N
Basic nutrition facts, Diet counselling, Effective teaching, Hospitals, Instructional aids, Nutrition education, Patient care, Teaching techniques, Therapeutic nutrition.
Extract: Patients need diet education while they are in the hospital if they are to follow altered meal patterns subsequently. The dietitian must begin with a nutritional history, and may need to teach some basic nutrition, such as daily food guides. Books and pamphlets about modified diets should be read by the patient during convalescence. Food models are helpful. Many more sophisticated teaching aids are also available. Some special booklets are listed.

551-74

NUTRITION FOR MOTHERS AND INFANTS--ECONOMIC CONSIDERATIONS.
A K Jernigan
Hospitals 44 (14): 80-81, 100. July 1970.
RA96C.H6 P&N
Child nutrition, Costs, Family health, Food preparation, home, Formula diets, Infant feeding, Maternal and child health, Nutrition education, Pregnancy and nutrition.
Extract: A mother in the hospital with a brand new baby is very receptive to nutrition information and guidance. Prepared formulas for feeding offered by the hospital may be beyond her sense. For those she can make herself, however, she needs proper instruction in aseptic procedures. Whatever is taught should also be given to her in writing.

552-74

DIABETIC PATIENTS REQUIRE EDUCATION AND UNDERSTANDING.
A K Jernigan
Hospitals 44 (21): 77-78. Nov 1970.
RA96C.H6 P&N
Diabetes mellitus, Diet counselling, Diet information, Diet planning, Exercise, Medical factors, Patient care, Psychological aspects.
Extract: Control of blood sugar in the diabetic is easiest

- if the patient has a regular eating pattern. Many would profit from control of fat intake. Exercise is one key to therapy. Some people may need diets for active and inactive days. Acute complications of diabetes and some effective oral drugs are discussed. Nurses and dietitians serving the same patient need to communicate closely.
- 553-74**
DIABETICS NEED TO KNOW MORE ABOUT DIET.
 A K Jarnigen
 Hospital 42 (22): 91-93. Nov 1968.
 PA940.86 P68
 Behavior change, Diabetes mellitus, Diabetic diets, Diet counseling, Diet information, Exercise, Food habits, Food preferences, Patient care.
 Abstract: Diet control is basic therapy for diabetes. But many who need to do so do not practice it. Diets should be designed to fit accustomed eating patterns as much as possible, include well-liked, available foods. Physical activity must be considered in diet plans. Some dietary problems, such as lack of variety, remain to be solved. Camps for diabetic children offer opportunities for education.
- 554-74**
NUTRITION PROFILE: A USEFUL TOOL IN PATIENT CARE.
 Mores V Jerome
 Urban Health 2 (5): 11, 35. Oct 1973.
 R11.A107 F68
 Dietary history, Food habits, Professional education, Psychological aspects, Socioeconomic status.
 Special issue: nutrition.
 Abstract: This article for nutritionists and other health professionals suggests that inclusion of questions on nutritional practices in patient interviews will provide information on the patient's current emotional state, interpersonal relationships and his social situation and environment. The author suggests that physicians particularly use nutrition as a communication aid as well as a means of diagnosis.
- 555-74**
HEALTH OF MIGRANTS.
 R E Jessup
 Calif Health 17 (20): 177-179. Apr 15, 1960.
 RA27.Y6 F68
 California, Health appraisal, Health needs, Health programs, Health services, Medical services, Migrant workers, Program evaluation, State government.
 Abstract: This article outlines some of the economic and health problems of migrant farm workers in California, with a description of a new medical clinic geared to their needs.
- 556-74**
HANDBOOK OF APPLIED NUTRITION. 6th ed.
 Johns Hopkins Hospital, Nutrition Dept.
 Baltimore, Johns Hopkins University Press 167 p., looseleaf. 1973.
 RM216.J6 1973 P68
 Dietitians, Diets for special conditions, Manuals, Merchandise information, Professional education, Reference materials, Test diets.
 Abstract: This diet manual has been prepared for use in a large urban hospital. The diets are detailed for the dietitian, physician, nutritionist, and other concerned health professional so that they can be duplicated for use at home if necessary. The coverage of conditions that require diet alterations is extensive, including such diverse situations as infant feeding and a tyrosine-restricted diet. An appendix includes physiologic data, protein, sodium and potassium in common foods, and product information.
- 557-74**
ANEMIA IN BLACK PRESCHOOL CHILDREN IN MISSISSIPPI.
 Catherine C Johnson, Mary F Futrell
 J Am Diet Assoc 65 (5): 536-541. Nov 1974.
 389.8 AN34
 Blood analysis, Deficiency diseases and disorders, Folic acid, Iron, Iron-deficiency anemia, Mississippi, Negroes, Preschool children (2-5 years), Sickle cell anemia.
 Abstract: Inadequate intakes of iron and folic acid were found among selected black preschool children in one county in Mississippi. Seventy-four per cent consumed less than 8 mg. iron daily, and 99 per cent less than half the recommended allowance for folic acid. The mean hemoglobin value for the subjects was 11.3 gm. per 100 ml.; however, 29.4 per cent had values below 11 gm. per 100 ml., which is considered low.
- 558-74**
WHAT WE EAT: THE ORIGINS AND TRAVELS OF FOODS ROUND THE WORLD.
 Lois S Johnson
 Chicago, Rand McNally 172 p. 1969.
 TX355.J6 F68
 Food habits, Food origins, Food preparation, History.
 Abstract: The book shows how men's eating habits have evolved and how foods have traveled from one country to another. The gastronomic subjects considered are: soups, bread, rice, hashbrowns and hot dogs, fish, birds, potatoes, tomatoes, vegetables, salads, the olive, spices, sweets, fruit, cheese, peanuts, beverages, new foods. Line drawings introduce the chapters. It is indexed.
- 559-74**
A REPORTING SYSTEM FOR NUTRIENT ADEQUACY.
 Nancy E Johnson, Susan Nitzka, Dina L vanDeBerg
 Nuse Econ Res J 2 (4): 210-221. June 1974.
 TX1.M6
 Computer applications, Dietary study methods, Food tables, content, Nutrient intake, Nutrient values, Nutrition education, Nutritional adequacy.
 Abstract: Dietary intakes of specified nutrients can be estimated easily and relatively accurately by using techniques proposed in this paper. Foods that contain these nutrients and that are most frequently consumed by a target population group can be used as the basis for development of a quantified food record form. Placing foods of similar nutrient content into groups, evaluating the variance of the foods within each group in respect to nutrient standards used, and estimating nutritional adequacy of diets by using mean nutrient contributions from each group result in a reasonably accurate assessment of nutrient adequacy of diets of groups of people. A simple computer program was written to process the data and to provide nutrient profiles that could be used to develop and monitor nutrition education programs.
- 560-74**
NUTRITION EDUCATION--WHAT IS THE GOAL?
 O C Johnson
 Nutr Rev 23: 353-356. Dec 1965.
 389.8 M953
 Advertising, Applied nutrition, Basic nutrition facts, Educational objectives, Educational programs, Information dissemination, Medical factors, Nutrition education, Nutrition policy.
 Abstract: Professional as well as lay persons need more and better nutrition education without necessarily teaching everyone the science of nutrition. It should be related to some action and presented in a state useful to the learner. New foods create problems for the housewife. Physicians may need guidance on what nutritional facts are most valuable to patients. Changes in food habits are mainly brought about by advertising. Research results of clinical significance should not be left to the promotions of food faddists. Effective nutrition education programs require support of all involved disciplines.
- 561-74**
NUTRITIONAL STANDARDS.
 Ogden C Johnson
 In Proceedings of the Western Hemisphere Nutrition Congress II
 Miami Beach, Fla., Sept. 2, 1971 p. 138-141. 1972.
 TX345.W4 F68
 Diet patterns, Fortified foods, Snacks.
 Abstract: Because the foods we eat (processed) and the way we now eat our foods (snacks rather than meals) are changing, we must reevaluate our nutritional standards. Dr. Johnson speaks about why we need to fortify our foods and how best to do it so that our population will have an optimum diet. As our diet patterns change, nutritionists must be made aware of the change through various diet surveys. These changes in diet must then be evaluated so that the Minimum Daily Requirement is achieved, making changes if necessary, in the fortification of the foods eaten.
- 562-74**
THE STATE OF NUTRITION TODAY.
 Ogden C Johnson
 FDA Consumer 7 (9): 13-17. Nov 1973.
 TX335.Y6 F68
 Consumer education, Food and Drug Administration, Food groups, Fortified foods and specialized products, Nutritional labeling, Nutritional status, Sugar, Weight control.
 Abstract: The nutritional status of the American population is generally good, says a representative of the Food and Drug Administration in this article for the consumer, although some problems such as obesity, exist, and in some segments there are inadequacies. He discusses changes in foods available and consumed over the years, and the introduction of fortified foods. Other topics considered include nutritional labeling, use of food groupings as guides to good nutrition, the high consumption of sugar and the problem of obesity.
- 563-74**
NUTRITION AND NEURAL DEVELOPMENT.
 Patricia V Johnston
 Food and Nutr News 45 (3): 1, 4. Feb/Mar 1974.
 389.8 P7332
 Behavior, Cultural factors, Deficiency diseases and disorders, Nervous system, Nervous system disorders, Physical development, Protein malnutrition, Psychological aspects, Socioeconomic influences.
 Abstract: It is clear from studies of animals, mainly rats and pigs, that protein-calorie deficiency retards neural development. Animals deprived of adequate protein before birth have fewer brain cells and probably suffer a permanent deficit of neurons, since neuron cell division ceases shortly after birth. Protein deprivation after birth leads both to a decrease in number of neuroglia cells and decrease in cell size. Protein-calorie malnutrition can lead to severe brain damage, but little is known about the interaction of any factors both physiological and psychological. Medical science needs to understand such interactions in order that effective rehabilitation programs may be developed.

564-74

564-74

ENERGY AND PROTEIN REQUIREMENTS.

Joint FAO/WHO Ad Hoc Expert Committee
Geneva, World Health Organization 118 p., illus. 1973.
TR553.P7H5 P6N (World Health Organization technical report
series no. 522 FAO nutrition series report series no. 52)
Amino acids, Body composition, Calorie requirements (FAO),
Energy metabolism, FAO/WHO, Nutrient requirements, Proteins,
Reference standards.
Abstract: This report presents the most recent recommendations
of the FAO/WHO for energy and protein intake. The calorie
values are requirements; no margin for safety is included.
Other topics in this publication are practical applications of
the recommendations, and a review of areas where more research
is needed. The last encompasses energy and protein supplies for
the community, diets in pregnancy and lactation, and interrel-
ations among nutrients, infections and parasites. An appendix
gives weight and height values for persons 0-18 years, calcula-
tions of energy values of foods, conversion of protein to
nitrogen, standard metabolic rates, and energy expenditures
for some common activities. The report should be of interest
to professional nutritionists.

565-74

ENERGY AND PROTEIN REQUIREMENTS.

Joint FAO/WHO Expert Committee
N H O Chron 27 (11): 881-886. Nov 1973.
849.9 H922
Calorie requirements (FAO), Dietary standards, Energy, FAO/
WHO, Nutrient requirements, Proteins.
Abstract: This report examines the question of energy and
protein requirements in light of recent data. Energy require-
ments of adults, infants, children, adolescents, and pregnant
and lactating women are discussed including the properties of
energy supplied by carbohydrate, protein and fat, variables
affecting energy requirements, and methods of estimating en-
ergy requirements. Two main methods, the factorial method and
the balance method, are discussed in determining protein re-
quirements. Allowances are made for individual variables and
protein quality. In lieu of this discussion, recommendations
for food production are made.

566-74

NUTRITION EDUCATION IN MEDICAL PRACTICE.

H J Jones
Nutr Rev 21: 193-195. July 1963.
389.8 H953
Cardiovascular disorders, Cholesterol, Counseling, Diet improv-
ement, Nutrition education, Obesity, Patient care, Physi-
cians, Therapeutic and special diets.
Abstract: This article deals with the doctor as nutrition edu-
cator and some of the problems which confront him. Obesity and
essential hypercholesterolemia as diet problems are discussed
in some detail.

567-74

WHO IS RESPONSIBLE FOR DEVELOPING THE DIETARY HABITS OF YOUTH?

--SYMPOSIUM.
Jones H Ma Joy, John T Broedda, Leanna F Cupp
In Proceedings of the National Nutrition Education Conference,
Washington, D.C., Nov. 2-4, 1971 p. 43-53. Apr 1973.
TR364.U529 P6N
Adolescents (12-19 years), Advertising, Diet patterns, Educa-
tional influences, Family nutrition, Food processing, Food
instructions, Media selection.
Abstract: The question is raised, but not definitively an-
swered, as to who is really responsible for developing the diet-
ary habits of youth. A parent, as the home as a trainer for
food habits, speaks first. The representative of the schools
feels that since the home has not done the job satisfactorily,
it is the job of the school to improve the health of the child
by turning him as to proper nutrition. The adolescent who
eats at the canteen admitted there was a problem, but case
as with so answer. The media representative gave information
on how the Advertising Council hopes to raise the nutritional
level of the consumer. The speaker from industry spoke of the
need to set standards in food and activate the nation's youth
to improve nutritional knowledge.

568-74

DIETARY INTAKES AND NUTRITIONAL STATUS OF ELDERLY PATIENTS.

Catherine L Justice, Jess H Cove, Helen E Clark
J Am Diet Assoc 65 (6): 639-645. Dec 1974.
389.8 H934
Blood analysis, Elderly (65 + years), Food intake determinat-
ion, Hospital home, Nutrient intake, Nutritional status.
Abstract: Nutrient intake and several parameters of nutritional
status were evaluated in patients sixty-three to ninety-three
years of age. Although differences between one and some were
observed, chromosomal age did not exert a significant effect.

569-74

THE EFFECT OF NUTRITION IN TEEN-AGE GRAVIDAS ON PREGNANCY AND

THE STATUS OF THE NEWBORN. 1. A NUTRITIONAL PROFILE.
Herold A Kasinetsky, Alvin Leager, Norma Baker
Am J Obstetrics Gyn 115 (5): 639-644. Mar 1, 1973.
RC1.A5
Adolescents (12-19 years), Dietary surveys, Infants (To 2
years), Malnutrition, Nutrition, Pregnancy, Professional edu-
cation, Vitamin deficiencies.
Abstract: A study was made of 142 teenaged mothers during
their pregnancy and of their infants. Included were biochemi-

cal studies of blood nutrients during each trimester, and a
dietary study. The group showed considerable evidence of mal-
nutrition, at an age when nutritional requirements for their
own growth also need to be considered. Those who had blood
vitamin levels 20 percent below the norm also showed clinical
evidence of vitamin deficiencies. Ten percent of those giving
birth during the study had low birth-weight babies. They, and
others who developed pre-eclampsia, all had low calorie int-
ake, and low pyridoxine levels. The authors believe that these
with low calorie intake use at least some protein to make up
the energy deficit, depriving mother and fetus of protein
necessary for tissue synthesis. Nutritionists and physicians
will wish to be informed of this study.

570-74

THE LOVES OF KERNEL HEARD.

Kansas Wheat Commission
Hutchinson, Kan., Kansas Wheat Commission 16 p. with 24 p.
calorie point diet booklet. 1972.
TX355.R32 P6N
Adults, Calorie-restricted diets, Exercise, Food guides, Obesi-
ty, Weight control, Weight reduction.
Abstract: Here is something a little different in the area
of weight control--the diary of an overweight man Colonel
(Kernel) Heard, represented in the illustrations as a grain
of wheat. It relates his struggles and setbacks in trying to
modify his eating patterns to lose weight. Exercise and his
dietitian-wife's advice were stressed.

571-74

THE MANY DIMENSIONS OF DIET COUNSELING FOR DIABETES.

H Kaufman
Am J Clin Nutr 15 (1): 45-49. July 1964.
389.8 J824
Behavior change, Diabetes mellitus, Diabetic diets, Diet coun-
selling, Food habits, Motivation, Patient care, Psychological
aspects, Research needs.
Abstract: Patients with diabetes need help, guidance, and moti-
vation to maintain their diets. Due to shortages of profes-
sional personnel, new educational techniques need to be explored.
So far, help for the patient has been inadequate.

572-74

THE ROLE OF NUTRITION IN NICE CARE AND HOMEHAKEF PROGRAMS.

H Kaufman
Am J Public Health 52 (7): 55-60. Jan 1962.
449.9 H93J
Diet counselling, Diet planning, Home health aides, Home heal-
th services, Meals on wheels, Nutritionists, Paraprofessional
training, Patient care, Therapeutic and special diets.
Abstract: A high percentage of chronically ill people need diet
therapy and can benefit from nutritional counselling and assi-
stance. Methods for reaching these at home are discussed.
Patients leaving the hospitals to return home can benefit from
diet counselling. Nutritionists also contribute to compre-
hensive home health care and help train home aides and run the
Meals-on-wheels services.

573-74

FAMILIES OF THE FIELDS.

Mildred Kaufman, Eugene Lewis, Albert V Herdy
Jacksonville, Florida Department of Health and Rehabilitative
Services 95 p. 1973.
HD5856.U5K3 P6N
Ethnic groups, Farmers, Florida, Migrant workers, Nutrition
education, Nutrition programs, Surveys.
Abstract: This monograph is a result of a study done in two
south Florida counties on the nutritional status of the fami-
lies of seasonal agricultural workers, and is designed to be of
interest and value to agencies and individuals concerned with
the well being of these people. The report includes an outline
of the project, the survey procedure used and its findings, a
description of a follow-up intervention program developed to
meet the needs uncovered in this survey, and the evaluation of
this intervention program. Various tables and graphs are inclu-
ded to further clarify the findings presented. Modest deces-
table dietary changes in the group as a whole along with
substantial modifications in the eating habits of individual
families were found to result from this program. Specific
recommendations are made for the routine incorporation of
nutrition surveillance in ongoing health services for these
workers as well as for increased efforts in nutrition educa-
tion that are comprehensive and long term. References and case
study forms used in the survey as well as standards for obesity
status and group blood and urine data are given.

574-74

FOOD-SHARING BEHAVIOR WITHIN A GROUP OF DOMESTIC MONKEYS (MACACA
MURINA MURINA).

M Kavanagh
Nature 239 (5372): 406-407. Oct 13, 1972.
472 H21
Animal nutrition, Anthropology, Behavior, Diet patterns, Eval-
uation, Food habits, Social factors.
Abstract: Observations of domestic monkeys suggest that food shar-
ing may be a very old primate characteristic. Active sharing
behavior may have been part of man's way of life long before
the advent of hunting and gathering societies.

- 575-74
EFFECTS HIGH IN GLUCOSE OF SUCROSE? ARE YOUNG WOMEN.
Jane L. Kelsay, Rev. E. Nehell, Jeanne H. Holden
Amer J Clin Nutr 27 (9): 926-936. Sent 1974.
389.8 J824
Analytical methods, blood analysis, Insulin, Research, Sugar.
Abstract: This paper, of interest to nutritionists and related professionals, reports on a study done on eight women who consumed diets containing 42% of the calories from sucrose or glucose for a four week period. Levels of parameters were measured in the blood and axillary saliva and were compared with those after consuming a control diet. Parameters measured were glucose, insulin, pyruvate, and lactate in blood; LDH, ALP, GOT, and GPT activity in blood; amylase activity, pyruvate, and lactate in axillary saliva. A high sucrose diet was more effective than a high glucose diet in eliciting changes in levels of parameters measured.
- 576-74
HEALTH SUSCEPTIBILITY TO CHALCOPROTEIN 1-GLUTAMATE.
R. A. Kenna, C. S. Toddell
Amer J Clin Nutr 25 (2): 140-146. Feb 1972.
389.8 J824
Allergies, Food additives, Monosodium glutamate, Professional education, Toxicity.
Abstract: Symptoms referred to as the "Chinese restaurant syndrome" have been reported by persons who have eaten Chinese dishes. These include numbness of the back of the neck, which gradually radiates to both arms and back, and malaise, and other nervous symptoms. The symptoms can be produced by other but not all glutamate salts. This study investigated reactions of several volunteers to very large doses of the monosodium form, the type most easily incorporated into Chinese cooking. Thirty percent of the test population exhibited the symptoms described above. The investigators concluded that amounts less than 2 gm per day, similar to what is used or present in ordinary foods, would have effects on only a small minority of persons.
- 577-74
SOURCES OF DIETARY IODINE.
Faeey S. Kidd
J Am Diet Assoc 65 (4): 420-422. Oct 1974.
389.8 J834
Breeds, Child nutrition, Children, Iodine, Milk, Salt, United States.
Extract: Concentrations of foods potentially high in iodine were determined by dietary questionnaire among 754 children nine to sixteen years of age. Food samples were also analyzed for iodine, and urinary iodine excretion was estimated. Results indicated a wide range of iodine content in food--from 5 mcg. to 190 mcg. per average serving. Milk and bread made with iodated dough conditioners were identified as major contributors to iodine intake.
- 578-74
THE PSYCHOLOGY OF OBESITY: DYNAMICS AND TREATMENT.
Norman Biell
Springfield, Ill., Charles C. Thomas Publisher 458 p. 1973.
RC624.K5 P88
Bibliographies, Cultural factors, Diet intervention, Drugs, Obesity, Professional education, Psychological aspects, Weight control.
Abstract: This book represents a collection of 30 previously published articles on obesity. They are categorized into 10 sections: dynamics and etiology, body image, psycho-social factors, childhood and adolescent obesity, various therapies, diets, tests and measures. The majority of the articles are current. There is also an extensive bibliography of the literature on the above topics. The book is intended for professional readers in medicine, psychology and nutrition.
- 579-74
NUTRITIONAL INFLUENCES OF MEXICAN-AMERICAN FOODS IN ARIZONA.
B. A. Knight
J Am Diet Assoc 55 (12): 557-561. Dec 1969.
389.8 J834
Asic Americans, Arizona, Cooking, Mexico, Diet patterns, Ethnic foods, Fat levels, Fatty acids, Food selection, Nutrient values.
Abstract: In Arizona, a nutrition research project was initiated to study the extent and patterned frequency of Mexican food selection by "Anglos", and the effect these foods have on the blood lipid levels. The fatty acid content of four typical foods--nonalitos, sole moleno, tonopos, and copeinitles--was analyzed.
- 580-74
THE COUNCIL OF FOODS AND NUTRITION OF THE AMERICAN MEDICAL ASSOCIATION PRESENTS: 8.8. KING (RECORD).
S. S. King, Henry Stone
Chicago, American Medical Assn. 1 record, 7 in., 33 1/3 rpm, sec. 3 in./side. (n.d.).
TX553.I7C6 P88 AV
Adolescents (12-19 years), Ascorbic acid, Audiovisual aids, Breakfast, Iron, Bone media, Records, Public relations, Public service.
Abstract: These audio announcements by E. R. King were made as public service announcements of nutrition by the American Medical Association. Each of the four spots has a 30- and a 60-second version, and each contains a phrase pertinent to the subject and suggestions of foods to eat for the nutrient in question (iron, vitamin C, breakfast, or nutrition in general as a recipe for life.).
- 581-74
GRAPESEED OIL: A RICH SOURCE OF LINOLEIC ACID.
J. E. Hisselle
Food Technol 28 (5): 58-60. May 1974.
389.8 J7398
Fats and oils, Food analysis, Food chemistry, Grapes, Linoleic acid, Nutrient sources, Nutrients, Research, Vegetable oils.
Abstract: This brief summary of research indicates that grape-seed oil can be safely used as an edible oil, and that its composition renders it very desirable for inclusion in diets and feeds designed for lowering serum cholesterol and saturated fatty acids. A diet or seal containing 50 g (approx. 1.75 oz) would provide roughly 33 g of linoleic acid which is approximately the daily intake level recommended by the American Health Foundation.
- 582-74
NUTRITION EDUCATION: A TEAM APPROACH TO THE PUZZLE.
Linda Klein
Food and Nutr News 4 (5): 6-7. Oct 1974.
389.8 J7332
Child nutrition, Educational progress, Food service management, Retention, Nutrition education, Teacher education.
Abstract: The five-state nutrition education project is described. Teachers and food service managers spend a week learning how to teach nutrition to children and how to motivate them to make wise food choices. Some of the techniques employed are discussed.
- 583-74
CONFLICTING PERSPECTIVES ON BREAST FEEDING.
Kathleen Knafel
Am J Nursing 74 (10): 1848-1851. Oct 1974.
488.8 J8323
Breast feeding, Interviews, Lactation, Nursing, Nursing education.
Abstract: This article discusses breast feeding from two viewpoints: the La Leche League mother and the obstetrical nurse. Subjects covered include time of onset of breast feeding, feeding schedules, and rooming-in, viewed in the perspective of their advantages and disadvantages for the mother, infant, and hospital routine. This article will be of interest to nurses' personnel but also gives other health professionals an insight into the needs and feelings of nursing mothers.
- 584-74
YOUR SLIM TRIM FIGURE.
John P. Knight
Thousand Oaks, Calif., Faith for Today 4 p. (n.d.).
RH222.2.K5 P88
Exercise, Obesity, Weight control.
Abstract: A simple booklet that will give an adult information on what his or her ideal weight should be and how to achieve this weight. Suggestions for simple weight-reducing diets are given, and answers to questions often asked by overweight people are included.
- 585-74
FASTING IN ETHIOPIA: AN ANTHROPOLOGICAL AND NUTRITIONAL STUDY.
K. E. Knutson, B. Sellman
Amer J Clin Nutr 23 (7): 956-960. July 1970.
389.8 J824
Anthropology, Ethiopia, Fasting, Food beliefs, Food habits, Food symbolism, Nutritional surveys, Religion, Religious dietary laws.
Abstract: Fasting is a periodically applied taboo based on events occurring in an individual's life cycle and on seasonal ritual events recurring yearly. Fasts are imposed by both the Ethiopian Orthodox Church and Islam. For Orthodox Christians, fasting rules are severe and strictly enforced, except for pregnant and lactating women and those seriously ill. Even the food market is geared to periods of fasting. At those times meat may not be available in the markets.
- 586-74
BREAST-FEEDING HABITS AND CULTURAL CONTEXT. (A STUDY OF THREE ETHIOPIAN COMMUNITIES).
K. E. Knutson, T. Hellbin
J Trop Pediatr Environ Child Health 15: 40-49. June 1969.
RJ1.A1J6 P88
Anthropology, Behavior change, Breast feeding, Child rearing practices, Cultural factors, Ethiopia, Food habits, Infant feeding, Nursing.
Abstract: Breast-feeding practices varied among Ethiopian villages. Of two traditional groups, one breast-fed for more than one year, another weaned early so the mother could bear more children. A third community, having experienced changes from contact with other cultures, also weaned early.
- 587-74
NEW DIMENSIONS FOR DIETETICS IN TODAY'S HEALTH CARE.
B. E. Eicher
J Am Diet Assoc 60 (1): 17-20. Jan 1972.
389.8 J834
Diet counseling, Dietitians, Health occupations, Health progress, Health services, Nutrition education, Patient care, Program evaluation, Program planning.
Abstract: The nutritional care services of the dietitian must be integrated into all levels of health care. Included in

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586-74

these services are the planning, development, and evaluation of nutrition education.

588-74

PARTICIPANT OBSERVATION IN NUTRITION EDUCATION PROGRAM DEVELOPMENT.

Kathryn H. Wallace, Mary A. Nace
 J Nutr Educ 6 (3): 29-32. July/Sept 1974.
 TX341.J6

Cultural factors, Geographic regions, Nutrition education, Program design, Program planning, Value systems.
 Abstract: This article stresses the importance of incorporating variable food habits due to geographical or cultural differences in the development of nutrition education programs. Recommendations are made to accomplish this and include the review of certain professional and general literature and the participating and observing the specific society is its identification of food sources, typical foods, food terminology, methods of preparation, storage, and the meaning of food in a culture. An example of a study employing these techniques in an Appalachian county is outlined. Anyone involved in nutrition education on any level will find the suggestions offered for program development helpful.

589-74

HOW DOES YOUR DIET RATE?

H. Rasmussen
 Nurs Outlook 13 (7): 61-62. July 1965.
 PT1.N8 P88

Diet improvement, Diet patterns, Evaluation methods, Food habits, Food selection, Nutrition education, Teaching techniques.
 Abstract: A superficial evaluation of the preceding day's diet may be used effectively at health fairs, screening programs, and in classrooms to stimulate further individual interest in nutrition of a large number of people. The person writes everything he has eaten or drunk in the last 24 hours. A professional then evaluates the list in relation to a food guide. The technique could also be used to learn the eating habits of a community.

590-74

A GROWING STORY (FILMSTRIP/CASSETTE TAPE).

Kraft Foods
 (Chicago) Kraft Foods 198 fr. color. 35 mm. and cassette tape 1973.
 TX355.G73 P8W AV

Basic nutrition facts, Dietary factors, Food habits, Food intake, Food preferences, Growth, Nutrition education, Physical development, School children (6-11 years).
 With accompanying teacher's guide and "family action" brochure.
 Abstract: The foods you eat and the eating habits you form early in life determine to a large extent your health and lifetime success. It is never too early to start learning about food: find out which foods you need and which are not really very helpful for you. Good food eaten at the proper times stimulates both physical and mental development. Throughout life, you should always keep on learning about nutrition. As your food needs change, so should your eating patterns.

591-74

VOLUNTEERS IN NUTRITION EDUCATION.

D. Krest
 J Nutr Educ 2 (3): 110-111. Winter 1971.
 TX341.J6

Educational programs, Nutrition education, Preschool children (2-5 years), Program evaluation, School children (6-11 years), Teacher aides, Teachers, Teaching methods, Volunteers.
 Abstract: Members of a junior women's club, serving as volunteer tutors and teachers' aides, provided an enriching program on nutrition for fifth graders under the direction of a professionally trained volunteer. It included instruction that led the students to examine their own food habits, and a rat feeding experiment. Modification of the program was later successfully used with nursery school children. The professional volunteer was able to provide the needed nutrition knowledge.

592-74

FOOD AND THE CONSUMER.

Anhed Trauer
 Westport, NY Pub. Co. 256 p. 1973.
 TX353.N7 P8W

Basic nutrition facts, Consumer education, Convenience foods, Food habits, Food industry, Food processing, Food safety, Secondary education.
 Abstract: This book, which appears to have been written for high school students, or non-major in a food science course at the college level, has a stated purpose of sorting out food facts from food fancies. It does so through discussions of man's food and food habits from the earliest times to the present, and, in the last context, goes on to consumer protection, food production and the food industry, convenience foods, and the disposal of food wastes, and to speculate about the food of the future. There is a chapter on basic aspects of nutrition.

593-74

EIGHTY NINE TO THE RESCUE.

Ruth I. Krane
 Sch Foodserv J 28 (5): 47-49. May 1974.
 389.8 SC86

Educational programs, Expanded Food and Nutrition Education Program, Extension programs, North Dakota, Nutrition education, Program design, School children (6-11 years).
 Abstract: An effort to teach nutrition to the state's children is part of North Dakota State University's Expanded Nutrition Program—a special program reaching out to people in 21 sites. The message is simple: eat better to live better. The basic objective is to improve diets. Paraprofessionals, called "program assistants", carry the nutrition message to children throughout the state. These paraprofessionals live in the communities in which they work, so they know the problems well. Standing behind them is a professional staff, whose role it is to prepare materials, teach, train, and encourage program assistants.

594-74

THE CARROT SEED.

Ruth Krane, Crockett Johnson
 New York, Scholastic Book Services 1 v. (unpaged) illus. [1973].

SN351.C3K7 1573 P8W

Carrots, Children's stories, Vegetables.

Abstract: A very simple story about a little boy who plants a carrot seed, cares for it, and to the amazement of his family the seed grows into a giant carrot. The teacher of preschool and primary children will be able to read the story to the class, or have them read the story themselves.

595-74

ERICSSON ON DEVELOPMENTAL NUTRITION: DEVELOPMENTAL BIOCHEMISTRY; A DEVELOPMENTAL PERSPECTIVE OF NUTRITION.

Herman Kretschmer
 Columbus, Ohio, Home Laboratories 15 p. Feb 1973.
 TX361.C5K7 P8W (Children are different, no. 6)

Biochemistry, Enzymes, Growth, Inborn errors of metabolism, Infants (To 2 years), Professional education.
 Abstract: In this pamphlet by a pediatrician for the physician and professional nutritionist, the author describes changes in enzyme activity in infants as they grow, with special reference to inherited conditions. These include phenylketonuria, galactosemia, and dependency on pyridoxine and vitamin B₆, all of which are amenable to nutritional therapy. Also considered are long term effects of malnutrition, both under and over nutrition.

596-74

VITAMIN E SUPPLEMENTS AND THE ABSORPTION OF A MASSIVE DOSE OF VITAMIN A.

Jane A. Runia, Vinodini Meddy, B. Sivakumar
 Amer J Clin Nutr 27 (8): 774-776. Aug 1974.
 389.8 J824

Digestion and absorption, Nutrient retention, Vitamin A, Vitamin E, Vitamins.

Abstract: This study was undertaken to investigate the effect of vitamin E on the absorption of large doses of vitamin A. Seventeen children were divided into four groups. Each child was given 4 to 5 microcuries of radioactive vitamin A along with 200,000 IU of cold vitamin A. The addition of 40 and 100 mg of vitamin E to the massive dose of vitamin A had no effect on the absorption or retention of vitamin A. When 500 mg of vitamin E was given, there was a significant increase in the intestinal absorption of vitamin A and also an increase in the urinary excretion. There was no significant difference in the retention of vitamin A in these children as compared with those who had received vitamin A without vitamin E. The approximate cost of 500 mg of vitamin E is almost as much as that of the massive dose of vitamin A, and in view of the marginal benefits, there is little apparent gain from the addition of vitamin E to the massive dose of vitamin A. This paper should be of interest to nutritionists.

597-74

SORTING OUT THE CONFUSION IN THE NUTRITION REVOLUTION ERA.

Paul A. Lechance
 Food Prod Dev 8 (6): 63-69. July/Aug 1974.
 ND9000.1.764

Balance studies, Convenience foods, Food processing, Health foods, Nutrition education, Nutritional adequacy, Nutritional labeling, Organic foods.

Abstract: The problems discussed include health and nutrition, food processing, nutrition balance, health foods, storage, partitioned food systems, and labeling. A list of components necessary to a food and nutrition policy is given.

598-74

NEONATAL MORTALITY AMONG THE LOW BIRTH WEIGHT INFANTS UNDER SPECIAL PEDIATRIC CARE.

A. O. Lediter
 J Trop Pediatr Neonatol Child Health 20 (2): 57-59. Apr 1974.

EJ1.A1J6 P8W

Infants (To 2 years), Pregnancy, Pregnant women, Prenatal education, Weight.

Abstract: In this review, data on live births, admissions to a special care baby unit, and mortality of infants with a birth weight below 2 kg. is presented. This information is analyzed in terms of birth-weight, gestational age and age at death. The review points out that less than 50% of the mothers received prenatal care. Prevention of premature birth should be the aim plus the employment of good obstetric care and early detection and treatment of respiratory complications and infections to help reduce this high neonatal mortality.

P488 52

- 599-74
INDUSTRY'S COMMITMENT TO NUTRITION EDUCATION.
G Lea
Nutr News 39 (6): 1, 4. Mar 1968.
389.8 B957
Consumer education, Educational objectives, Educational programs, Food industry, Industry role, Nutrition education, Program design.
Extract: Various nutrition-related, non-profit activities of the food industries are discussed and some of the more important trade associations are listed. Industry has contributed to federal nutrition education endeavors as well as those of private, professional organizations. There remains one large problem: how to change actual practices across affectively.
- 600-74
FOOD ACCEPTANCE, A CHALLENGE TO NUTRITION EDUCATION--A REVIEW.
E B Leach
J Nutr Educ 1 (2): 20-22. Fall 1969.
TK341.J6
Cultural factors, Diet patterns, Food habits, Food preferences, Food selection, Nutrition education, Psychological aspects, Research, Social factors.
Extract: This article consists of a review (with references) of research on why people prefer and accept some foods over others. To teach affectively, nutritionists need to know why people eat as they do. To ensure acceptance, children need to have early familiarity with a wide variety of foods. Food dislikes are associated with unknown foods. Vegetables are the single most disliked group. Taste has some influence on acceptance, but the whole question of food acceptance is very complex.
- 601-74
FOOD ACCEPTANCE, A CHALLENGE TO NUTRITION EDUCATION.
E B Leach
J Nutr Educ 1 (1): 20-22. Fall 1969.
TK341.J6
Diet patterns, Educational programs, Food habits, Food preferences, Food selection, Nutrition education, Nutrition knowledge, Program planning, Psychological aspects.
Extract: This article reviews some of the factors--chiefly psychological--that affect food preferences.
- 602-74
FOOD PREFERENCES OF COLLEGE STUDENTS.
E B Leach, V J Adams, J Gcdfray
J Am Diet Assoc 30 (11): 1120-1125. Nov 1954.
389.8 B934
College students, Diet patterns, Dietary surveys, Families, Food habits, Food intake, Food preferences, Food selection, Research.
Extract: A study of food likes and dislikes of female college students showed that those foods disliked were the same as those seldom eaten.
- 603-74
THE MEASUREMENT OF HUMAN NUTRITION.
Mina B Leach, Margaret L Barden
New York, Praeger Press 284 p. 1973.
BA784.L3 P68
Basic nutrition facts, Foods, Nutrition, Nutrition concepts, Nutrition education, Textbooks.
Abstract: This book consists of ten sections covering the basic concepts about human nutrition, indicators of nutritional status, the role and needs of the essential nutrients, and some of the problems facing the consumer of food. Each section includes "Objectives" for student achievement, "Activities" for student learning, and an "Inventory of knowledge" for the students to use to test their comprehension. It lists references and suggested readings for students who desire deeper knowledge and understanding of specific topics.
- 604-74
A STATE HEALTH DEPARTMENT ASSESSES UNDERNUTRITION.
Rose Ann Landman
J Am Diet Assoc 65 (1): 18-23. July 1974.
389.8 B934
Anemia, Child nutrition, Deficiency diseases and disorders, Dietary study methods, Louisiana, Nutrition, Nutritional surveys, Socioeconomic influences.
Extract: Three aspects of an on-going nutrition surveillance program by the Louisiana Health Department are described. In that state, "scurvy undernutrition" has been made a reportable disease and includes: anemia, rickets, scurvy, and failure to thrive. Data are derived from physicians' reports, and failure of death certificates (with follow-up action to learn whether other members of a family may need help due to unavailability of food), and a screening program. The latter now includes all children up to twenty-two years of age from families receiving aid to dependent children. Weight and height measurements are made and hemoglobin or hematocrit determined. For use as an index of nutritional status. Data from the first six months of the screening program are reported. Such information is useful in identifying problems, in program planning, and in evaluation.
- 605-74
NUTRITIONAL CONDITION OF NEW MEXICAN CHILDREN.
E B Leach, P Road
J Am Diet Assoc 34 (11): 1199-1207. Nov 1958.
389.8 B934
Anglo Americans, Blood analysis, Diet patterns, New Mexico, Nutrient intake, Nutritional status, Physical development, School children (6-11 years), Spanish Americans.
Abstract: 365 New Mexican elementary school children of 6 to 15 years of age were tested for nutritional status and physical development. It was found that the Spanish-American children were smaller than Anglos of the same age, and their diets were less adequate. Anglo children had significantly higher serum ascorbic acid values than the Spanish-Americans, hemoglobin values were significantly higher for 8-to-9-year-old Anglo girls than for Spanish-American girls of the same age, and differences in serum protein were not significant in any of the subjects.
- 606-74
NUTRITION OF NEW MEXICAN SPANISH-AMERICAN AND "ANGLO" ADOLESCENTS--BLOOD FINDINGS, HEIGHT AND WEIGHT DATA, AND PHYSICAL CONDITION.
E B Leach
J Am Diet Assoc 34 (2): 145-153. Feb 1958.
389.8 B934
Adolescents (12-19 years), Anglo Americans, Blood analysis, Height-weight ratio, New Mexico, Nutritional status, Physical development, Physical health, Spanish Americans.
Abstract: In this study, it was found that Spanish-American adolescents had lower serum cholesterol values, lower weight, and fewer dental caries than their Anglo counterparts. Anglos, on the other hand, had higher serum carotene, higher hemoglobin and red cell counts, greater weight and height, and considerably greater incidence of tooth decay.
- 607-74
NUTRITION OF NEW MEXICAN SPANISH-AMERICAN AND "ANGLO" ADOLESCENTS--FOOD HABITS AND NUTRIENT INTAKES.
E B Leach, P Road
J Am Diet Assoc 34 (2): 138-144. Feb 1958.
389.8 B934
Adolescents (12-19 years), Anglo Americans, Diet patterns, Food habits, Food selection, New Mexico, Nutrient intake, Nutritional status, Spanish Americans.
Abstract: Food patterns, home food preparation, and food preferences affecting the diets of a group of 170 Anglo and Spanish-American adolescents were studied. According to the data and present assumptions of what constitutes an adequate diet, the Anglo teenagers had better diets than did the Spanish Americans. The diets of the Spanish Americans were relatively limited in variety and amount of food, and consumption of such "protective" foods as milk, ascorbic acid foods, and animal protein was low. On the credit side, however, consumption of sweets (especially candy and soft drinks) was also quite low.
- 608-74
RESEARCH ON ADOLESCENT NUTRITION.
V L Larson
J Sch Health 32 (2): 56-62. Feb 1962.
L83401.J6 P68
Adolescents (12-19 years), Diet improvement, Food habits, Growth, Nutrient intake, Nutrient requirements, Nutrition education, Research.
Extract: Here is a general discussion of biological research on nutrition and teenagers. There are unknown genetic factors that determine an individual's nutrient requirements, and certain biochemical factors play a role in obesity. High intakes of nutrients may improve learning.
- 609-74
NUTRITIONAL STATUS OF CHILDREN OF MEXICAN-AMERICAN MIGRANT FAMILIES.
Lora Beth Larson, Janice M Dodds, Donna M Mansoth
J Am Diet Assoc 64 (1): 29-35. Jan 1974.
389.8 B934
Children, Mexican Americans, Nutritional status.
Abstract: The nutritional status of children from 149 Mexican-American families was determined over three years, using dietary, biochemical, and clinical measures. The mean vitamin A intake was adequate when vitamin supplements taken by the children were included in the calculation. In comparison with recommended allowances, mean intake of vitamin E was very low; mean intake of other nutrients was generally adequate to high. Vitamin B deficiency was the most widespread nutritional problem, and there was biochemical and clinical evidence of vitamin B deficiency. Low height and weight attainment in many children suggest that nutritional problems were common.
- 610-74
A POTPOURRI OF NUTRITION EDUCATION METHODS.
Lora Beth Larson, Donna M Mansoth, P Peter Chana
J Nutr Educ 6 (1): 21-23. Jan/Mar 1974.
TK341.J6
Adult nutrition education, Ethnic groups, Mexican-Americans, migrant workers, Nutritional aides, Professional education, Teaching methods.
Abstract: Bilingual Mexican-American women from a group of migrant workers worked with nutritionist advisors to devise some new and different means of educating the workers to improve their children's nutrient intake through better choices of foods. The ideas chosen a dark green uniform to symbolize vitamin A-rich vegetables. Several incentives were offered the aides, including gold stars, and a bonus for passing the General Equivalency Degree examination. Most successful activity was demonstrating free samples of fruit and other fresh produce at supermarkets.

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FOOD AND NUTRITION PROGRAMS IN KINDERGARTEN AND FIRST GRADE.

Sophia Leavitt
 Nutr News 37 (2): 7. Apr 1974.
 389.8 H957

Educational programs, Effective teaching, Food preparation, Grade 1, Kindergarten, Nutrition education, Parent participation, Program design, Student involvement.
 Abstract: Teaching kindergarten and first-graders to cook nutritiously has been found to not only provide sound nutrition information, but also open up a whole variety of other subjects--arithmetic, reading, geography, history, and social studies, such a program has been operating with great success in the Palm Beach County, Florida, school system, utilizing volunteer women from the community who come to the schools every Friday afternoon to teach cooking. One of the volunteers has written a book that other school districts can use to set up a similar program.

612-74

NUTRITIONAL STUDIES OF BRITISH COLUMBIA INDIANS. I. DIETARY STUDIES AT ANOUSAT AND ANANAN RESERVES.

M Lee, R Heyburn, A Carrow
 Can J Public Health 62 (8): 285-296. July/Aug 1971.
 449.2 P964

American Indians, Canada, Cultural factors, Diet patterns, Dietary surveys, Food consumption, Food habits, Food supply, Nutrient intake.

Abstract: Food sources, meal patterns, and food habits were studied as part of a nutritional status survey of a Nootka Indian fishing community and a Chilcotin Indian hunting community. Diets were found to be more varied among the fishermen. Traditional food patterns make important nutrient contributions, but there are factors affecting the future availability of traditional foods that may have adverse effects on the Indian's nutritional status.

613-74

PHYSIOLOGICAL AND NUTRITIONAL INTERRELATIONSHIPS IN ALCOHOLISM.

Carrick M Leavy
 In Proceedings of the Western Hemisphere Nutrition Congress II
 Miami Beach, Fla., Sept. 2, 1971 p. 210-218. 1972.
 TX345.84 P68

Alcoholism, Liver diseases, Malnutrition, Metabolism, Nutrients, Toxicants.

Abstract: Dr. Leavy writes, in an article aimed at professionals in the field of public health, that alcoholism is the chief cause of malnutrition among healthy people with adequate food supplies. Information is given as to how the additional ethanol in the body inhibits the digestion of food. Special supplementation of vitamins and minerals, plus added protein is needed to repair tissue damage and prevent malnutrition for the alcoholic. Metabolic changes brought about by the increased consumption of ethanol affect galactose tolerance, hormone production and fat synthesis.

614-74

THE CENTRAL NERVOUS SYSTEM: ITS CENTRAL ROLE IN DISCRIMINATION AND SELECTION OF FOOD.

S Leshovsky
 Food Technol 20 (11): 5-57. Nov 1966.
 389.8 F7398

Behavior, Diet patterns, Food habits, Food preferences, Food selection, Hunger, Nervous system, Physiology, Psychological aspects.

Abstract: This article discusses some of the less strictly physiological aspects of food choice. Enhancement of pleasure is one of the prime factors in food selection. The feeling of hunger can be abolished without gaining a feeling of satisfaction.

615-74

LET'S HAVE MORE VITAMIN A AND C FOODS IN SCHOOL LUNCH (SLIDES).

Washington, United States Dept. of Agriculture 15 slides, 2"x2", col. Feb 1974.
 TX553.7514 P68 AV

Ascorbic acid, School lunch programs, Vitamin A.

Abstract: Fifteen slides in color, with a text have been prepared to help stimulate interest in planning and preparing Type A school lunches that will be nutritionally adequate in all respects. Since vitamins A and C are two nutrients that are most likely to be short in school lunches, they are emphasized in the text. The necessity for these vitamins is stressed along with the special care needed to preserve as much of the vitamin C as possible. Foods that are rich sources of these nutrients are shown as part of the complete meal.

616-74

OVERSIGHT--ITS PREVENTION AND CONTROL (IN CHINESE). (CHI)

Virginia Leung
 San Francisco, San Francisco Heart Assn. 9 p. with 3 p. English translation. Sent 1972.
 HE222.2.L4 P68

Adults, Chinese Americans, Diet counseling, Exercise, Food misinformation, Obesity, Weight control.

Abstract: This pamphlet has been developed for Chinese Americans who cannot read English to advise them on recognizing or controlling overweight. It suggests diet and food patterns to follow for weight reduction, within a usual Chinese cuisine, and points out some common misconceptions on weight control.

Exercise is one of the prescriptions offered. An English translation of the material for the nutritionist who cannot read Chinese is included.

617-74

BASIC NUTRITION CONCEPTS FOR USE IN NUTRITION EDUCATION.

F Leverton
 J Home Econ 59: 346-348. May 1967.
 321.6 J82

Basic nutrition facts, Consumer education, Diet improvement, Educational programs, Food habits, Food selection, Information dissemination, Interagency Committee on Nutrition Education, Nutrition education.

Abstract: Some of the early irrefutable nutritional concepts of nutritional science are cited as a need for more up-to-date ones covering minimum information needed for wise food selection. Those selected by the U.S. Government's Committee on Nutrition Education are listed and discussed.

618-74

TEACHING NUTRITION TO TEENAGERS.

F Leverton
 What's New Home Econ 25 (1): 52-53. Jan 1961.
 321.6 H55

Adolescents (12-19 years), Curriculum planning, Growth, Health, Motivation, Nutrition education, Program planning, Teaching methods.

Abstract: Above all else, teenagers want to control their environment. Food is one aspect for which this is easy to do. To be effective, nutrition teaching for them must relate food to things teenagers want to do and consider important. Their curiosity needs to be aroused by areas of biological, physical, and social science teaching on the role of food in body growth and functions.

619-74

FATS IN FOOD AND DIET.

Ruth E Leverton
 Agricultural Research Service
 Washington, GPO 10 p. Jan 1974.
 TX560.F3L4 P68 (U.S. Dept. of Agriculture. Agriculture information bulletin no. 361)

Cholesterol, Fatty acids, Recommended Dietary Allowances, Saturated fat, Unsaturated fats.

Abstract: This publication has been prepared for use in answering nonmedical questions about the effects of dietary fat on health. A description of fatty acids and cholesterol and their use in the body is included, as well as tables giving the breakdown of fatty acids in some common foods. Also included is a table giving the cholesterol content of selected foods. There is a short discussion of the many different factors that doctors feel affect cardiovascular disease.

620-74

WHAT IS NUTRITION EDUCATION?

Ruth E Leverton
 J Am Diet Assoc 64 (1): 17-18. Jan 1974.
 389.8 AN34

Basic nutrition facts, Diet information, Educational methods, Educational objectives, Educational programs, Food selection, Nutrition education, Nutrition policy, Teacher education.

Abstract: The field of nutrition education is taught with uncertainty, misinformation, conflict of opinion, and simple lack of communication. This article defines nutrition education as "a multidisciplinary process that involves transfer of information, development of motivation, and modification of food habits where needed". Nutrition educators must adapt the information so it can be applied to a wide variety of situations and must teach it in terms that specific groups of people can understand. People differ in the kind and amount of nutrition information they want to know. Educators must be aware of who they teach and respect their audience's wishes for detailed or general instruction.

621-74

NUTRITION IN PERSPECTIVE.

Ruth E Leverton
 In Proceedings of the National Nutrition Education Conference, Washington, D.C., Nov. 2-4, 1971 p. 77-81. Apr 1973.
 TX364.0529 P68

Food fads, Nutrition education, Organic foods, Non-microbiotic diet.

Abstract: The interest of many younger people in nutrition and foods is noted. However, such of the information is really misinformation given out by faddists, zealots, and other extremists (food and diet) to increase their customer's profits, and power structures. The non-microbiotic diet is discussed, and shortcomings noted. Some of the inconsistencies of eating "organically grown food" and then supplementing the diet with various nutrient supplements is pointed out.

622-74

HYPOGLYCEMIA.

Michael Levine
 J Amer Med Assoc 230 (3): 462-463. Oct 21, 1974.
 448.9 AN37

Blood diseases, Blood disorders, Blood glucose level, Disease prevention, Hypoglycemia.

Abstract: This article, of interest to physicians and other health professionals, examines the diagnosis of hypoglycemia, one that is often given to a set of symptoms commonly afflictting men. The "syndrome" is described as are the actual facts

- of blood sugar levels. The use of injections of cortical extract in treating "hypoglycemics" are termed as useless. The incidence of low blood sugar that accompanies the use of alcohol, associated with liver disease, or found in individuals with early chemical diabetes is also discussed. It is concluded that the syndrome is rare and proper diagnosis can only be made by several hormonal assays and tests.
- 623-74**
ESSENTIAL HYPERTENSION IN CHILDREN AND YOUTH: A PEDIATRIC PERSPECTIVE.
Silla Lieberman
J Pediatr 85 (1): 1-11. July 1974.
MJ. 1453
Cardiovascular disorders, Children, Disorders, Hypertension, Research.
Abstract: This article emphasizes the lack of information currently known on essential or primary hypertension in children and youth and points out several areas of needed research. The article is divided into two sections. Part one is concerned with adult hypertension relevant to pediatrics and covers such areas as epidemiology, diagnosis and treatment. Part 2 reviews current knowledge concerning essential hypertension in children and points out the need for information on causative factors, arterial blood pressure ranges and conditions under which accurate blood pressure readings can be made, incidence of the disorder, and treatment (including diet) and its demonstrative benefits. Nutritionists concerned with the total health care of children (and potential adults) will find this article of interest.
- 624-74**
PROTEINS: STRUCTURE AND FUNCTION.
Albert Light
Englewood Cliffs, N.J., Prentice-Hall 165 p., illus. 1974.
OC431.L5 P68
Amino acids, Analytical methods, Chemical properties, Chemistry, Nutrition, Proteins.
Abstract: This book is an introduction to the principles and practices of protein chemistry at the undergraduate level. It emphasizes preferred methods and procedures in common use and includes several tables, diagrams and reference lists that expand the text coverage from protein isolation purification and hydrolysis to amino acid sequence analysis and the application of these techniques to specific problems.
- 625-74**
THE 'DISCIPLINE' OF NUTRITION EDUCATION.
Luise Light
J Nutr Educ 6 (8): 129-130. Oct/Dec 1974.
TH341.J6
Educational objectives, Educational planning, Evaluation, Nutrition, Nutrition education, Nutritionists.
Abstract: In this article of interest to the nutrition educator the author points out the developing role of nutrition education and questions the direction currently being advocated by applied nutrition specialists. The current climate for teaching nutrition is examined. The author concludes that today's status of the nutrition educator is second class and calls for the promotion of this specialty as a demanding discipline requiring specialized knowledge. Specific questions pertinent to fundamental issues are proposed for the improved planning of nutrition education so that a discipline may be created which is scientifically sound, behaviorally sensitive, and educationally viable.
- 626-74**
CURRENT CONCEPTS: SODIUM AND DIURETICS IN PREGNANCY.
Marshall D Lindheimer, Miriam I Katz
Nev Engl J Med 288 (17): 891-894. Apr 26, 1973.
SAB.B 8442
Pregnancy, Pregnancy and nutrition, Pregnancy diets, Pregnant women, Sodium, Weight gain.
Abstract: This article reviews present concepts of volume homeostasis, sodium requirements, and the use of diuretics in pregnancy. Weight gain in pregnancy is discussed with it now being apparent that excessive gain little weight or too little the average with an uneventful pregnancy. Hypertensive complications are also discussed along with the increased understanding of the pathophysiology of pre-eclampsia. This article should be of interest to those involved in the nutritional care of pregnant women.
- 627-74**
EVALUATING NUTRITION TEACHING.
Daniel F Lindsey
Ext Serv Rev U S Dep Agric 6 (2): 79. Sept/Oct 1973.
1 EX8922E
Evaluation, Evaluation methods, Nutrition education, Nutrition programs, Primary grades, Testing.
Abstract: This brief article reports on a simple 12-key electrical wiring board devised as an evaluation process for measuring the objectives of a Nutrition Day Camp in Minnesota. Use of the device showed that camp participants increased their knowledge of nutrition while exposed to the camp program and that the program was appropriate to the clientele. Specific results of the evaluation of the camp's program are given. This article should be of interest to others involved in child and youth nutrition education programs.
- 628-74**
LACTASE DEFICIENCY IN A RURAL AREA OF MEXICO.
Rahen Lisker, G Lopez Nabib, Nageli Caltabuit
Amer J Clin Nutr 27 (7): 756-759. July 1974.
389.8 J824
Carbohydrate metabolism disorders, Ethnic groups, Lactose intolerance, Mexico, Milk intolerance.
Abstract: This paper reports on a study done to determine the prevalence of lactase deficiency in an area of Mexico and its possible interference with milk consumption. The methods and material used in the study are presented. The subjects ranged from 13-72 years of age. Results indicated a high (73.8%) level of lactose intolerance while the prevalence of lactase deficiency appeared independent of milk consumption habits. The possible interference of low intestinal lactase level to milk consumption is not determined in this study, but it appears many individuals classified as intolerant are able to ingest at least small quantities of milk without difficulty. Nutritionists and others who question the value of milk in the diet of individuals suspected of being lactose intolerant will find this report of interest.
- 629-74**
LOW PROTEIN DIETS MADE SIMPLE.
Lois Linda University Medical Center
Lois Linda, Calif., Lois Linda University Medical Center 18 p. [n.d.].
RH237.9.L6 P68
Adults, Menu planning, Potassium, Protein acidifications, Recipes, Renal disorders, Sodium-restricted diets.
Abstract: This booklet has been prepared to help the person with renal disorders alter his eating patterns by observing certain restrictions in his intake of protein, sodium and potassium. Exchange foods are listed and recipes offered for the cook who must prepare the meals.
- 630-74**
FOOD AND MAN.
Miriam E Lowenberg, E Heige Todhunter, Eva T Wilson
New York, John Wiley 341 p. 1968.
TX358.P66 P68
College students, Cultural factors, Food habits, Foodways, History, Hunger, Malnutrition, Religious dietary laws.
Abstract: This book for the college student tells the story of food in the life of man in times past and in the present. It presents meanings of food and foodways as affected by culture and religion, and the effects of dietary laws on subsequent food habits. Some of the current problems of malnutrition and disease are discussed. Each chapter concludes with a set of study questions and topics for investigation. References and suggested readings are also provided.
- 631-74**
THE DEVELOPMENT OF FOOD PATTERNS.
Miriam E Lowenberg
J Am Diet Assoc 65 (3): 263-266. Sept 1974.
389.8 J834
Environmental factors, Ethnic foods, Ethnic groups, Food habits, History, Socioeconomic influences.
Abstract: "Food patterning" reflects the influence of the total environment on a people and on an individual. Archaeology is uncovering knowledge of the development of food patterns as man progressed. Important is that progression was the discovery of the use of fire for cooking and the change from food-gatherer to food producer. Historically, bread, in its many forms, has had a special psychological connotation, as well as importance as sustenance. Migrations, as people moved from place to place, have also been important as foods were spread from one area to another. Ethnic food patterns still persist in some regions influenced in some places by agricultural growing conditions. Children's food patterns reflect parental attitudes and life style. To affect changes in food patterns, the nutritionist must take any of these influences into consideration.
- 632-74**
A MULTIDISCIPLINARY ANALYSIS OF CHILDREN'S FOOD CONSUMPTION BEHAVIOR.
Lois A Lund, Marguerite C Burk
[Minneapolis] 221 p., tables. 1969.
TX361.C5L8 P68 (Minnesota. Agricultural Experiment Station, Technical bulletin 265)
Ascorbic acid, Child nutrition, Dietary surveys, Food consumption, Food habits, Professional education, Socioeconomic influences, Vitamin A.
Abstract: In this pilot study of socioeconomic interrelationships affecting children's consumption of food sources of vitamins A and C, it was found that because these vitamins are contained in many foods not high in other nutrients, they are more often not included in the diet. Level of mother's education and family income correlated with consumption of these two nutrients. Recommendations for improvements include educational programs for both children and parents focusing on the need for foods containing these vitamins. Further research is suggested on the network of external and internal family relationship as a key to changing food habits. The book should be a useful reference for nutrition educators.
- 633-74**
TEACHING TEENS NUTRITION.
Karen E Lund
Forecast Home Econ 19 (5): 37-38. Jan 1974.

BIBLIOGRAPHY

634-74

321.8 N752

Adolescents (12-19 years), Diet improvement, Effective teaching, Food habits, Home economics education, Nutrition education, Nutrition knowledge, Teaching methods.

Abstract: In spite of our previous knowledge of the importance of specific nutrients, surveys show that many children, and specifically adolescents, still have diets that aren't as good as they could be. Teens will take an interest in food and nutrition if the practice of good nutrition becomes a socially acceptable thing to do. Therefore, it is imperative that nutrition educators be sure their teen classes become a cohesive group in which members know each other well. In such an atmosphere, it is easier for students to talk about personal food habits and seek adult approval for changing them. Teens react well to community projects in which they can personally help others who have problems with hunger and/or malnutrition. Teens are also interested in food fads and the food beliefs of others which cause the need to examine their own personal food habits.

634-74

DIBITARY CALCIUM AND THE REVERSAL OF BONY DEMINERALIZATION.

Lee Lutwak

Nutr News 37 (1): 1, 4. Feb 1974.

389.8 N957

Topic: Calcium, Deficiency diseases and disorders, Minerals, Nutrient functions, Nutrient intake, Nutrients, Nutritional adequacy, Nutritional rehabilitation.

Abstract: About 99 percent of body calcium is in the skeleton. Calcium can enter the body only through diet, but can be lost from the body in several ways--renal secretion, bile and sweat secretion, dental loss (seawater), and fetal development. When calcium excretion exceeds intake, the excess is deposited in the skeleton. If, however, loss exceeds intake, then calcium is drawn from the skeleton to make up for the imbalance. If this situation continues, demineralization and osteoporosis develop, most people, especially women, are far too deficient in their intake of calcium, which is adequately supplied only by milk. By age 50, these non-milk-drinkers can expect to have only one-third of their skeletal calcium remaining. If calcium intake is increased before that point, bone demineralization can be reversed.

635-74

NUTRITION AND LOW-INCOME FAMILIES.

Nairi T MacDonald, J & Stewart

Proc Nutr Sec 33 (1): 75-8. May 1974.

389.9 N953

Demographics (Educational), Food cost, Food habits, Low income groups, Nutrient requirements, Nutrition, Recipes, Settlement, Socioeconomic influences.

Abstract: Students at a Scottish college planned a week's menu for a family of five at a low income level in response to an actual request. Nutrient content was checked and meals were accepted by the family. The success of the project led to demonstrations of preparation of low cost recipes and additional interaction with low income groups.

636-74

SOCIOETY AND HEALTH IN THE LOWER RIO GRANDE VALLEY.

William Hudson

Texas, University, Rose Foundation for Nestel Health
Austin, Tex. 36 p. 1961.

TR355.N36 P6N

Cultural factors, Folk medicine, Health needs, Illness, Mental health, Mexican Americans, Physical health, Psychological aspects, Social factors.

Based upon findings of the Sidalco Project on Differential Cultural Change and Mental Health.

Abstract: The author and a team of associates conducted intensive studies of folk customs, social organization, medical practices, and cultural influences that characterize Mexican American living in the lower Rio Grande Valley. Findings and recommendations are presented here for improving health facilities and practices geared to Mexican Americans. All the specific suggestions are aimed at adapting "Ameo" scientific medical services to Mexican-American culture patterns. The first two recommendations are acute important. (1) The language barrier must be overcome. Anglo medical and social workers must learn Spanish, and until they do, Spanish-speaking personnel must be placed in key clinic and hospital positions. (2) All health and welfare workers must increase their understanding of the Mexican-American folk culture.

637-74

THE FOOD FUN SOURCEBOOK (CASSETTE TAPE).

Barbara Fey Mann

Bleckshere, Va., Virginia Polytechnic Institute and State University 1 cassette tape, 18 min. [a.d.].

TR355.F6 P6N 1V

Classroom uses, Instructional aids, School children (6-11 years), Sourcebooks.

Includes [15] leaf sourcebook.

Abstract: These folk-style "fun" scenes about food should appeal to groups of young children at the primary or intermediate level. Each has an educational message, such as the importance of breakfast, iron or vitamins, and the Basic Four.

638-74

NUTRITION EDUCATION--U.S.A.

G V Mann

J Am Diet Assoc 41 (2): 1, 4. Nov 1969.

389.8 N934

Educational programs, Effective teaching, Elementary schools, Food information, Information dissemination, Nutrition education, Nutrition knowledge, Professional education, Secondary schools.

Abstract: More persons in the U.S. are malnourished because of nutritional misinformation than poverty. Nutrition education has moved out of the home. In its place, the child sees food himself via a can in a slot. Weight control is capitalized on by industries selling low-calorie foods, and vitamin sale is promoted excessively. This writer suggests that teaching of nutrition science throughout school years and enlarged nutrition education for health professionals such as doctors, dentists, and nurses taken together will prevent future nutrition problems, though they may have little effect at present.

639-74

BORN TO LIVE.

T C Mann, Joseph Gabrielsen

New York, Exposition Press 120 p. 1973.

TR353.N3 P6N

Fertilizers, Food beliefs, Natural foods, Organic foods.

Abstract: This book, written for the layperson, recommends natural and organic foods along with strict supplements to maintain health. It links nutritional deficiencies to the use of chemical fertilizers, saying, "Under chemical fertilizers, the protein content of crops continues to decrease. As for the mineral content, it is only a small percentage of what it should be according to laboratory tests. The vitamin content has decreased, and synthetic flavoring is added to many foods to increase their appeal and, secret ingredient to the processors, their sales." Our present food supply is thus characterized as being nutrient deficient. Preliminary results from this condition are generally discussed. For example, the statement is made that "It should be apparent that if our food contained the proper vitamins, there would be little or no illness." The authors oppose the established governmental and medical organizations such as the FDA and the AMA saying they "no longer command an audience of intelligent listeners while disseminating their false doctrine."

640-74

THE PSYCHODYNAMICS OF DIETETICS.

M L Manning

Nurs Outlook 13 (4): 57-59. Apr 1965.

NT1.N8 P6N

Behavior, Diet patterns, Diets, Emotions, Food beliefs, Food habits, Food preferences, Food selection, Psychological aspects.

Abstract: The relationship between diet and behavior is a vast and complex one. This paper discusses the subject of psychodietetics: why people choose to eat as they do, special meanings and symbolic uses of food beyond satisfaction of hunger, the psychology of food preferences, and the connection between emotions and food.

641-74

GETTING INVOLVED IN BREAKFAST.

Anne Haaso

Forecast Home Econ 20 (1): f-128-f-130. Sept 1974.

321.8 N752

Breakfast, Energy metabolism, Food habits, Nutrition education, Weight control.

Abstract: Nutritionists and health authorities recommend that the morning meal supply about one-fourth of the day's calories, protein, vitamins, and minerals. The content of the breakfast is not a determining factor in the efficiency of the meal as long as it is adequate from the standpoint of its nutritional value. The basic breakfast pattern is fundamentally fruit, milk dish, toast or roll, and a beverage.

642-74

NUTRITION AND THE ELDERLY.

Aeoe Haaso

Forecast Home Econ 20 (2): f-62-f-63. Oct 1974.

321.8 N752

Deficiency diseases and disorders, Elderly (65 + years), Food habits, Low income groups, Meal planning, Menu planning, Nutrition education, Nutrition knowledge, Nutritional deficiencies.

Abstract: The low nutritional status of the elderly is examined in terms of reasons, which include limited income, loneliness, education, physical conditions, energy and strength, and common illnesses of the aging. Meal planning is discussed and a general diet containing essential nutrients is given.

643-74

FOOD 'BREAKFAST CHEMICALS'.

Manufacturing Chemists Association

Washington 1 folder. [a.d.].

TR733.N3 P6N

Breakfast, Chemicals, Food composition, Instructional aids, Secondary education.

Abstract: This pamphlet presents a sample breakfast menu with the chemicals it contains listed under each component food item. These are the chemicals found naturally in foods. It could be used in high school science and home economics classes as a teaching device.

- 644-74
NUTRITION AND BIRTH DEFECTS PREVENTION.
March Of Dimes
San Jose, California March of Dimes 8 p. foldout. [n.d.].
TX361.P7B3
Adults, Birth defects, Food guides, Pregnancy, Weight control.
Abstract: This little pamphlet for the pregnant woman discusses weight control and malnutrition during pregnancy, and the effects of the latter on the baby. A guide to good eating is offered from nine different food groups.
- 645-74
NEUROPSYCHOLOGICAL DEVELOPMENT AND NEUROSCHEMOPHOTOGRAPHIC CHANGES IN CHILDREN WITH SEVERE MALNUTRITION.
Eduardo Marcondes, Antonio Branco Lafavre, Elza V B Machado J Trop Paediatrics Eviroca Child Health 19 (2): 135-139. June 1973.
N31.A136 P6W
Brain changes, Brazil, Kwashiorkor, Malnutrition, Marasmus, Mental development, Preschool children (2-5 years), Professional education, Protein-calorie malnutrition.
Abstract: Severely malnourished Brazilian children were given tests of mental and physical development upon entering the hospital for treatment including refeeding, and upon discharge in good nutritional condition. Results of the initial test were very poor, especially for those children with marasmus. When nutritional status had improved, the results of the test were somewhat better, but were so for the children with kwashiorkor (protein deficiency alone) than for those marasmic (protein-calorie deficient) on entry. Radiographic examination of the skulls of these children before and after refeeding showed some atrophy of portions of the brain which disappeared in over 60 percent of the children with kwashiorkor and only 1 of 4 with marasmus after treatment. It should be noted that the marasmic children were younger than those with kwashiorkor, less than one year of age, whereas the latter were one to four years old. Professional nutritionists should find this report of interest.
- 646-74
HEALTH FOODS: FACTS AND FAKES.
Sidney Margolin
New York, Public Affairs Committee 28 p. Oct 1973.
TX355.N34 P6W
Additives and adulterants, Adults, Consumer education, Food fads, Health foods.
Abstract: A consumer information specialist looks at the health food movement from the point of view of nutrient benefits and absence in this pamphlet, and concludes that, while certain foods, such as whole grains, are useful diet supplements, some have special curative powers. Government regulation raises our first defense against unnecessary chemical additives. Some of the latter are useful, and protect health. The author also finds exaggeration and some deception in advertising of health foods. As examples he cites honey as being overpriced and overpromoted, and bean sprouts have less iron, calcium and vitamins A and C than some of the common green vegetables. He says that many fears about food adulteration and contamination can no longer be dismissed as paranoid, describes some of the totally artificial foods fortified with inexpensive vitamins for unjustifiably increased prices, and explains both sides of the controversy around the "cosport ham". He concludes that more attention should be given to nutrition in training doctors and other health professionals, and in public schools.
- 647-74
THE FOOD YOU EAT.
John S Harr
New York, N. Evans 47 p. 1973.
TX355.B33 P6W
Carbohydrates, Digestion and absorption, Fats and oils, Malnutrition, Minerals, Proteins, Vitamins, Water.
Abstract: Written for the school child from 9 to 11 years of age, this book introduces the child to the reason for eating the proper foods, and the book goes into detail as to what happens to the foods once it goes into the mouth. He follows the food through the digestive system, until it is absorbed into the blood and winds its way throughout the body. The child is introduced to many new words, which are explained and sounded out (for ease in pronunciation). Mention is made of different types of malnutrition.
- 648-74
HEALTH FOODS, ORGANIC FOODS, NATURAL FOODS: WHAT THEY ARE AND WHAT MAKES THEM ATTRACTIVE TO CONSUMERS.
Millie E Marshall
Food Technol 28 (2): 50-51, 56. Feb 1974.
389.8 P7398
Consumer education, Diet information, Health foods, Marketing, Natural foods, Nutrient intake, Nutritional knowledge, Organic foods, Prediction.
Abstract: Health foods are those which are believed to be beneficial in promoting physical and psychological well-being (liver, yeast, yogurt, etc.) and which are particularly rich sources of unidentified nutritional factors deficient in processed foods. Organic foods are those grown without synthetic chemicals and processed without chemical additives. Natural foods are substances used by nature and not chemically altered in processing. This article explains the consumer motivation to buy one or more of these 3 types of food, and predicts that the natural foods segment of the industry will grow to become perhaps the dominant type of food marketed in the U.S.
- 649-74
ROBERTS' NUTRITION WORK WITH CHILDREN.
Ethel Austin Martin
Chicago, University of Chicago Press 527 p. 1954.
TX551.N33 P6W
Age groups, Growth, Nutrition, Programs, Recommended Dietary Allowances, School lunch.
Abstract: This is a textbook for advanced college students and professionals in the field of childhood nutrition. Information in basic nutrition research in the field, and new techniques for assessing nutritional status is included. The book describes the work being done by public and private agencies to raise the general nutritional level of children. Nutrition teaching at various grade levels in school, as well as in school lunch are investigated and suggestions for their improved use are given to insure that the knowledge will activate better eating for the child and through the child, improved nutrition feedback to the family.
- 650-74
KICKING A WINNING TOUCHDOWN.
Josephine Martin
Food Management 9 (8): 33-34. Aug 1974.
TX341.P69
Food cost, Food service management, Food service training, Nutrition education, Parent participation, School administration, School food service.
Abstract: In 1974-75, school foodservice managers must be concerned about team building. Perhaps we have already neglected this too long. With costs escalating, either the child, his family, the local school board or the government must come to the rescue and provide additional financial resources if school nutrition is to survive as a program for all children. Unless the school nutrition program is developed into an educational opportunity, and is responsive to the needs of all pupils, it will lose support.
- 651-74
A TIME TO PLAN AHEAD.
Josephine Martin
Food Management 9 (4): 15-16. Apr 1974.
TX341.P69
Attitudes, Child development, Food habits, Nutrition education, Nutrition programs, Planning, School food service, School lunch programs.
Abstract: It has been shown that food and the eating of it has a greater impact on personality than any other common human experience. A child's activation is based on his needs, and the most basic of all needs is for food. This need is a motivator of behavior only when it is not met. When food is provided, the need for food is no longer the prime motivational factor. School food service programs should plan their activities and train their personnel to make the meals comfortable, pleasurable experiences providing nourishment not only for the body, but for the mind and emotions as well.
- 652-74
FOLK DISEASE AMONG URBAN MEXICAN-AMERICANS: ETIOLOGY, SYMPTOMS, AND TREATMENT.
C Martinez, B W Martin
J Amer Med Assoc 196 (2): 147-150. Apr 11, 1966.
448.9 AB37
Cultural factors, Folk medicine, Food beliefs, Illness, Medicine, Mexican Americans, Patient care, Research.
Abstract: The findings of this study indicate that belief in folk illnesses and the use of folk medicine and healers continue to be widespread among urbanized Mexican Americans. Physicians must learn of these beliefs, for some warrant legitimate medical interest and research.
- 653-74
SURVEY OF INFANT FEEDING PRACTICES.
Ethel Maslansky, Catherine Cwelly, Ruth Carcl
Am J Public Health 64 (8): 780-785. Aug 1974.
449.5 AB33
Food preferences, Infant diets, Infant feeding, Infants (To 2 years), Iron, Nutritional adequacy.
Abstract: This article reports on a study undertaken to determine practices in the feeding of infants from birth to twelve months. The nutritional adequacy of the diets was assessed and serious deficiencies in iron intake were found. Actual feeding patterns are outlined in terms of the percentage of mothers using various classes of food, with the data suggesting a steady increase in the consumption of empty calories. Insights gained could be useful in developing educational programs for agencies concerned with the nutritional care of infants, particularly those dealing with low income groups.
- 654-74
NUTRITION AND THE CELL: THE INSIDE STORY.
Barion Masoa
Chicago, Year Book Medical Publishers 84 p. illus. [1973].
Q633.W85
Cells, Metabolism, Nutrition.
Available from NAL. Bibliography: p. 82.

655-74

655-74

MATERNAL NUTRITION AND FETAL GROWTH.
 Nutr Rev 32 (B): 241-243. Aug 1974.
 389.e 8953

Fetal growth, Maternal-fetal exchange, Frequency, Frequency and nutrition, Pregnant women, Starvation.
 Abstract: This article, of particular importance to professional workers with pregnant women, reports on a study on the effects of maternal undernutrition on fetal development. Mothers' height, weight, and dietary habits during pregnancy were examined. Measurements on still-born-birthweights of these mothers were carried out and body measurements and organ weights were collected. Mean values for all measurements fell progressively as the nutritional status of the mother worsened. The effect is significant particularly after 33 weeks gestation. Organ weights most affected by undernutrition were the liver, adrenals and placenta. Other factors possibly affecting fetal weight and organ growth are considered. Results of this study show strict dietary restriction during pregnancy to be most undesirable.

656-74

"TEACH A MOTHER--SAVE A CHILD:" THE KENYAN EXPERIMENT.
 Alastair Bathson
 UNESCO News 76: 12-14. July 1973.
 NY701.U5 P8

Africa, Family nutrition, Infants (To 2 years), Malnutrition, Professional education, Rehabilitation.
 Abstract: In Kenya a milk-bank center for poor children of the slum developed into a live-in center for mothers of malnourished children to stay for two weeks and learn how to feed their children adequately with local foods, and aspects of hygiene, home economics and family planning. From this success the Kenya government is planning other family life improvement centers in local villages, taking mothers from better-off segments also, since they can influence others to follow what they learn. For professional nutritionists.

657-74

FOUR FACTORS AFFECT WEIGHT CONTROL FOR OBESE CHILDREN.
 Alice S Batauso, Jean B Hankir, Louis E Dickerson
 J Nutr Educ 6 (3): 104-107. July/Sept 1974.
 TX341.J6

Children, Obesity, Weight, Weight control, Weight loss, Weight reduction.
 Abstract: A weight control program for obese children was developed that included individualized instruction, nutrition education, and physical activity. Methods used in the program are outlined. Factors affecting success include emotional adjustment and motivation as seen in program participation and school achievement, birthweight, age at onset of obesity, weight of mother, plus degree of inactivity. Techniques useful in promoting success in such a program are given. This article should be of interest to the professional working with the obese patient, particularly children.

658-74

RELIGIOUS INFLUENCE ON DIETARY INTAKE AND PHYSICAL CONDITION OF INDIGENT, PREGNANT INDIAN WOMEN.

S L Batter, L M Bakfield
 Amer J Clin Nutr 24 (9): 1097-1106. Sept 1971.
 389.e 8824

Dietary surveys, Food beliefs, Food habits, Food taboos, India, Nutrient intake, Nutritional status, Pregnant women, Religion.
 Abstract: Three major world religions exist together in India. The effects of religious beliefs on the dietary intake of pregnant, low-income, women outpatients (as measured by biochemical and clinical status) were studied. Hindus and Christians tended to have similar dietary intakes. The Hindus, who avoid animal products food, had the lowest nutrient intakes for protein, fat, calories, and calcium.

659-74

TRACE ELEMENTS: A GROWING APPRECIATION OF THEIR EFFECTS ON MAN.

Thomas H II Naugh
 Science 181 (4096): 253-254. July 20, 1973.
 470 SCI2

Bone disorders, Cancer, Cardiovascular disorders, Dental health, Disorders, Professional education, Toxicity, Trace elements.
 Abstract: While trace concentrations of some mineral elements such as zinc or iron are essential to human life, others, like lead and cadmium, are toxic at similar levels. This article, addressed to physicians, reviews some papers presented to a conference on the complex interactions between trace elements and human health. Some minerals, such as cadmium, arsenic, nickel and selenium, have been shown to cause cancer in animals, yet it is thought the trace concentrations of selenium in breakfast cereals is the reason for the decline in gastric cancer since the 1930's. It is also thought that cardiovascular disease is less in areas where the water supply contains high concentrations of dissolved minerals. A wide variety of minerals are responsible for tooth development, while others may be partly responsible for dental caries. Molybdenum interferes with bone metabolism of calcium. Lithium may be linked to low levels of atherosclerosis. Nutritionists will find this article to be a useful review.

660-74

VITAMIN A: POTENTIAL PROTECTIVE FROM CARCINOGENS.

Thomas H Naugh
 Science 186 (4170): 1198. Dec 1974.
 470 SCI2

Cancer, Carcinogens, Research, Vitamin A.
 Abstract: This is a brief review of various reports presented during a workshop held in November at the National Cancer Institute. Carcinogens act on cells to cause relatively permanent changes which may lead to malignancy. These changes may take place over a span of 20 years or more in humans. Retinol derivatives or analogs may interfere with this progression, as is indicated in preliminary findings. Since vitamin A, however, is highly toxic, self-medication could prove disastrous.

661-74

THE ECOLOGY OF MALNUTRITION IN SEVEN COUNTRIES OF SOUTHERN AFRICA AND IN PORTUGUESE GUIANA.

Jacques B Bay, Donna L McLellan
 New York, Hafner 432 p. 1971.
 TX360.A293B P88 (Studies in medical geography vol. 10)

Africa, Agriculture, Deficiency diseases and disorders, Demography, Diet patterns, Food economics and consumption, Food supply, Malnutrition, Professional education.
 Abstract: In this 10th volume of a series on the medical geography of malnutrition in the developing countries the authors consider the Republic of South Africa, South West Africa, Botswana, Lesotho, Swaziland, Mozambique, Angola, and Portuguese Guinea. The book provides a general picture of diets, food availability, economic factors affecting diet and the main causes of malnutrition in each country concerned. It should be of interest to economists and planners as well as to nutritionists and other health professionals. Each segment includes a bibliography.

662-74

THE ECOLOGY OF MALNUTRITION IN THE CARIBBEAN.

Jacques B Bay, Donna L McLellan
 New York, Hafner 490 p. 1973.
 TX360.C35B3 P88

Economic influences, Environmental factors, Food habits, Malnutrition, Politics.
 Abstract: In this book the authors offer a great deal of information on the factors adversely affecting the nutritional status of the Caribbean island group. The authors contend that the traditional problems in nutrition arise from the heavy loading of agriculture in favor of cash crops such as sugar and/or banana to the expense of food crops needed by the inhabitants. The situation is complicated by various political, economic and agricultural elements along with a lack of nutrition education and difficulty in breaking established food habits. A chapter is devoted to each island (or group of islands) covering that island's unique situation extensively and includes a bibliography, various tables and maps. This information would be of value to one interested in international nutrition problems and areas of possible study.

663-74

FAMILY RESOLUTION FOR '74: SHARE UP AND SLIM DOWN.

Jean Mayer
 Fam Health 6 (1): 26. Jan 1974.
 BA773.F3 P88

Adults, Calorie-restricted diets, Exercise, Fat-restricted diets, Weight control.
 Abstract: This brief article suggests that the family as a group, sharing a common cook, food budget and lifestyle, should find it easier to resolve to alter that lifestyle together in order to control overweight. Ten ways to help bring this about are suggested. They include watching fat and calories as well as portion size, spacing snacks and meals to avoid feelings of hunger, and walk, walk, walk.

664-74

SNACKS.

Jean Mayer
 Fam Health 6 (3): 32-33. Mar 1974.
 BA773.F3 P88

Adolescents (12-19 years), Adults, Enrichment, Food selection, Nutrient intake, Snacks.
 Abstract: For parents concerned about the snacks their adolescent children consume, this article offers some information on the nutrient contributions of such foods, and suggestions for improving the quality of the between-meal eating of their offspring. Parents should keep nutritious snack foods on hand at home, instead of "empty calories," and encourage snacks that contribute nutrients when eating out. The author cautions the reader that enriched snack foods do not provide all the other nutrients available in more natural foods they sometimes replace.

665-74

THE OBESE CHILD.

Jean Mayer
 Today's Educ 63 (1): 37-40. Jan/Feb 1974.
 275.9 B21J

Adolescents (12-19 years), Exercise, Obesity, Psychological aspects, Teachers, Weight control.
 Abstract: The psychological traits of obese teenagers resemble those of minority groups who are victims of prejudice, according to this researcher. Their attitudes are a result rather than cause of their obesity. This article for teachers discusses the causes of obesity in children and the ensuing

- ertheless. Chief contributor to adolescent obesity is physical inactivity. Food intake of these children is often less than that of their normal associates. Basic treatment of the problem is to increase physical activity and counteract any diet fads with education in sound basic nutrition.
- 666-74**
OBEISITY.
 Jean Mayer
Postgrad Med J 51 (5): 66-69. May 1972.
 831.76
 Adolescents (12-19 years), Adults, Anorexia, Behavior, Caloric Values, Exercise, Food habits, Obesity.
 Abstract: Obesity is one of twelve articles on obesity contained in a special issue of *Postgraduate Medicine*. This is an introductory article by distinguished nutritionist, Jean Mayer. Because of the penalties to health, comfort and appearance, obesity has become a matter of medical and general concern. Dr. Mayer defines obesity and discusses the medical significance, aetiology, etiology and treatment.
- 667-74**
SCALE DOWN YOUR SUGAR.
 Jean Mayer
Fam Health 6 (4): 24, 74-75. Mar 1974.
 RA773.F3 P5H
 Carbohydrate metabolism disorders, Carbohydrate-rich foods, Carbohydrates, Food habits, Sugar, Sugar substitutes.
 Abstract: This article, written in a question and answer format, discusses sugar in some detail. Areas covered include the history of sugar, how much is required and how much is recommended in the diet, the comparable nutritive value of brown vs. white sugar and the relationship of sugar to disease - dental, heart and diabetes. The article is written for the general consumer but offers information of interest to those involved in nutrition education and in feeding programs such as school lunch.
- 668-74**
TOO MUCH OF A GOOD THING.
 Jean Mayer
Fam Health 6 (5): 34, 55. May 1974.
 RA773.F3 P5H
 Enrichment, Food habits, Food preferences, Fortification, Fortified foods.
 Abstract: This article, written for the adult and professional, discusses the question of food enrichment. The author first reviews a history of enriched foods, citing various products enriched with certain nutrients and their positive effect on health. But the problem remains as to how such further foods should be enriched. The author recognizes the change in American food habits toward the consumption of more white flour and sugar based foods, but votes against the enrichment of "empty calorie" foods. He does so because he does not advocate encouragement of the idea that these foods are nutritious, that requirements for easy nutrients are not necessarily known and that components in food other than nutrients such as roughage are useful. The article concludes with a recommendation to eat more unenriched foods and a varied diet to insure adequate nutrition.
- 669-74**
OVERWEIGHT: CAUSES, COST AND CURE.
 Jean Mayer
Unleashed Cliffs, Prentice-Hall 213 p. 1968.
 RC628.B3 P5H
 Adult nutrition education, Diet improvement, Food composition tables, Food misinformation, Hunger, Obesity, Psychological aspects, Recommended Dietary Allowances, Weight control.
 Abstract: This book examines obesity from the viewpoints of causes and modes of development, and in terms of problems it creates for health and social acceptance, and control measures for weight loss and prevention. It explains the various genetic, physiological, psychological and cultural factors contributing to obesity. The book is based on the author's research and that of others. The therapy outlined involves medical supervision, diet and exercise. The appendix includes Recommended Dietary Allowances and a list of the nutrient composition of a number of common foods. The book is intended for educated laymen, physicians, dietitians and other health professionals.
- 670-74**
HOT-COLD FOOD BELIEFS AMONG ANDIAN PEASANTS.
 J B Baross
J Am Diet Assoc 53 (2): 109-113. Aug 1968.
 389.8 B34
 American Indians, Diet patterns, Food beliefs, Food habits, Food misinformation, Food preferences, Food symbolism, Foodways, South America.
 Abstract: Attitudes of Andean Indians toward foods in health and illness are presented in the framework of the "hot-cold" system of food categorization concepts throughout each of Latin America. As is true of other groups holding these beliefs, certain greens are thought "cold" and harmful to health, leading to vitamin A deficiency in the diet.
- 671-74**
EVALUATION OF NUTRITIONAL STATUS.
 Mary I McCann
Pediatric Annals 2 (4): 64, 66-67, 70-71, 75-76, 78. Apr 1973.
 RJ1.F4 P5H
- Anthropometry, Biochemistry, Child nutrition, Efficiency diseases and disorders, Dietary surveys, Nutritional status, Professional education.**
 Abstract: Since the infant, young child and adolescent are considered at high risk for nutritional problems, nutritional assessment is an advisable means to determine their general nutritional health. This article for pediatricians and nutritionists discusses the components of such assessment, and their correlation. The components include height-weight and other anthropometric measures, as well as clinical, dietary and biochemical examinations.
- 672-74**
TEACHING NUTRITION AT NURSERY SCHOOL LEVEL.
 S G McDonald
What's New News Econ 27(1): 16-18. June 1963.
 321.8 B55
 Attitudes, Diet improvement, Dietetic internas, Food habits, Food service, Nursery schools, Nutrition education, Preschool children (2-5 years), Teacher aides.
 Abstract: Dietetic internas at a university hospital spend one week in the campus nursery school to help teach nutrition and assist in preparing and serving meals. As a result of the work of these internas, children have developed a personal interest in food and their eating habits have improved.
- 673-74**
SOUP SOUP.
 Ann McGovern
New York, Scholastic Book Services 1 v. (unpaged) illus. [1972].
 TX757.S7 1972 P5H
 Childrens stories, Cooking methods, Food preferences, Food selection, Foods instruction, Instructional materials, Preschool children (2-5 years), School children (6-11 years), Soups.
 Abstract: An itinerant young man comes to the house of a little old lady asking for food. When the little old lady says she has no food, the young man convinces her that he can make soup from a stone. She lends him a kettle and he proceeds to boil a stone on top of the stove. At intervals, the young man persuades the little old lady to add various ingredients--butter, barley, pepper, salt, beef bones, a couple of chickens, carrots, and onions--all to give the soup a bit more flavor. When the soup is done, the two of them sit down to delicious meal. Afterwards, the young man pockets the stone and leaves. The little old lady remains behind, intrigued and mystified by the magic of soup being made from a stone.
- 674-74**
THE IMPACT OF ECONOMIC AND SOCIAL STATUS ON FOOD CHOICE.
 John McKenzie
Proc Nutr Soc 33 (1): 67-73. May 1974.
 389.9 B53
 Food cost, Food preferences, Nutrient intake, Nutrition, Poverty, Socioeconomic influences.
 Abstract: Fundamental factors which influence nutrition and poverty are: to the individual, poverty is more of a relative thing than it is an absolute matter; in social terms poverty is seldom self-imposed but usually real; poverty is about individuals and their personal circumstances and not about averages; people choose food, not nutrients, and nutrition is as such about the former as the latter.
- 675-74**
LET'S TEACH NUTRITION: A TEACHING KIT FOR ELEMENTARY SCHOOLS.
 Ernestine A Cleod
 N.p. var. pag. [n.d.].
 TX364.B3 P5H
 Nutrition education, School food service, Teacher education, Teaching guides.
 Abstract: The purpose of preparing this teaching kit is to give administrators, teachers and school food service directors ideas, suggestions and techniques of implementing nutrition education in established subject matter areas. The units presented herein were developed by teachers involved in Arkansas' Nutrition Education pilot project. For project purposes, it was held that Nutrition Education is a multi-disciplinary area in the total educational process. It should be an integral part of the whole curriculum and form an essential base for perhaps the most important asset every child possesses--the potential of development to the fullest.
- 676-74**
NUTRITION FOR THE GROWING YEARS.
 Margaret McWilliams
 New York, John Wiley & Sons, Inc. 303 p. illus. [1967].
 RJ206.B3 P5H
 Age groups, Breast feeding, Diets for special conditions, Milk, Nutrition, Pregnancy diets, Recipes, School lunch, Weight control.
 Abstract: This book is a very comprehensive text to be used by nutrition students, and those majoring in child development. The nutritional needs of the human are followed through pregnancy until adolescence. It is both a practical and a theoretical guide to the aspects of nutrition science as they relate to growth and development. Included are some recipes that are favorites of children, as well as weight and height charts of children from birth to 12 years, giving percentile ratios.

BIBLIOGRAPHY

677-74

677-7a

CHANGING SIGNIFICANCE OF FOOD.

H Head

J Nutr Educ 2 (1): 17-19. Summer 1970.

TX341.J6

Agricultural development, Agriculture, Cultural factors, Food habits, Food industry, Food supply, Food symbolism, Psychological aspects, Socioeconomic influences.

Extract: Agriculture has become an economic-crop-producing activity. Divorced from its primary significance of feeding people, agriculture loses its original significance, and the land is mined and depleted, as with minerals.

678-7a

THE CHANGING SIGNIFICANCE OF FOOD.

H Head

Am Sci 58 (2): 176-181. Mar/Apr 1970.

470 S12

Agricultural development, Agriculture, Cultural factors, Food habits, Food industry, Food supply, Food symbolism, Psychological aspects, Socioeconomic influences.

Extract: Agriculture has become an economic-crop-producing activity. Divorced from its primary significance of feeding people, agriculture loses its original significance, and the land is mined and depleted, as with minerals.

679-7a

DIETARY PATTERNS AND FOOD HABITS.

H Head

J Am Diet Assoc 19 (1): 1-5. Jan 1943.

389.8 AN34

Behavior change, Conflict, Diet patterns, Food beliefs, Food habits, Food preferences, Food symbolism, Psychological aspects, Social factors.

Extract: Habits are not just things to make or break. Food has a special role in emotional disturbances or other problems, echoed in cultures other than our own. Food eaten in pleasant childhood surroundings becomes a symbol of pleasantness. An American child is presented with "right" and "wrong" foods and is rewarded for eating the former. This can set up a permanent conflict in the child when the foods he enjoys are the "wrong" ones. In simpler societies, food is set out, and the child simply copies what the mother does.

680-7a

THE CHALLENGE OF CROSS-CULTURAL RESEARCH.

H Head

J Am Diet Assoc 45 (5): 413-414. Nov 1964.

389.8 AN34

Anthropology, Behavior change, Cultural factors, Diet improvement, Diet patterns, Environmental factors, Food habits, Research needs, Social factors.

Extract: There needs to be much more research done on human food habits. There are still inadequate categories for taste, odor, texture, and for specifying foods as unique sources of rare nutrients. The study of food habits is one area in the whole field of technological change wherein the environmental situation and the response of individuals can be measured. This new nutritional anthropology is still the best (and largely unexplored) field in which to produce a model for controlled, conscious dietary change.

681-7a

CULTURAL PATTERNING OF NUTRITIONALLY RELEVANT BEHAVIOR.

H Head

J Am Diet Assoc 25 (8): 677-680. Aug 1949.

389.8 AN34

Anthropology, Behavior, Child rearing practices, Cultural factors, Diet patterns, Food habits, Infant feeding, Meal patterns, Social factors.

Extract: Cultural eating patterns are all artificial. All societies alienate man from natural desires to eat and substitute cultural patterns enforced with sanctions. In the past, dependence on this pattern kept the culture alive. Civilization began when man was persuaded to feed women and children, dividing the labor so one person could cook for several. A baby, who is perfectly willing to eat almost continuously is persuaded from birth to eat only at socially prescribed intervals.

682-7a

THE MECHANICS OF LIFE: DIGESTION AND THE FOOD WE EAT (MOTION PICTURES) BETWEEN FILMS, LTD.

H Head

Santa Monica, Calif., BFA Educational Media 9 min. sd. color.

16mm. (1973?)

QP145.H4 P63 AV

Digestion and absorption, Digestive tract, Food intake, Nutrient intake, Nutrient requirements, Nutrient retention, Nutrition, Physiology.

Grade levels, elementary and junior high.

Abstract: If the foods we eat are to provide the needed fuel for bodily energy and growth, they must be properly digested and absorbed. This motion picture depicts the basic processes involved in digestion and absorption: food chewing and swallowing to final waste elimination. The amount and kinds of food and nutrients needed by the body varies from person to person, but there are certain minimal nutrient requirements that apply to all people. Serious illness can result from improper nutrient intake. Enzymes within the mouth, stomach, and intestines help break down food into units that can be absorbed into the blood and lymphatic systems. Good nutrition and good health result from proper nutrient intake combined with a well-functioning digestive system.

ioning digestive system.

683-7a

METABOLIC ADAPTATION TO PREGNANCY.

Nutr Rev 32 (9): 270-272. Sept 1974.

389.8 N953

Fetal growth, Maternal-fetal exchange, Pregnancy, Pregnancy and nutrition, Pregnant women, Starvation.

Abstract: This review brings together a series of communications in which the metabolic consequences of three 4 day periods of starvation were studied and compared in physically healthy women at mid-term of pregnancy and in non-pregnant female volunteers. Results in terms of plasma glucose, plasma insulin levels, blood beta hydroxybutyrate and acetocetate levels, level of ketone bodies in the blood, maternal gluconogonemia, plasma alanine levels, and plasma concentrations of human placental lactogen are discussed. Amniotic fluid concentrations of glucose and ketone bodies were also studied and reported. Those working with the nutritional care of pregnant women should be aware of these findings.

684-7a

THE BIG STRETCH; A GUIDE FOR TEACHERS ON TEEN-AGE NUTRITION EDUCATION.

Metropolitan Life Insurance Company

[New York], Metropolitan Life Insurance 16 p. 1970.

TX364.H4 P63

Adolescents (12-19 years), Class activities, Food groups, Food selection, Nutrition education, Snacks, Weight control.

Abstract: This is a guide for teachers on teenage nutrition education. It relates the various facets of food choices, food habits and nutritional needs to the world of the teenager. Some suggested points for the teacher to bring out in classroom discussions about attaining adequate nutrition are: food comparisons and meal patterns, breakfast variations, snacks that count, reducing diets, regular meal hours and good nutrition as a means of self-improvement.

685-7a

HEALTH OF THE AMERICAN INDIAN: REPORT OF A REGIONAL TASK FORCE.

Mary L Michal, R La Jeuna Bradford, Paul M Zonda

Washington, GPO 30 p. Apr 1973.

RA801.H5 P63

American Indians, Cultural factors, Dental health, Family planning, Health care, Low income groups, Malnutrition, Minority groups, Professional education.

Abstract: Good health for the American Indian is subject to blocks due to poor housing, which is due to poverty, which is due to lack of jobs, all of which can be blamed at least in part to differences between Indian and non-Indian cultural values. This report from the Northwest mountain states indicates that malnutrition is a significant problem for this segment of the population, and offers suggestions for improvement of this and other problems, including dental health, maternal and child health, and family planning. For the professional nutritionist, and planners concerned with programs for these people.

686-7a

MICROWAVE: QUICKER AND COOLER COOKING.

Night Watchers 7 (9): 54-57. Oct 1974.

RC628.H4 P63

Cooking methods, Microwave cooking, Microwave ovens, Ovens, Recipes.

Abstract: This article briefly explains how a microwave oven works and lists several advantages in using this appliance. Six recipes specifically designed for use in the microwave oven are included. General consumers and food service personnel interested in microwave ovens will find this article of interest.

687-7a

COMMUNITY ACTION FOR BETTER BREAKFASTS (FILMSTRIP).

Midwest Film Studios

Chicago, Carol Institute 1 filmstrip, 30 fr., si, 35mm, col. [n.d.].

TX733.C6 P63 AV

Adolescents (12-19 years), Adults, Basic nutrition facts, Breakfast, Community action.

Abstract: This filmstrip for adults outlines some of the basic reasons why breakfast, and urges the viewer to help organize a better breakfast campaign in his community, offering some suggestions how to go about it. The audience most suitable would seem to be teachers, parents of school children and health personnel, but the film could also be used with high school students.

688-7a

FETAL MALNUTRITION IN WHITE NEWBORN INFANTS: MATERNAL FACTORS.

Harbert C Miller, Khatib Nassarain

Pediatrics 52 (4): 504-512. Oct 1973.

RJ1.P4 P63

Fetal growth, Height-weight ratio, Malnutrition, Pregnancy and nutrition, Professional education, Weight gain.

Abstract: Fetal malnutrition was diagnosed in white, full-term infants who had low ratios of birth weight to body length in the presence of characteristic physical signs of malnutrition and the absence of clinical evidence of congenital defects. The maternal diet was not studied. Maternal factors significantly associated with fetal malnutrition included poor maternal weight gain, lack of prenatal visits, being unmarried, pra-

acne, chronic ear infections, and obesity. Two or more of these maternal factors occurred in 51 percent of pregnancies producing malnourished infants. And only 9 percent of pregnancies with normal infants. The article is addressed to physicians and nutritionists.

689-74

EAT FRUIT FOR GOOD HEALTH. (SPA)
Milwaukee, Dept. of Health, Division of Health Education
Milwaukee, Wisc. [n.d.].
TX397.85 P58 (Milwaukee Department of Health, Division of Health Education. Health department brochure no. H1-75H)
Diet information, Food guides, Food preparation, Home, Fruit juices, Fruits, Meal planning.
Title of Original: Come frate para buena salud.
Abstract: For good health, two servings of fruit or fruit juice is needed every day. Chopped or frozen juices are more economical than preparing fresh juice.

690-74

EAT VEGETABLES FOR GOOD HEALTH. (SPA)
Milwaukee, Dept. of Health, Division of Health Education
Milwaukee, Wisc. [n.d.].
TX392.85B5 P58 (Milwaukee Department of Health, Division of Health Education. Health department brochure no. H2-75H)
Diet information, Food guides, Food preparation, Home, Leafy green vegetables, Meal planning, Nuts, Tuber and bulb vegetables, Vegetables.
Title of Original: Come vegetales para buena salud.
Abstract: For good health, three vegetables should be eaten every day. Vegetables can be eaten by themselves or in soups, and casseroles.

691-74

A STUDY OF THE DIETARY HABITS OF JUNIOR HIGH SCHOOL STUDENTS WITH IMPLICATIONS FOR NUTRITION EDUCATION.
Rose Mary Vinelli Miranda
New Arber, University Microfilms 183 l. 1966.
TX361.85B5 P58
Adolescents (12-19 years), Attitudes, Bibliographies, Dietary information, Dietary study methods, Dietary surveys, Family nutrition, Weight-weight tables, Recommended Dietary Allowances.
Thesis-Columbia University. Bibliography: leaves 156-163.
Abstract: This is a study to collect information about the dietary habits of junior high school boys and girls in Connecticut. From the study, Ms. Miranda tested the knowledge of the students, studied their food intake, and habits. She was then able to evaluate the adequacy of their food intake, and therefore make recommendations for nutrition education.

692-74

NUTRIFICATION OF FROZEN PREPARED SCHOOL LUNCHES IS NEEDED.
Dorothy Biskis, Jean Novak, Paul A. Lachance
Food Technol 28 (2): 52-56. Feb 1974.
389.8 F739H
Frozen foods, Nutrient standards, Nutrition, Prepared foods, Recommended Dietary Allowances, School lunch, Type A lunch, U.S. Recommended Dietary Allowances.
Abstract: Nutrient deficiencies in the Type A lunch pattern are not compensated by meals fed to children at home. The nutritive imbalance of these lunches calls for a plan of nutrition--the practice of assessing balanced values of RDA nutrients on the basis of available protein content in individual products. Meals are suitable vehicles for calcium and iron; sauces for vitamins A, E, thiamine, B6, B12, niacin, pantothenic acid, and biotin; and desserts can hold vitamin C. An alternate approach is to serve foods that are inherently nutritious. Fear of overreplacement is unrealistic. The simplest regulation is to permit nutritionists to use available protein levels or 50% of the U.S. RDA, whichever occurs first.

693-74

COOPER'S NUTRITION IN HEALTH AND DISEASE. 15th ed.
Nolan S. Mitchell
Philadelphia, Lippincott 685 p. illus. [1968].
R216.C6 1968 P58
Adult nutrition education, Disorders of body parts and systems, Food tables, Content, Hospital food service, Infant feeding, Metabolism, Nutrition education, Therapeutic diets.
Bibliography: p. 608-651.
Abstract: A basic textbook covering the principles of nutrition, nutrition differences in various age and occupation groups, and malnutrition. Diseases that can be helped by diet are discussed and information on the modification of food for therapeutic diets is included.

694-74

NUTRITION APPLIED TO SCHOOL LUNCH.
N. Mitchell
Sch Lunch J 15 (3): 13-22. Mar 1967.
389.8 S365
Children, Meal composition analysis, Meal planning, Nutrient content determination, Nutrient intake, Nutrient requirements, Nutrient sources, Nutrients, Type A lunch.
Abstract: This is a rather detailed examination of the Type A school lunch in terms of nutrient content and the contribution it makes to nutrient requirements of children of various ages for growth and physiologic well-being. Nutrients discussed include amino acids and all water-soluble minerals and vitamins. Good nutrient food sources are listed.

695-74

FUN FOOD FIRST - TARGET FSA'S.
Corinna Montandon
J Nutr Educ 6 (2): 66-68. Apr/June 1974.
TX341.36
Nutrition education, School children (6-11 years), Snacks, Television instruction, Television.
Abstract: Community nutritionists and educators, assisted by a local television station, set up a program to help prepare one 30 second and three 60 second public service announcements. The concept of "Let's learn more about good nutrition" was chosen. A workshop including children, nutritionists, actors on a children's television show, and a committee formed by the Section of Nutrition and Gastroenterology at Baylor College of Medicine spent the day at a TV studio in a "fun" atmosphere. Materials from that workshop were used to make the FSA'S.

696-74

CALIFORNIA'S NUTRITION EDUCATION PROJECT TESTS WAYS TO REACH KIDS.
Benedicto Montoya
Food Nutr 4 (8): 11-13. Aug 1974.
TX341.7615
Attitudes, California, Food habits, Nutrition education, Nutrition knowledge, School food service, Student participation. Extract: In May, 1973, school districts in California began participating in an 18-month nutrition education project. The purpose of the project was to demonstrate that a statewide nutrition education program, correlated with school food service, could improve the children's eating habits and their attitudes toward food. Some 10,000 kindergarten through third grade students took part in the program.

697-74

PHOSPHORUS BALANCES OF ADULTS CONSUMING SEVERAL FOOD COMBINATIONS.
Mar-See Nees, Jean L. Walzer, Helen I. Clark
J Am Diet Assoc 64 (4): 386-390. Apr 1974.
389.8 B34
Diet patterns, Dietary information, Dietary study methods, Food intake determination, Nutrient content determination, Nutrient intake, Phosphorus, Research.
Abstract: Phosphorus balances of men and women were determined in three experiments with combinations of rice, milk, and wheat flour were fed alone or with other foods. Mean balance approximated equilibrium when 1.34 or 1.45 gm. phosphorus were provided by a diet containing rice, milk, and wheat flour, but was slightly negative with a lower intake. Retention decreased from 0.41 to -0.03 gm. as phosphorus intake from rice, milk, wheat, and chicken dropped from 2.45 to 1.54 gm., and the regression of balance on intake was linear. Balances were negative when a diet containing different combinations of rice, milk, wheat, corn, and/or beans supplied between 1.91 and 1.49 gm. phosphorus.

698-74

HOW TO GET PATIENTS TO EAT RIGHT FOODS.
H. C. Moore
Mod Hospital 99 (3): 146, 150. Sept 1962.
R1900.86 P58
Diet counselling, Diet information, Diet planning, Hospital food service, Hospitals, Menu design, Nutrition education, Patient care, Teaching techniques.
Abstract: The first step of educating a hospitalized person about foods is to teach him what foods he needs most. The second step is to increase nutritional knowledge of the hospital professional staff. One hospital used space on the day's menu to insert a statement about the nutrients in the foods listed. It has also held nutrition education classes for patients.

699-74

BABIES NEED IRON.
Willie E. Moore
What's New Home Econ 38 (6): 47-48. Sept 1974.
321.8 B55
Home economists, Infants (To 2 years), Iron, Iron-deficiency anemia, Nutrition education, Preventive nutrition.
Abstract: Infant feeding practices must be changed to improve dietary iron intake if widespread iron deficiency is to be avoided. Extended use of iron-fortified infant formula from birth or following breast feeding plus a liberal use of iron-fortified cereal and other iron-rich solid foods can accomplish this objective. Early introduction of large amounts of fresh cow's milk and iron-poor solid foods, however, can readily set the stage for iron depletion.

700-74

MR. & MRS. AMERICA AT LIFE'S END.
Food Management 9 (8): 42-47, 87-90. Aug 1974.
TX341.669
Aging, Elderly (65 + years), Medicare, Nursing homes, Nutrient intake, Nutrition, Nutrition education, Poverty, Social relations.
Abstract: Almost 10 per cent of the American population is over 65. The nutrition problems of this age group are being learned through the offices of the administration on aging, whose goals are: to provide nutritionally sound meals to Americans 60 years of age or older in group settings; to reduce the isolation of old age through outreach and socialization programs; and to make it possible for elderly Americans to

BIBLIOGRAPHY

7B1-74

live independently and with dignity.

761-74

CHEMICAL ADDITIVES IN OUR FOOD.

Ezil B Hrusk
Prof Nutritionist 6 (3): 1, 7-10. July/Aug/Sept 1974.
SF95.11P7

Additives and adulterants, Chemicals, Food additives, Food processing, Food safety.
Abstract: This article, of interest to nutrition educators and food industry personnel, discusses the use of chemicals in food. History of their use in foods, factors of food quality and availability necessitating their use, the functional and basic purposes of additives, and facets of safety are outlined. Recommendations in the use of such substances include a protocol development for testing, cooperation between scientists and consumers, and nutrition education are given.

7B2-74

PLAIN TALK ABOUT A CONFUSING MATTER.

John Y Nuslar
Nutr Today 9 (3): 19-25. May/June 1974.
NA784.N8

Cardiovascular disorders, Cholesterol, Cholesterol-low diets, Diet counseling, Fat-controlled diets, Fatty acids, Nutrition education.

Abstract: The diet-heart disease debate is outlined. It is concluded that fat intake and high cholesterol level are related to greater frequency of coronary heart attacks. Diet can lower the cholesterol content of the blood. The article reviews points of agreement and disagreement among authorities. The major disagreement concerns preventative dietary measures. The status of experimental data is reviewed.

7B3-74

FOOD HABITS (KIT).

Anne Bufolotto
Enclaved Cliffs: Scholastic Bk., Inc. teaching kit, 5 transparencies, 5 ditto masters, Guide. [s.d.].
TX355.WH P5N AV (Classroom. foods and nutrition CT 12.)
Class activities, Food habits, Foodways, Transparencies.
Abstract: This is one of several food and nutrition teaching kits developed for high school classrooms and other similar situations. The kit includes a teacher's guide, five transparencies for overhead projects, and ditto masters of each to provide students with copies of what is shown in the transparencies. Topics covered are the teacher and the breakfast skipper, the overeater, influence of peer group and sharing food customs.

7B4-74

IMPROVING NUTRITION IN LESS DEVELOPED AREAS.

B Buzos de Chavez
J Nutr Educ 4 (4): 167-170. Fall 1972.
TX341.J6

Child nutrition, Developing nations, Diet improvement, Disadvantaged groups, Mexico, Nutrition education, Nutrition progress, Nutritional status, Program evaluation.

Abstract: The data obtained from experimental nutrition education programs in Mexico seems to support the idea that improved supplementary feeding practices is of the highest priority in applied activities for underdeveloped areas. Nutrition education programs in three Mexican communities were evaluated and found to be effective in achieving greater dietary diversification and improving child nutrition.

7B5-74

REPORT OF A CONFERENCE ON PROTEIN AND AMINO ACID NEEDS FOR GROWTH AND DEVELOPMENT.

Mehish B Buzos
Amer J Clin Nutr 27 (1): 55-58. Jan 1974.
J89.B JH24

Amino acids, Child nutrition, Growth, Malnutrition, Nutritional status, Pregnancy, Professional education, Protein-calorie malnutrition, Protein.

Abstract: This article for the professional nutritionist summarizes papers presented at a United States-Japan Cooperative Medical Sciences Program in July 1973 on protein-energy malnutrition as it affects adults, preschool children, school children, and the developing fetus of the malnourished mother. Capacity for the catch-up growth of children malnourished in infancy can be realized if a good environment is provided. Among school children, malnutrition in Japan resulted in a delay of the time of the growth spurt, but did not alter the final height attained. In one study, pregnant women were shown to retain nitrogen at levels of protein intake above those usually predicted as needed, and caloric supplements alone given to pregnant women in rural Guatemala who normally have low birth weight offspring produced children of normal weight. Added protein gave them no further advantage.

7B6-74

VITAMIN A NUTRITION IN NORTH AMERICA.

T K Murray
In Proceedings of the Western Hemisphere Nutrition Congress II Miami Beach, Fla., Sept. 2, 1971 p. 63-66. 1972.
TX345.WA P5N

Fortification, Liver, Recommended Dietary Allowances, Vitamin A.

Abstract: Recommended daily intake of vitamin A is different in Canada and the United States. This paper gives the results of tests in various parts of the U.S. and Canada, on the accu-

nts of vitamin A ingested and the blood and liver levels of vitamin A reserves. Although the RDA is lower in Canada than in the U.S. For intake of vitamin A, both countries show a high level of people who fail to consume the RDA of vitamin A. There is some discussion on fortification of foods to bring the level of consumed vitamin A higher.

767-74

NUTRITION EDUCATION AT INDIAN SCHOOLS.

Katherine O Husgrave, Margaret I Thornbury
J Nutr Educ 6 (4): 137-139. Oct/Dec 1974.
TX341.J6

American Indians, Child nutrition, Child nutrition progress, Ethnic groups, Nutrition education, Parent education.

Abstract: This article discusses in detail the four objectives of a five month nutrition education project conducted in an Indian community. In this program senior college students in food and nutrition assisted the school's cook in planning nutritious, culturally appropriate meals for 55 preschool and elementary children. Nutrition education took place for students, teachers and aids during sessions through discussion. Measurement of change in eating behavior was subjective, but increased participation in school breakfast was noted and food habit changes were recorded. Nutrition education classes were held for children of grades 1-6 and concepts and methods used are briefly described. Parent education was also conducted with the common interest in weight reduction serving as a focal point for some general nutrition input through free area discussions. Those working to improve the nutritional status of minority groups such as the Indians will find this report of interest.

768-74

MUSIC AND GAMES INTRODUCE NUTRITION.

What's New Home Econ 32 (4): 36. Apr 1968.
J21.E W55

Adolescents (12-19 years), Educational programs, Females, Food habits, Food selection, Maternal and child health, New York City, Nutrition education, Pregnancy and nutrition.

Abstract: Three New York City nutritionists gave a one-day program of nutrition education to high school girls, many of whom were pregnant. The nutritionists suggested good food with good figures; used advertising slogans to suggest how foods can improve health; and helped the girls evaluate their previous day's diet.

769-74

CESARE BRESSA (1785-1836) ON DIRT EATING IN LOUISIANA: A CRITICAL ANALYSIS OF HIS UNPUBLISHED MANUSCRIPT "DE LA DISSOLUTION SCOMBOUTIQUE".

P Nantacchi
J Amer Med Assoc 218 (2): 229-232. Oct 11, 1971.
488.9 AM37

Cultural factors, Deficiency diseases and disorders, Diet patterns, Food habits, Food intake, Geography, Medical factors, Negroes, Pica.

Abstract: This article discusses a study by an Italian physician in Louisiana in the early 1800's, who concluded that a disease highly prevalent among Southern slaves was nutritional in origin. Its most striking feature was dirt eating. Bressa's detailed description of the sycophantology suggests that the illness was wet beriberi, aggravated by hookworm anemia. Dirt eating may be a descendant of propitiatory rites among some African tribes.

710-74

BY BANE'S IMA INCH (POSTER).

[Berkeley] University of California 1 poster, 65 x 50 cm, col. [1973].
TX553.I789 P5N AV

Basic nutrition facts, Energy, Iron, Minerals, Nutrient intake, Nutrients, Physical health.

Abstract: A character called Ima Inch is depicted on this poster as droplets of healthy red blood carrying oxygen through the leg of a racing athlete. The printed message explains that Ima Inch is "...the one you rely on for healthy red blood cells throughout. Carrying oxygen around and about."

711-74

START THINKING NUTRITION (RECORD).

Nabisco, Inc.
New York, N.Y. 4 records, 12", 33 1/3 rpm, stereo. 1972.
TX364.N33 P5N AV

Basic nutrition facts, Diet information, Food groups, Food habits, Food intake, Food preparation, Nutrients, Nutrition, Nutrition education.

Abstract: "Start Thinking Nutrition" is a comprehensive series of brief messages covering a wide range of subjects dealing with nutrition. These messages underline the basic principles of sensible eating habits which can contribute greatly to good health and well-being. A number of the episodes are actual interviews with leading figures in the field of nutrition. The full series of 52 two-minute messages is also available in a Spanish-language version. General topics covered include nutrients and how they function, a balanced diet from the Basic Four, food preparation, food storage, obesity, physical fitness, snacks, aging, organic foods, plus many others.

- 712-74
NUTRITION ALERT.
 National Canners Association
 Washington, D.C.: National Canners Assoc. 8 p., tables, illus. 1971.
 TX355.N37 P5N
 Food groups, Food Purchasing, Meal Planning, Nutrient functions, Nutrient sources, Recommended Dietary Allowances.
 Abstract: This colorful pamphlet discusses the four food groups, nutrients, their functions and sources, meal planning, and food buying with emphasis on the role of canned foods. It contains schematic pictures and clearcut charts.
- 713-74
PRELIMINARY FINDINGS OF THE FIRST HEALTH AND NUTRITION EXAMINATION SURVEY, UNITED STATES, 1971-1972: DIETARY INTAKE AND BIOCHEMICAL FINDINGS.
 National Center for Health Statistics
 Rockville, Md., U.S. Department of Health, Education, and Welfare 183 p. Jan 1974.
 TX357.P72 P5N
 Ascorbic acid, Calcium, Diet patterns, Dietary surveys, Iron, National surveys, Nutritional status, Nutritional surveys, Vitamin A.
 Abstract: This report, representing preliminary results of the NHANES survey, offers information on the dietary intake and biochemical levels of various nutrients collected on a sample of the total U.S. population. The most prevalent findings was that of widespread iron deficiency especially in children aged 1-5 and in women aged 18-44 years. It was also determined that all population groups had adequate mean calcium and vitamin A and C intakes in relation to accepted standards and yet a substantial number of individuals had intakes less than the standards. For example, black women of child bearing age had low calcium levels while similar low-income white women had low vitamin A levels. Among those over 60, low income whites got less vitamin C than low income blacks, with the situation reversing itself in higher income levels. These results, along with other data from the upcoming total report, will serve as a baseline against which subsequent surveys will be compared and upon which specific needs of future government programs can be determined.
- 714-74
FOOD FADDISM.
 National Dairy Council
 Nutr Rev 32 (suppl. 1): 53-56. July 1974.
 349.8 B953
 Food fads, Food information, Natural foods, Nutrition education, Organic foods.
 Abstract: This article discusses food faddism, presenting information on types of food fads, categories of individuals and their motivation for using special food products, the hazards of food faddism, and the extent that food faddism exists in America. Organically grown foods and natural foods are presented in some detail including a definition of the terms, beneficial nutritional claims and scientific evaluation of these claims, food safety, cost, and product examples. Recommendations are made for nutrition educators to offset the false impressions of food faddists by first understanding the beliefs and reasons behind them and then to work within the philosophy of the group to react to needed change.
- 715-74
EVERY DAY EAT THE 1-2-3-4 WAY.
 National Dairy Council
 Chicago 1 chart, 22 1/8"x18", col. 1973.
 TX355.N35 P5N
 Charts, Food groups, Primary grades.
 With 4 p. Teacher's guide.
 Abstract: A food chart designed for primary grades. Across the top of the panels is the rhyme: 1 for the muscles, 2 for the glow, 3 to make ready and 4 to grow. Pictures of foods in the 4 food groups and the recommended consumption pattern are shown in the 4 panels. A 4 page teacher's guide explains the use of the chart and suggests a number of ways in which the child's awareness of choosing foods for their effect on health and growth may be developed. Supplementary resources and references are given.
- 716-74
FOOD (MODELS). 3d ed.
 National Dairy Council
 Chicago, Ill. 146 models, lifasize, color. 1974.
 TX364.P626 P5N AV
 Models, Nutrients, Nutrition education, Recommended Dietary Allowances.
 With teacher's guide.
 Abstract: Each of these stand-up models of food and beverages contains a table of nutrients in a specified amount of the food, and the percent of the recommended dietary allowance supplied.
- 717-74
FOOD MODELS IN FULL COLOR (MODELS). 2nd ed.
 National Dairy Council
 Chicago, Ill. 171 models, lifasize, color. 1971.
 TX364.P624 P5N AV
 Diets, Meal planning, Minimum Daily Requirements, Nutrients, Nutrition education.
 With 4 p. Teacher's guide.
 Abstract: The life-sized cardboard models are in full color.
- On the back of each are listed the nutrients in a specific amount and their contribution to daily requirements. The guide accompanying the models gives a list of alternatives, and 1200, 1400, and 1800 calories per day diets. Suggestions for various uses of the models are given.
- 718-74
FOOD AND YOU...PARTNERS IN GROWTH DURING PREGNANCY.
 National Dairy Council
 Chicago, National Dairy Council 16 p. 1974.
 TX361.P7N34 P5N
 Pregnancy and nutrition, Pregnancy diets, Pregnant women.
 Abstract: The need for extra attention to diet in pregnancy, special needs for protein and iron, and how to obtain a good diet (the Basic Four guide) are covered in this pamphlet. A self-administered diet inventory for checking dietary intake is included. The pamphlet could be used in conjunction with group or individual prenatal counseling and could apply to teenagers as well as older expectant mothers.
- 719-74
MEALS AND SNACKS FOR YOU (POSTERS).
 National Dairy Council
 Chicago, National Dairy Council 4 posters, 16" x 21", col. 1972.
 TX364.N42 P5N AV
 Basic nutrition facts, Breakfast, Instructional materials, School children (6-11 years), Snacks.
 With 4 p. Teacher's guide.
 Abstract: These photographs of children eating could be used to teach food combinations to children in intermediate grades and parents. They could also be displayed on bulletin boards, and used in classrooms, clinics or libraries. The pictures show a child with a good breakfast, or lunch, dinner, or snack, which he is about to eat. The teacher's guide suggests activities in language arts, handwork, speech and show-and-tell projects.
- 720-74
FOOD ALLERGY.
 National Institutes of Health
 [Washington], U.S. Dept. of Health, Education, and Welfare 12 p. [n.d.].
 RC596.N3 P5N
 Allergies, Food-related disorders, Foods, Research.
 Abstract: The leaflet gives a thorough explanation of allergic reactions. Definitions are given for allergies and food allergy symptoms and the causes of food reactions are explained. The booklet gives information on the tests available for determining allergies, treatment and research.
- 721-74
FLUORIDATION: NATURE'S WAY TO PREVENT TOOTH DECAY.
 National Institutes of Health, Division of Dental Health
 Washington, GPO 4 p. 1973.
 RA591.5.F5 P5N
 Consumer education, Dental caries, Dental health, Fluoridation, Florida.
 Abstract: This leaflet discusses the sources of fluoride the dental health benefits, and "natural" and "adjusted" fluoridation.
- 722-74
FOOD TO GROW ON: A BOOK ABOUT FOOD FOR BOYS AND GIRLS.
 National Live Stock and Meat Board
 Chicago 23 p. illus. 1959.
 TX355.N33 P5N
 Activity books, Basic nutrition facts, Food groups, Hygiene, Lunch.
 Abstract: For primary students. The theme revolves around the nuclear "M". Four things food does for you, four food groups, four good health rules, four questions and answers about some groups. There are 3 quiz type games to summarize the learning at the end.
- 723-74
FUNCTIONS OF FOOD IN NUTRITION.
 National Live Stock and Meat Board
 Chicago, National Live Stock and Meat Board 4 p. 1970.
 TX355.N36 P5N
 Deficiency diseases and disorders, Minerals, Nutrient values, Nutrition, Vitamins.
 Abstract: The pamphlet lists the functions of nutrients (protein, carbohydrate, fats, vitamins and minerals) found in various foods, their best sources and deficiency symptoms.
- 724-74
YOU CAN REDUCE: A PRACTICAL PLAN FOR CONTROLLING WEIGHT SAFELY AND COMFORTABLY. Pocket edition.
 National Livestock and Meat Board
 Chicago, National Live Stock and Meat Board 6-sided folder. [n.d.].
 BH222.2.N33 P5N
 Adults, Calorie-restricted diets, Diet planning, Meal planning, Obesity, Weight control.
 Abstract: This folder offers some plans for adults wishing to lose weight at two different levels of calorie restriction. It also makes suggestions to help the overweight person lose weight safely and consistently.

725-74

725-74

ACCUMULATION OF NITRATE.

National Research Council, Committee on Nitrate Accumulation, Division of Biology and Agriculture
Washington, D.C. 106 p. 1972.
TX571.PAN3 P58

Cancer, Eutrophication, Fertilizers, Food additives, Nitrate, Nitrogen, Nitrogen compounds, Water.

Abstract: Some forms of nitrobenzene are toxic to animals. Methemoglobinemia in infants has been related to a high level of nitrate in drinking water. The possibility that some forms of nitrobenzene may combine to form the extremely carcinogenic class of compounds called nitroamines is particularly disturbing. Nitrobenzene also enhances the growth of aquatic vegetation, and excessive growth affects water quality and use.

726-74

NATIONAL NUTRITION AND THE COURSE OF PREGNANCY.

National Research Council, Food and Nutrition Board, Committee on National Nutrition
Washington, D.C. 241 p. 1970.
TX361.P783 P58

Anemia, Fetal growth, Infants (To 2 years), Mortality, Pregnancy and nutrition, Pregnant women, Socioeconomic influences, Toxemia of pregnancy.

Abstract: Many studies have shown that poorly nourished women who have poor diets during pregnancy tend to have more complications than do well-nourished women who have good diets during pregnancy. One is tempted to be satisfied with the prima facie evidence that nutrition alone makes the difference between favorable and unfavorable outcome in pregnancy. But many other factors--genetic, biological, social, and psychological--are involved. Women in different socioeconomic groups differ not only in their diets but also in general health, education, interest in health matters, and ability to obtain medical care.

727-74

COMPARISON OF BODY HEIGHTS AND LENGTHS OR HEIGHTS OF GROUPS OF CHILDREN.

National Research Council, Food and Nutrition Board
Nutr Rev 32 (4): 268-288. Sept 1974.
389.8 N953

Child development, Children, Height-weight ratio, Height-weight tables, Reference standards.

Abstract: In this report the question of anthropometric measurement techniques and norms for children is treated. The statement has been prepared to aid in utilizing data, specifically those on weight and on length or height, in evaluating body size of groups of children in the United States. The question of evaluating individual children is not addressed. The report contains recommendations on methodology and provides reference data, discussion on a proposed method of assembling reference data, and comments on interpretation of data. Those involved in the health care of children should be aware of this report.

728-74

SUPPLEMENTATION OF HUMAN DIETS WITH VITAMIN E.

National Research Council, Food and Nutrition Board
Nutr Rev 32 (suppl. 1): 37-38. July 1974.
389.8 N953

Fat-soluble vitamins, Food information, Nutrient sources, Supplements (Nutrient), Vitamin E.

Abstract: According to this statement prepared for nutrition oriented professionals, claims that vitamin E supplements will cure or prevent certain human ailments are not backed by satisfactory scientific or clinical evidence. Some of these claims are based upon deficiency symptoms observed in other species but attempts to relate these symptoms to vitamin E deficiency in human beings has been unproductive. Widespread presence of the vitamin in the human diet makes a deficiency very unlikely. Situations exist where supplementation would be required but these require the care of a physician.

729-74

GENERAL POLICIES IN REGARD TO IMPROVEMENT OF NUTRITIVE QUALITY OF FOODS.

National Research Council, Food and Nutrition Board
Washington, DC, National Academy of Sciences, National Research Council 6 p. 1973.
TX353.B3 P58

Enrichment, Formulated foods and specialized products, Fortification, Fortified foods, Professional education.

Abstract: The Food and Nutrition Board of the U.S. National Research Council in this Policy statement specifically endorses the enrichment of certain cereal products, milk and table salt, with vitamins or minerals, and the addition of fluoride to water supplies where content of the latter is low. Conditions under which enrichment is advisable include intake otherwise below desirable levels in significant numbers of people, the food to be enriched is consumed by enough to make a contribution, enrichment will not increase costs or cause dietary imbalance, and the added nutrient will be stable in storage. Specifications for newly formulated foods such as retort soups, cereals and confections to the diet are also presented in this report for the professional nutritionist.

730-74

THE STORY OF SOFT DRINKS.

National Soft Drink Association
Washington 16 p. (e.d.).
TP630.B3 P58

Adolescents (12-19 years), Beverages, Food processing, Recipes, Secondary education, Soft drinks.
Abstract: This pamphlet has been written to tell high school students how soft drinks are made, what they contain, and how their manufacture has developed in the U.S. and spread around the world. Some suggestions for recycling containers are made, and a few recipes are offered using more common varieties.

731-74

ALL AMERICAN FOODS.

National 4-H Service Committee
Chicago 37 p. 1970.
TX661.B6 P58

Basic nutrition facts, Experiments, Food groups, Food preparation, Food purchasing, Food safety, Meal planning.
With 15 p. Leader's guide.

Abstract: This booklet is designed for the 10- to 12-year-old who has some experience in food preparation. In this unit, in addition to learning more about food preparation and planning meals there are facts and folklore about American foods. The leader's guide is designed to give confidence to a lay leader who has had limited training. The unit offers a good range of activities to interest both boys and girls.

732-74

NUTRITIONAL VALUE OF "EGG BEATERS" COMPARED WITH "FARM FRESH EGGS".

Heena Kausari Davidi, Fred A. Kasserov
Pediatric Annals 53 (4): 565-566. Apr 1974.
EJ1.P4 P58

Atherosclerosis, Cardiovascular disorders, Eggs, Infant diets, Infant feeding, Infants (To 2 years).

Abstract: This article reports on a study comparing the food product "Egg beater" with farm fresh eggs in which lactating female rats and their young were placed on diets of either raw "Egg beater", raw shell eggs, or commercial chow. Results indicated that shell eggs furnish one or more nutritional factors which are absent in "Egg beater". This study was done to preclude the use of "Egg beater" as a substitute for egg yolk in infant feedings by pediatricians who may consider supplementation with cholesterol free substitutes early in life to prevent the development of atherosclerosis. The nutritional factors not found in these substitutes such as "Egg beater" may not be present in adequate amounts for infants in their diet.

733-74

NEBRASKA HANDBOOK OF DIETS NORMAL AND THERAPEUTIC.

Nebraska Dietetic Association
Lincoln, Nebraska Hospital Assn. 139 p., looseleaf. 1974.
NE217.N4 P58

Diabetic diets, Diet counselling, Diet planning, Diets, Therapeutic and special diets.

Abstract: This diet manual contains a great deal of information useful to those involved in the nutritional care of patients. It presents guidelines for normal nutrition and then outlines diets modified according to consistency, caloric level, specific nutrient content, and for various hospital tests. There is an extensive bibliography, tables with nutrient composition of commercially prepared formulas, the sodium and potassium content of foods, and the composition of snack foods, and a few recipes and suggested recipe books. A method is outlined in the foreword for obtaining yearly revisions of diets so as to keep the manual current.

734-74

WHAT'S NUTRITION? (NOTICE PICTURE).

New England State Education Council, Inc.
Cambridge, NHN Television Station 1 reel, ed., col., 30 min., 16 mm. 1973.
TX364.U59 NO. 1 P58 AV (U.S. Food and Nutrition Service.
Food for youth series, no. 1)

Deficiency diseases and disorders, Digestion and absorption, Food habits, Food service workers, Dietery, Nutrition education, Psychological aspects, Research, Social influences.
Also available in videocassette format; with study guide (Fall 1975).

Abstract: This is the first in a series of ten presentations in a course designed for school food service workers. The narrator describes the content of the course, which covers five hours. In this lecture, the history of research and discovery in nutrition, and the human body's use and processing of food is described. Diseases arising from lack of nutrients are discussed. The social and psychological uses and effects of food are reviewed in terms of taboos and fads, the use of food as reward, and the emotional bases of over and undernutrition, particularly among teenagers, is stressed via interview on food habits. Emphasis is put on the food service worker's role in the formation of children's lifetime food habits and knowledge of nutrition. A brief introduction to the next lecture in the series is given.

735-74

FUEL FOR LIFE (VIDEOCASSETTE).

New England State Educational Council, Inc.
Cambridge, NHN Television Station 1 videocassette, ed., col., 30 min., 3/4". 1973.
TX364.U59 NO. 2 P58 AV (U.S. Food and Nutrition Service.
Food for youth series, no. 2)

Cells, Development, Digestion and absorption, Energy, Growth, Nutrition, Mental development, Nutrition education, Physical development.

For use in videocassette player, also available in 16 mm motion picture film; with study guide (Fall 1975).
 Abstract: This is the second in a series of ten presentations in a course designed for school food service workers. This lecture deals with how cells are nourished in the human body and how lack of nourishment can affect growth and development, growth rate, the onset of puberty, and maturity in children. The chain of life concept is explained: energy from the sun is used by plants for growth (which are then eaten by animals) and both used as food by humans. The digestive sequence is described from salivation and its enzyme action through breakdown of food to molecular size and final addition to the individual cell, and the ultimate products: energy and heat, which are expended in various activities. Interviews with five children of the same age, but with greatly varied physical and mental attributes illustrate the results of good and poor nutrition. A brief introduction to the next lecture in the series is given.

736-7a

HEAT'S IN IT FOR ME?--THE NUTRIENTS (VIDEOCASSETTE).
 New England State Educational Council, Inc.
 Cambridge, WGBH Television Station 1 videocassette, sd., col., 30 min., 3/4". 1973.
 TX364.059 NO. 3 FSN AV (U.S. Food and Nutrition Service. Food for youth series, no. 3)
 Carbohydrates, Cells, Fats and oils, Minerals, Nutrients, Nutrition education, Proteins, Vitamins, Water.
 For use in videocassette player, also available in 16 mm motion picture film; with study guide (Fall 1975).
 Abstract: This is the third in a series of ten presentations in a course designed for school food service workers. The concept that nutrients are for individual types of cells rather than for the body as a whole is discussed. More than fifty separate nutrients are required to keep the human body's 100 trillion cells in good condition. Six groups of nutrition elements are described and explained. Vitamins, minerals, water, fats, carbohydrates, and proteins are discussed, and the types of food they occur in are given. Two important factors in good nutrition are stressed throughout: regulation (balance) and variety. A food such as beef is nutritious, but if only beef is eaten, deficiencies will develop in those nutrients not present in this type of meat. The difference in saturated and polyunsaturated fats, action of amino acids, and cholesterol are reviewed. A brief introduction to the next lecture in the series is given.

737-7a

HEAT'S A BALANCED DIET? (VIDEOCASSETTE).
 New England State Educational Council, Inc.
 Cambridge, WGBH Television Station 1 videocassette, sd., col., 30 min., 3/4". 1973.
 TX364.059 NO. 4 FSN AV (U.S. Food and Nutrition Service. Food for youth series, no. 4)
 Basic Four, Canned foods, Food guides, Food preferences, Food Purchasing, Fresh foods, Frozen foods, Labeling, Processed foods.
 For use in videocassette player, also available in 16 mm motion picture film; with study guide (Fall 1975).
 Abstract: This is the fourth in a series of ten presentations in a course designed for school food service workers. This lecture describes the four basic food groups and how each of each group children need for good nutrition. The use of a guide is suggested when shopping. The various types of packaging: fresh, canned, processed and frozen, allow a good deal of leeway in satisfying varied tastes. Food labeling is a useful device in maintaining good nutrition. Food supplements and fortified foods are discussed and their value in substitution described. Four shoppers from varied backgrounds explain how they select foods to keep their families in good health. A brief introduction to the next lecture in the series is given.

738-7a

THREE MEALS A DAY, PLUS (VIDEOCASSETTE).
 New England State Educational Council, Inc.
 Cambridge, WGBH Television Station 1 videocassette, sd., col., 30 min., 3/4". 1973.
 TX364.059 NO. 5 FSN AV (U.S. Food and Nutrition Service. Food for youth series, no. 5)
 Adolescence (12-19 years), Ethnic foods, Food art, Food guides, Food habits, Learning ability, Menu planning, School breakfast, Type A lunch.
 For use in videocassette player, also available in 16 mm motion picture film; with study guide (Fall 1975).
 Abstract: This is the fifth in a series of ten presentations in a course designed for school food service workers. Each of the three important daily meals are discussed. In many cases lunch may be the only balanced meal of the day for children. Planning a type A school lunch is described. Food guides, exchanges, and ethnic variations on the basic menu are shown. School breakfasts and their beneficial effects on children are described. Teenagers discuss their food habits and preferences, which are mainly candy, pizza, and hamburgers with french fries. Dinner is a time for food art, where texture, shape, color, and atmosphere are of main importance. A brief introduction to the next lecture in the series is given.

739-7a

PREPARING MEALS: THE LAST STEP (VIDEOCASSETTE).
 New England State Educational Council, Inc.
 Cambridge, WGBH Television Station 1 videocassette, sd., col., 30 min., 3/4". 1973.

TX364.059 NO. 6 FSN AV (U.S. Food and Nutrition Service. Food for youth series, no. 6)
 Food handling, Food Preparation, Food storage, Menu planning, Nutrient retention, School food service, Standardized recipes, Type A lunch, Worksheets.
 For use in videocassette player, also available in 16 mm motion picture film; with study guide (Fall 1975).
 Abstract: This is the sixth in a series of ten presentations in a course designed for school food service workers. How a type A school lunch is prepared is depicted. Emphasis on preservation of nutrients through careful handling of food is the main theme of this section. Personnel go through all the steps involved in preparing a lunch starting with pre-preparation the day before. Techniques and equipment use in the kitchen are shown. Storage is a critical factor in nutrient preservation as is timing: defrosting of ground meat for meat loaf, refrigeration until mixing, then refrigeration again up to the precise moment for cooking. Hints on preparation are given throughout the film. Work schedules, menu planning, recipe cards, and equipment are tools that assist school food service personnel to accomplish their tasks. The result of their efforts, a nutritious, attractive lunch--meat loaf, peas, a "Popo-pey" salad (with spinach), fortified milk, and cake with lemon sauce--is shown. A brief introduction to the next lecture in the series is given.

740-7a

PLACES WE EAT IN (VIDEOCASSETTE).
 New England State Educational Council, Inc.
 Cambridge, WGBH Television Station 1 videocassette, sd., col., 30 min., 3/4". 1973.
 TX364.059 NO. 7 FSN AV (U.S. Food and Nutrition Service. Food for youth series, no. 7)
 Attitudes, Environmental factors, Family environment, Food service workers, Responsibility, School food service, School lunch, Social relations.
 For use in videocassette player, also available in 16 mm motion picture film; with study guide (Fall 1975).
 Abstract: This is the seventh in a series of ten presentations in a course designed for school food service workers. Lunch, besides supplying nutrients is also a social experience and food service personnel have a responsibility for making the social aspects of school lunch as pleasant as possible. A Saturday meal at home is dramatized, with a mother trying to feed and control several young children while food flies and the telephone rings constantly. The mother's remarks are commented on by several professionals. In the cafeteria several students are interviewed during lunch and their complaints focus on environment, the physical surroundings, lack of time, resentment, lack of social contact with friends, but little comment on the food itself. Discussions by professionals focus on solving the time problem through staggering lunch times, thus cutting down the requirement of control of large numbers of students. Enhancing the environment through better planning is discussed. The goal is furthering the social experiences and joy of eating.

741-7a

CLASSROOM AND CAFETERIA (VIDEOCASSETTE).
 New England State Educational Council, Inc.
 Cambridge, WGBH Television Station 1 videocassette, sd., col., 30 min., 3/4". 1973.
 TX364.059 NO. 8 FSN AV (U.S. Food and Nutrition Service. Food for youth series, no. 8)
 Equipment, Food guides, Food preparation, Menu planning, Nutrition education, Nutrition knowledge, School food service, School lunch, Student participation.
 For use in videocassette player, also available in 16 mm motion picture film; with study guide (Fall 1975).
 Abstract: This is the eighth in a series of ten presentations in a course designed for school food service workers. The potential of using the school meal as a teaching ground for nutrition education is explored. Students can observe food preparation procedures in the kitchen and observe equipment and guides used by food service personnel in preparing type A lunches. They can also participate in various aspects of the food service operation, such as menu planning. In the classroom, nutrition education can be related directly to the daily menu. A brief introduction to the next lecture in the series is given.

742-7a

IT'S NOT GOOD FOR YOU (VIDEOCASSETTE).
 New England State Educational Council, Inc.
 Cambridge, WGBH Television Station 1 videocassette, sd., col., 30 min., 3/4". 1973.
 TX364.059 NO. 9 FSN AV (U.S. Food and Nutrition Service. Food for youth series, no. 9)
 Deficiency diseases and disorders, Diets, Emotions, Fluoridation, Food fads, Food habits, Malnutrition, Nutrients, Obesity.
 For use in videocassette player, also available in 16 mm motion picture film; with study guide (Fall 1975).
 Abstract: This is the ninth in a series of ten presentations in a course designed for school food service workers. The doctor's viewpoint and observations on nutrition are presented. Under-nutrition can present no symptoms; the young, extremely active athlete may be suffering from malnutrition, which in turn can lead to serious diseases: coronary attacks or atherosclerosis. Obesity is thoroughly discussed via the dramatization of a teenager's constant battle with overweight. Fad diets are discussed in this light and related to emotional attraction to this type of diet. The measure the girl takes

743-74

to control her weight are described. Interviews with teenagers address the reasons for eating the way they do. In addition to nutrition in pregnancy, iron-deficiency anemia, food fads, and fluoridation and tooth decay. A brief introduction to the next lecture in the series is given.

743-74

INNOVATIONS AND CHALLENGES (VIDEOCASSETTE).
New England State Educational Council, Inc.
Cambridge, WGNH Television Station 1 videocassette, ad., col., 30 min., 3/4". 1973.
TX364.U59 NO. 10 P5W AV (U.S. Food and Nutrition Service.
Food for youth series, no. 10)
Food habits, Food service workers, Innovation, Methodology, New foods, Nutrition concepts, Nutrition education, Psychological aspects, School food service.
For use in videocassette Player, also available in 16 mm motion picture film; with study guide (Fall 1975).
Abstract: This is the last in a series of ten presentations in a course designed for school food service workers. The role of school food service personnel in nutrition education is described. Food service can educate and assist since food habits developed during childhood last a lifetime. If these are good food habits, a contribution has been made to health. A recapitulation of the 9 previous lectures is given. Some attention is given to current theories in nutrition, for example, that poor nutrition can result in poor social and learning behavior. Evidence for the validity of this premise is inconclusive. Other factors may be the cause or act in conjunction with nutrition problems. New types of food, engineered foods, and the tests they are subjected to are discussed. They will require new standards. New methods of preparation and serving, and new equipment are described. This film completes the series.

744-74

WHAT'S NUTRITION? (VIDEOCASSETTE).
New England State Educational Council, Inc.
Cambridge, WGNH Television Station 1 videocassette, ad., col., 30 min., 3/4". 1973.
TX364.U59 NO. 1 P5W AV (U.S. Food and Nutrition Service.
Food for youth series, no. 1)
Deficiency diseases and disorders, Digestion and absorption, Food habits, Food service workers, History, Nutrition education, Psychological aspects, Research, Social influences.
For use in videocassette Player, also available in 16 mm motion picture film; with study guide (Fall 1975).
Abstract: This is the first in a series of ten presentations in a course designed for school food service workers. The narrator describes the content of the course, which covers five hours. In this lecture, the history of research and discoveries in nutrition, and the human body's use and processing of food is described. Diseases arising from lack of nutrients are discussed. The social and psychological uses and effects of food are reviewed in terms of tobacco and fats, the use of food as reward, and the emotional bases of over and undernutrition, particularly among teenagers, is stressed via interviews on food habits. Emphasis is put on the food service worker's role in the formation of children's lifetime food habits and knowledge of nutrition. A brief introduction to the next lecture in the series is given.

745-74

FUEL FOR LIFE (MOTION PICTURE).
New England State Educational Council, Inc.
Cambridge, WGNH Television Station 1 reel, ed., col., 30 min., 16 mm. 1973.
TX364.U59 NO. 2 P5W AV (U.S. Food and Nutrition Service.
Food for youth series, no. 2)
Cells, Development, Digestion and absorption, Energy, Growth, Nutrition, Mental development, Nutrition education, Physical development.
Also available in videocassette format; with study guide (Fall 1975).
Abstract: This is the second in a series of ten presentations in a course designed for school food service workers. This lecture deals with how cells are nourished in the human body and how lack of nourishment can affect growth and development, growth rate, the onset of puberty, and maturity in children. The chain of life concept is explained: energy from the sun is used by plants for growth (which are then eaten by animals) and both used as food by humans. The digestive sequence is described from salivation and its enzyme action through breakdown of food to molecular size and final addition to the individual cell, and the ultimate products: energy and heat, which are expended in various activities. Interviews with five children of the same age, but with greatly varied physical and mental attributes illustrate the results of good and poor nutrition. A brief introduction to the next lecture in the series is given.

746-74

WHAT'S IN IT FOR HER?--THE NUTRIENTS (MOTION PICTURE).
New England State Educational Council, Inc.
Cambridge, WGNH Television Station 1 reel, ed., col., 30 min., 16 mm. 1973.
TX359.U59 NO. 3 P5W AV (U.S. Food and Nutrition Service.
Food for youth series, no. 3)
Carbohydrates, Cells, Fat and oils, Minerals, Nutrients, Nutrition education, Proteins, vitamins, water.
Also available in videocassette format; with study guide (Fall 1975).
Abstract: This is the third in a series of ten presentations

in a course designed for school food service workers. The concept that nutrients are for individual types of cells rather than for the body as a whole is discussed. More than fifty separate nutrients are required to keep the human body's 100 trillion cells in good condition. Six groups of nutrition elements are described and explained. Vitamins, minerals, water, fats, carbohydrates, and proteins are discussed, and the types of food they occur in are given. Two important factors in good nutrition are stressed throughout: regulation (balance) and variety. A food such as beef is nutritious, but if only beef is eaten deficiencies will develop in those nutrients not present in this type of meat. The difference in saturated and polyunsaturated fats, action of amino acids, and cholesterol are reviewed. A brief introduction to the next lecture in the series is given.

747-74

WHAT'S A BALANCED DIET? (MOTION PICTURE).
New England State Educational Council, Inc.
Cambridge, WGNH Television Station 1 reel, ed., col., 30 min., 16 mm. 1973.
TX364.U59 NO. 4 P5W AV (U.S. Food and Nutrition Service.
Food for youth series, no. 4)
Basic Four, Canned foods, Food guides, Food Preferences, Food purchasing, Fresh foods, Frozen foods, Labeling, Processed foods.
Also available in videocassette format; with study guide (Fall 1975).
Abstract: This is the fourth in a series of ten presentations in a course designed for school food service workers. This lecture describes the four basic food groups and how each of each group children need for good nutrition. The use of a guide is suggested when shopping. The various types of packaging: fresh, canned, processed and frozen, allow a good deal of leeway in satisfying varied tastes. Food labeling is a useful device in maintaining good nutrition. Food supplements and fortified foods are discussed and their value is questioned. Four shoppers free varied backgrounds explain how they select foods to keep their families in good health. A brief introduction to the next lecture in the series is given.

748-74

THREE MEALS A DAY, PLUS (MOTION PICTURE).
New England State Educational Council, Inc.
Cambridge, WGNH Television Station 1 reel, ed., col., 30 min., 16 mm. 1973.
TX364.U59 NO. 5 P5W AV (U.S. Food and Nutrition Service.
Food for youth series, no. 5)
Adolescents (12-19 years), Ethnic foods, Food art, Food guides, Food habits, Learning ability, Menu planning, School breakfast, Type A lunch.
Also available in videocassette format; with study guide (Fall 1975).
Abstract: This is the fifth in a series of ten presentations in a course designed for school food service workers. Each of the three important daily meals are discussed. In many cases lunch may be the only balanced meal of the day for children. Planning a type A school lunch is described. Food guides, exchanges, and ethnic variations on the basic ones are shown. School breakfasts and their beneficial effects on children are dramatized. Teenagers discuss their food habits and preferences, which are mainly candy, pizza, and hamburgers with french fries. Dinner is a time for food art, where texture, shape, color and atmosphere are of main importance. A brief introduction to the next lecture in the series is given.

749-74

PREPARING MEALS: THE LAST STEP (MOTION PICTURE).
New England State Educational Council, Inc.
Cambridge, WGNH Television Station 1 reel, ad., col., 30 min., 16 mm. 1973.
TX364.U59 NO. 6 P5W AV (U.S. Food and Nutrition Service.
Food for youth series, no. 6)
Food handling, Food preparation, Food storage, Menu planning, Nutrient retention, School food service, Standardized recipes, Type A lunch, Workbooks.
Also available in videocassette format; with study guide (Fall 1975).
Abstract: This is the sixth in a series of ten presentations in a course designed for school food service workers. Now a type A school lunch is prepared in eleven steps. Emphasis on preservation of nutrients through careful handling of food is the main theme of this section. Personnel go through all the steps involved in preparing a lunch starting with pre-preparation the day before. Techniques and equipment are in the kitchen are shown. Storage is a critical factor in nutrient preservation as is timing: defrosting of ground meat for meat loaf, refrigeration until ailing, then refrigeration again up to the precise moment for cooking. Lists on preparation are given throughout the film. Work schedules, menu planning, recipe cards, and equipment are tools that assist school food service personnel to accomplish their tasks. The result of their efforts, a nutritious, attractive lunch-meat loaf, peas, a "Popo-ye" salad (with spinach), fortified milk, and cake with lemon sauce--is shown. A brief introduction to the next lecture in the series is given.

750-74

PLACES WE EAT IN (MOTION PICTURE).
New England State Educational Council, Inc.
Cambridge, WGNH Television Station 1 reel, ad., col., 30 min., 16 mm. 1973.

TX364.059 NO. 7 P&N AV (U.S. Food and Nutrition Service. Food for youth series, no. 7) Attitudes, Environmental factors, Family environment, Food service workers, Responsibility, School food service, School lunch, Social relations. Also available in videocassette format; with study guide (Fall 1975).

Abstract: This is the seventh in a series of ten presentations in a course designed for school food service workers. Lunch, besides supplying nutrients is also a social experience and food service personnel have a responsibility for seeing the social aspects of school lunch as pleasant as possible. A Saturday meal at home is guaranteed, with a mother trying to feed and control several young children while food flies and the telephone rings constantly. The author's remarks are connected as by several professionals. In the cafeteria several students are interviewed during lunch and their complaints focus on environment, the physical surroundings, lack of time, resentment, lack of social contact with friends, but little comment on the food itself. Discussions by professionals focus on solving the time problem through staggering lunch times, that cutting down the responsibility of control of large numbers of students. Emphasizing the environment through better planning is discussed. The goal is furthering the social experiences and joy of eating.

751-74

CLASSROOM AND CAFETERIA (NOTICE PICTURE). New England State Educational Council, Inc. Cambridge, WGBH Television Station 1 reel, sd., col., 30 min., 16 mm. 1973.

TX364.059 NO. 8 P&N AV (U.S. Food and Nutrition Service. Food for youth series, no. 8) Equipment, Food guides, Food Preparation, Menu Planning, Nutrition education, Nutritional knowledge, School lunch, Student participation. Also available in videocassette format; with study guide (Fall 1975).

Abstract: This is the eighth in a series of ten presentations in a course designed for school food service workers. The potential of using the school meal as a teaching ground for nutrition education is explored. Students can observe food preparation procedures in the kitchen and observe equipment and guides used by food service personnel in preparing type A lunches. They can also participate in various aspects of the food service operation, such as menu planning. In the classroom, nutrition education can be related directly to the daily menu. A brief introduction to the next lecture in the series is given.

752-74

IT'S NOT GOOD FOR YOU (NOTICE PICTURE). New England State Educational Council, Inc. Cambridge, WGBH Television Station 1 reel, sd., col., 30 min., 16 mm. 1973.

TX364.059 NO. 9 P&N AV (U.S. Food and Nutrition Service. Food for youth series, no. 9) Deficiency diseases and disorders, Diets, Emotions, Fluoridation, Food fads, Food habits, Malnutrition, Nutrients, Obesity. Also available in videocassette format; with study guide (Fall 1975).

Abstract: This is the ninth in a series of ten presentations in a course designed for school food service workers. The doctor's view point and observations on nutrition are presented. Under-nutrition can present no systems; the young, extremely active athlete may be suffering from malnutrition, which in turn can lead to serious diseases: coronary attacks or atherosclerosis. Obesity is thoroughly discussed via the dramatization of a teenager's constant battle with overweight. Fad diets are discussed in this light and related to emotional attraction to this type of diet. The secures the girl tries to control her weight are described. Interviews with teenagers address the reasons for eating the way they do, in addition to nutrition is pregnancy, iron-deficiency anemia, food fads, and fluoridation and tooth decay. A brief introduction to the next lecture in the series is given.

753-74

HOW I EAT YOUR HEART CUT (CHART). New York (City), Dept. of Health, Bureau of Nutrition New York, N.Y. 1 sheet, 8 1/2" x 11", lsv, printed one side only. f.o.d.l.

BM222.2.84 P&N Cardiovascular disorders, Cholesterol, Cholesterol-low diets, Diet information, Information sources, New York City, Preventive nutrition.

Abstract: This poster publicizes an information service in New York City called "Heartbeat". By dialing one of two telephone numbers, you can listen to recorded advice (in either English or Spanish) on how to prevent heart trouble by establish a low-cholesterol diet, using proper cooking methods, losing weight, and selecting low-fat foods.

754-74

HOW TO FOLLOW A PRUDENT DIET. (SPA) New York (City), Dept. of Health, Bureau of Nutrition New York, N.Y. 20 p. Dec 1961.

TX355.84 P&N Cooking techniques, Diet information, Fats and oils, Food Preparation, Home, Food selection, Meal planning, Recipes, Unsaturated fats, Vegetable oils. Title of Original: Come seguir la dieta prudente.

Abstract: The use of vegetable oils in cooking can drastically reduce the level of cholesterol in the blood. In this booklet are presented recipes and cooking techniques that keep fat levels at 30% or less of total calories, with polyunsaturated fats predominant over saturated fats.

755-74

LISTEN KIDS! HERE'S THE WAY TO EAT. (SPA) New York (City), Dept. of Health, Bureau of Nutrition New York, N.Y. unp. Aug 1965.

TX355.842 P&N Children, Diet planning, Food guides, Food intake, Food selection, Meal planning. Title of Original: Cigen sincoz aqi este el plan para comer. Abstract: Directed toward Puerto Rican youth, this leaflet describes what to eat every day in order to maintain good health.

756-74

FOR A HEALTHIER YOU! (SPA) New York (City), Visiting Nurse Service New York, N.Y. single-sheet flyer printed one side only. 1972.

TX355.844 P&N Basic Year, Diet information, Food groups, Food guides. Title of Original: Sea una persona sea saludable! Abstract: Everyone needs daily servings of foods from each of the Basic Four food groups.

757-74

FOOD AND THOUGHT: A SOCIOLOGIC STUDY OF FOOD CULTURES. P K H New, R F Priest J Am Diet Assoc 51 (1): 13-18. July 1967.

389.8 AH34 Diet patterns, Food beliefs, Food fads, Food habits, Food information, Health foods, Nutrient intake. Abstract: This is a study of health food users and those who follow semi-religious diets or eat only particular foods. The supposed benefits to be derived from these diets are analyzed.

758-74

SEVER CONCEPTS OF CORONARY HEART DISEASE. Dairy Counc Dig 45 (6): 31-34. Nov/Dec 1974.

389.8 D14 Cholesterol, Coronary heart disease, Dietary factors, Enzymes, Etiology, Fatty acids, Trace elements. Abstract: Numerous dietary and non-dietary factors continue to be related to this disease. The role of diet in CHD remains a scientific controversy; however, no single dietary factor has been shown to be the sole or even the main factor responsible for CHD. Some of the newer concepts of CHD which are dietary in nature include dietary fiber, certain trace elements, xanthine oxidase, and trans fatty acids.

759-74

DEVELOPING A NUTRITIONAL SURVEILLANCE SYSTEM. Hilton Z Michman J Am Diet Assoc 65 (1): 15-17. July 1974.

389.8 AH34 Groups, Nutrition progress, Nutritional status, Nutritional surveys, Public health, Socioeconomic influences. Abstract: Two major devices for determining the nutritional needs of population groups are described. They are nutritional surveys, i.e., the collection of baseline data to define the nutritional problem; and nutritional surveillance, i.e., a system for continuous assessment of specific target groups. Described briefly is the early development of a nutritional surveillance system designed to provide continuous data on the nutritional status of population groups; the objective is to pinpoint problems, identify individuals requiring patient care, and provide the basis for program planning, including objective means for justifying funding and evaluation at the local level.

760-74

EXAMINATION GUIDE FOR COOKING WITH UNDERSTANDING. M L Nichols Greenwich, Conn., North Castle Books 75 p. [1971].

TX661.85 Cookery. Study guides. Available from NAL.

761-74

THE CULTURAL CHARACTERISTICS OF BREAST-FEEDING: A SURVEY. A Nishoff, B Melezer J Trop Pediatr Environ Child Health 16: 16-20. Mar 1972.

RJ1.1136 P&N Anthropology, Breast feeding, Child rearing practices, Food beliefs, Food habits, Infant feeding, Meal patterns, Surveys, Weaning. Abstract: The authors have made a cross-cultural survey of traditional breast-feeding practices and beliefs. In most cultures, duration of nursing was within socially prescribed limits, though varying widely, and weaning was a gradual process. Strict scheduling is associated with "westernization". That many peoples regard weaning as an important transition is evidenced by ceremonies held at this time. All cultures seem to have an awareness of the importance of breastfeeding to the child.

762-74

762-74

CHANGING FOOD HABITS.

A Wischoff

J Betr Educ 1 (1): 10-11. Summer 1969.

TX341.J6

Change agents, Cultural factors, Diet patterns, Food habits, Food preferences, Food selection, Nutrition education, Psychological aspects, Social factors.

Extract: Food habits have the strength of tradition behind them. Everyone is taught what are "proper" foods for his. Other "foods" provoke violent reactions. Strange ones will be resisted. Practices may be associated with some foods. Cost and amount of preparation time may tend to keep traditional foods. New ones must fit the existing cultural patterns. A change agent's effectiveness lies in suggesting a local cultural pattern, not realising it.

763-74

FOOD HABITS AND THE INTRODUCTION OF NEW FOODS.

A E Wischoff

J Wash Acad Sci 57 (2): 30-37. Feb 1967.

500 W274J

Behavior change, Cheese agents, Cultural factors, Diet patterns, Food habits, Food intake, New foods, Nutrition programs, Resistance to change.

Extract: Resistance to new foods, based on traditional habits and beliefs, is normal but can be overcome by selecting proper innovations and techniques adapted to local habits and based on locally recognized needs and practical benefits. Change agents must have a sincere understanding of the culture in which they will work, and they must obtain the sanction of local leaders. The author thinks core beliefs are less amenable to change than beliefs based on habit alone. There is little emotionalism involved in a habit.

764-74

"MINER" TRACE ELEMENTS IN HUMAN NUTRITION.

F E Nielsen

Food Technol 28 (1): 38-44. Jan 1974.

389.6 J739B

Minerals, Nutrient intake, Nutrient requirements, Nutrients, Nutrition, Research, Trace elements.

Extract: Recent research indicates that vanadium, nickel, silicon, fluorine, and tin are essential in animal nutrition, and they may also be essential in human nutrition. The era of affluence as we experience today has resulted in the increased consumption of highly refined foods, food product emulsions, and empty calories, deficiencies may occur when refined foods or food product analyses which are incomplete in nutrient content are used as the major constituents of the diet. The trace mineral content is of particular concern because, at the present time, knowledge of man's requirements for trace elements is incomplete. Thus, human deficiency of one, or more, of the trace elements discussed in this paper may be observed in the future. If possible a decreasing diet low in any of these elements, it is currently not clinically recognized. It is also unknown whether subclinical or marginal deficiencies may be existent. Inclusion of reasonable amounts of these elements well understood trace elements in food product analyses may be desirable.

765-74

THE SCIENCE AND ART OF INHIBITING CARIES IN ADOLESCENTS VIA PERSONALIZED NUTRITIONAL COUNSELING.

A E Nizal, J S Shelton

Dental Clinics North Amer 13 (2): 387-404. Apr 1969.

RR24.D4 P6W

Adolescents (12-19 years), Dental caries, Dental health, Diet counseling, Nutrition education, Preventive nutrition.

Extract: This article explains how diet counseling for teenagers is planned and carried out. Food factors that promote or retard caries are considered. Chief among the latter is fluoride, but other minerals may be important. The adolescent is motivated through concern with his appearance. He keeps a food diary and evaluates his own diet.

766-74

A RATIONAL AND PRACTICAL CARIES PREVENTIVE PROCEDURE--NUTRITIONAL COUNSELING.

A E Nizal

J Can Dent Assoc 29 (2): 85-96. June 1968.

389.9 C163Z

Dental caries, Dental health, Dentists, Diet counseling, Diet improvement, Educational progress, Nutrition, Nutrition education, Preventive nutrition.

Extract: This dentist personally counsels patients, chosen because of relatively high caries susceptibility, on how to improve resistance to tooth decay. Fifty percent of caries can be prevented by such treatment.

767-74

SURVIV OF CHANGES IN FOOD HABITS DURING PREGNANCY.

R D Johnson, S Adams

Publ Health Rep 85: 1121-1127. Dec 1970.

IA421.P82 P6W

Behavior change, Diet patterns, Dietary surveys, Food habits, Nutrition education, Pregnancy, Pregnancy and nutrition, Pregnancy diets, Pregnant women.

Extract: Patients at two prenatal California clinics were given either diet instruction or lecture-discussion-counseling from the physician. The diets of the latter improved.

There appeared to be no carry-over of nutrition education from previous pregnancies.

768-74

MILK--THE COMPLETE FOOD. (SPA)

Northwest District University Hospital, Nutrition and Dietetics Section

Caparra Heights, P.R. sup. [n.d.].

TX379.H6

Diet information, Food intake, Milk, Milk products, Nutrient values.

Title of Original: Toda leche alimenta.

Abstract: Milk is nutritionally a nearly complete food needed by everybody. It can be bought fresh (whole or skimmed), dried, or condensed.

769-74

WHAT VEGETABLES WILL I EAT TODAY? (SPA)

Northwest District University Hospital, Nutrition and Dietetics Section

Rio Piedras, P.R. sup. Apr 1966.

TX391.W62 P6W

Diet information, Food guides, Food sources, Leafy green vegetables, Root, tuber and bulb vegetables, Vegetables, Vitamin A.

Title of Original: Que hortalizas comera hoy?

Abstract: Vegetables are good sources of vitamin A. The vegetables listed in this booklet are categorized by the amount of vitamin A they contain.

770-74

"ROADS TO GOOD HEALTH". (SPA)

Northwest District University Hospital, Nutrition and Dietetics Section

Caparra Heights, P.R. sup. [n.d.].

TX355.W6 P6W

Basic Food, Diet information, Food groups, Food guides, Food intake, Meal planning.

Title of Original: "Camino hacia la buena salud".

Abstract: To maintain good health everyone needs daily servings of food from each of the Basic Food food groups.

771-74

WHITEN SNACKS. Rev. ed. (SPA)

Northwest District University Hospital, Nutrition and Dietetics Section

Rio Piedras, P.R. 4 p. 1967.

TX355.W45 P6W

Diet information, Food guides, Miscellaneous foods, Snacks.

Title of Original: Hortalizas saludables.

Abstract: Good snacks are those that include milk or fruit juices, cheese, peanut butter, fresh fruits, and the like. Soft drinks, candy, and other non-nutritious food should be eliminated.

772-74

FOOD FALLACIES. (SPA)

Northwest District University Hospital, Nutrition and Dietetics Section

Rio Piedras, P.R. sup. [n.d.].

TX355.W62 P6W

Food habits, Food information, Nutrition education.

Title of Original: Falacias alimenticias.

Abstract: A question-and-answer format is used here to answer some of the more common fallacious food beliefs.

773-74

NUTRITION PROBLEMS OF URBAN CHILDREN.

Alvin W Novack, Gian S Hartlett

Urban Health 2 (5): 24-25, 39. Oct 1973.

R11.A1U7 P6W

Child nutrition, Ethnic groups, Growth, Infant feeding, Malnutrition, Obesity, Professional education, Socioeconomic status, Urban influences.

Special issue: nutrition.

Abstract: Maternal and child feeding patterns have changed considerably in recent decades, resulting in changing patterns of child growth, and both malnutrition and overweight, depending upon socioeconomic status. There are also ethnic differences in obesity among urban children. The authors conclude this review with a plea for schools to teach proper nutrition to children without disturbing his traditional eating patterns. This article is for nutritionists and nutrition educators.

774-74

BODY POLLUTION.

Gary Hull

Nav Yark, Arco 214 p. [1973].

TX355.W65

Alcoholism, Drugs, Food additives, Nutrition.

Available from NAL.

775-74

NUTRITION CONCEPTS.

Nutr Today 9 (2): 9-10, 29-30. Mar/Apr 1974.

NA784.W6

Conflict, Diet patterns, Dietary study methods, Food intake, Nutrient intake, Nutrient requirements, Nutrition, Research.

Extract: The research by Roger J. Williams of the University of Texas, indicating that diets of raw food, namely bread, cause death after a given time, stimulated D. Mark Hegstad and Lynne W. Hansen of Harvard to undertake similar experimen-

nts. Results of the work of Drs. Hagedstad and Aussen were published in the November/December 1973 issue of this magazine. In it, they concluded that reliance on any particular "single food" should be avoided, and we should not be misled by "over-simplistic" assertions. This incited a lively response from Dr. Williams and it, in turn, resulted in a rebuttal from the Harvard researchers, both the response and the rebuttal are printed here.

776-74

NUTRITION DECL--TCY PCR TYPE B.
Sch Foodserv J 28 (6): 46-48. June 1974.
389.8 SCH6
Basic nutrition facts, Food Groups, Instructional Materials, National School Lunch Bank, Nutrition education, School lunch, Teaching techniques, Type A lunch.
Abstract: An easy-to-use doll with accompanying lesson plan is available free with every order of 1974 National School Lunch Book material. The doll is designed as a nutrition education tool for teaching elementary school children. The components consist of inexpensive materials children can bring from home: a paper-plate head; yarn hair; eyes of felt and buttons; and a stiff cardboard body covered with colored construction paper. On the front of the doll is written the slogan: "I am what I eat." Along with a food wheel showing the basic food groups.

777-74

NUTRITION EDUCATION WORKSHOPS IN EARLY CHILDHOOD, WEST VIRGINIA, JULY, 1971.
Charlottesville, West Virginia Dept. of Education 92 p. June 1972.
TX364.N8
Class activities, Cooking, Early childhood education, Growth, Nutrition education, Preschool children (2-5 years), Professional education.
Abstract: These workshop proceedings contain a review of modern philosophies of early childhood education and learning. The focus is on the part nutrition plays in child development. Nutrition education can be valuable in developing muscular coordination, vocabulary acquisition and emotional satisfaction, as well as teaching a child to eat the "right" things. Some material of particular interest to teachers and nutrition educators are some cooking activities children can take part in. Information on actual growth in children and nutrition personnel and school food service administrators should find the contents of interest.

778-74

NUTRITION FOR YOUNG KIDS (SLIDE/TAPE).
Madison, University of Wisconsin-Extension 63 slides, 2"x2", col., tape narrative, 1 reel, 5", 7 1/2. Nov 19, 1973.
TX355.N83 P6N AV
Infants (To 2 years), Malnutrition, Mental development, Poverty, Pregnancy, Research.
Abstract: This slide/tape presentation depicts causes of severe malnutrition in children in poverty areas of developing countries and the United States. It cites the incidence of such indicators of malnutrition as anemia in small children in certain areas of the United States. Studies of malnourished infants in Chile are cited indicating fewer brain cells in newborn infants. Some slides depict other studies of anemia and children pointing out nutritional problems resulting from malnutrition before and after birth. This slide/tape presentation is intended for parents, pregnant women, teachers and health personnel. Who have to deal with such children.

779-74

PRESENT KNOWLEDGE IN NUTRITION. 3d ed.
Nutrition Foundation
New York 153 p. f1967).
TX341.N83 1967 P6N
Deficiency diseases and disorders, Dental caries, Food additives, Nutrient assessment, Nutrition, Nutrition education, Nutrition knowledge, Nutrition units, Research.
Prepared from articles published in the journal Nutrition Reviews.
Abstract: As a round-up of nutrition knowledge as of 1967, this book contains articles on the most latest research findings in the structure and physiological functions of all the vitamins and minerals, calcium, fats, and carbohydrates. Separate chapters are devoted to various nutrient deficiencies and excesses, dental caries, and toxicants in foods.

780-74

NUTRITION IN ACTION.
Forecast News Econ 14 (7): f-52. Mar 1968.
321.8 W752
Adolescents (12-19 years), Counseling, Diet improvement, Families, Nutrition education, Teaching techniques.
Abstract: This article describes a program of nutrition guidance in the classrooms for adolescent girls of high school age. The program is designed to stimulate student interest in improving dietary habits.

781-74

NUTRITION IN TOOTH FORMATION AND DENTAL CARIES, BOSTON, 1960.
Chicago, American Medical Assn. 50 p. 1961.
RX280.N8 P6N
Adults, Dental caries, Dental health, Fluoride, Nutrition.
Reprinted from the Journal of the American Medical Assn. 177: 308-321.
Abstract: This booklet contains reprints of five papers presented at the Symposium on nutrition in tooth formation and dental caries, in Boston on May 19, 1960. The symposium was sponsored by the Council on Foods and Nutrition in cooperation with the Harvard School of Dental Medicine, Massachusetts Medical Society, and the Massachusetts Dental Society. Subjects covered are: 1) factors controlling the incidence of dental caries; 2) influence of nutrition and genetics on aetiology and caries susceptibility; 3) chemical agents affecting experimental caries; 4) aetiology of fluoridosis; and 5) cariogenicity of foods.

782-74

NUTRITION NOTES: NEUROTRANSMITTER LEVEL AFFECTED BY DIETARY CARBOHYDRATE, TRYPTOPHAN.
Food Prod Dev 8 (2): 61. Mar 1974.
HD9000.L764
Behavior, Brain, Diet patterns, Food habits, Food intake, Nervous system, Nutrient requirements.
Abstract: Food intake affects the brain and influences behavior. An MIT study has found that dietary carbohydrates cause a rapid increase in the synthesis of serotonin--a brain neurotransmitter--and dietary protein causes a decrease in serotonin. Due to changes in the brain serotonin, neurons "sense" the state of bodily metabolism and help the brain "decide" to be hungry, to sleep, etc. Tryptophan, one of 20 amino acids, is the connecting link between food consumption and raw material for serotonin in dietary protein. Tryptophan and five other amino acids compete for entry into the brain. When carbohydrates are eaten, insulin is secreted, raising the level of circulating tryptophan and lowering plasma concentrations of other amino acids. This allows tryptophan better ability to compete for entry into the brain, thus raising brain tryptophan levels and accelerating brain protein and serotonin synthesis.

783-74

NUTRITION: CONTENT AND VALUE OF SOME COMMON FOODS--PROTEINS (CHARTS ON SPRING ROLLERS).
Chicago, Lanoy-Gappart chart, 54"x40", on spring rollers.
1968.
TX357.N82 P6N AV
Carbohydrates, Charts, Digestion and absorption, Fats and oils, Food composition, Minerals, Proteins, Vitamins, Water.
Abstract: This is a large, colorful, easy to understand wall chart showing the nutritional breakdown of some common foods that are protein-rich. Each food is shown in a line graph depicting how each of a percentage of the total is composed of protein, carbohydrate, fat, water, vitamins, and minerals. There is also included a large diagram of the cross section of the digestive system and the villi, as well as a chart showing the enzymatic activity in the various organs of the system.

784-74

NUTRITION: THE INNER ENVIRONMENT (MOTION PICTURE).
Savary Hills, American Education Films 1 reel, 16 mm, sd, col, 15 min. 1973.
TX353.N83 P6N AV
Adolescents (12-19 years), Basic nutrition facts, Food selection, Natural foods, Nutritional adequacy.
Abstract: Directed toward teenagers and young adults concerned about their bodies, this film is about the relation of nutrition to health. Foods, nutrients, a balanced diet and the effect of nutrition on well-being are shown. The viewer is guided toward "natural" foods to eat and away from "convenience" foods (called "junk" foods).

785-74

NUTRITIONAL NEEDS DURING PREGNANCY.
Dairy Conc Dig 45 (4): 19-22. July/Aug 1974.
389.8 D14
Adolescents (12-19 years), Fetal growth, Nutrient requirements, Nutritional status, Pregnancy and nutrition, Supplements (Nutrient).
Abstract: A direct cause-and-effect relationship between the quantity and quality of nutrition and the outcome of pregnancy is difficult to elucidate. Nutrition is interrelated with many socioeconomic variables; it is not an isolated influence. It is generally believed that a prolonged lack of a nutritionally-balanced diet during pregnancy can have a deleterious influence on either or both the mother and her offspring.

786-74

NUTRITIOUS SNACKS KIDS CAN MAKE FEATURED ON CAPTAIN KANGAROO.
What's New Home Econ 38 (2): 10. Feb 1974.
321.8 W55
Basic nutrition facts, Food preparation, Home, Foods instruction, Home audio, Nutrition, Nutrition education, Snacks, Television instruction, Television.
Abstract: An Extension Home Economist appeared as the Captain Kangaroo television program to show preschool children how to prepare good-tasting, nutritious snacks. Snacks providing needed nutrients, these snacks give children a chance to work with their hands, use utensils, and be creative in a variety of ways. The snacks described here include open face sandwiches, fruit kabobs (fruit chunks on ice cream sticks), cheese cutouts (cheese cut or folded in various shapes), fruit milk punch, carnal party cups (carnals, raisins, nuts, dried fruit mixed together in paper baking cups), and banana wheat germ boats.

797-76

767-74

NUTRITIVE QUALITY OF DIETS, USA.
Washington, D.C., U.S. Department of Agriculture 135 p. 1968.
OP141.A2N6 P63
Dietary surveys, Nutrients, Nutrition, Nutritional status,
Reference materials.
Abstract: This booklet is a report to the Committee on Agriculture of the United States House of Representatives on the nutritive quality of diets in the U.S. Preliminary finds of the nationwide survey of food consumption of households made by the USDA in the spring of 1965 suggest that awareness of the foods that make up a good diet, a desire to choose these foods, and sufficient money to buy adequate food and become more universal if all US households are to have good diets. The sample included 7,500 households selected to represent housekeeping households in each of four census regions. Among the highlights of the survey were that more diets were poor than in 1955 and diets improved as income went up; but high income alone was no assurance of good diets.

788-74

THE V.N.A. AND DIETARY SERVICE.
S O'Connell
Hospital Press 43 (1): 82-83, Jan 1962.
PA900.M6 Y8N
Detroit, Michigan, Diet counseling, Diet planning, Home health services, Nutrition education, Nutritionists, Patient care, Progress reports, Visiting Nurse Association.
Abstract: The Visiting Nurse Association of Detroit has long employed nutritionists to aide nurses in improving the nutritional status of patients and families and is giving diet instruction. Nutritionists also participate in budget planning for the city's Family Budget Council.

789-74

A BACKGROUND STUDY OF THE FOOD HABITS OF THE ANASANIA OF BUSIA DISTRICT, WESTERN PROVINCE, KENYA.
J A Ciliashe
Nutrition 21 (4): 216-221, Winter 1967.
389.B H959
Anthropology, Family relationships, Food habits, Food preparation, Food selection, Food tobacco, Paddy, Kenya, Rural areas.
Abstract: In this remote area of West Kenya, the people are very traditional. All their foods are cooked. Their staples are sweet potato, cassava, alliums, and maize. Cowpea leaves are dried for use in the dry season. Food priorities in the family are by sex. Children and women come last, but men eat first or next. Food tobacco are connected with religion.

790-74

VITAMIN E AND ITS RELATION TO HEART DISEASE.
Robert F Olson
Circ 48: 179-184, July 1973.
NC681.A1C2
Animal nutrition, Cardiovascular disorders, Deficiency diseases and disorders, Drugs, Professional education, Vitamin E.
Abstract: This article for the physician and nutritionist reviews effects of vitamin E deficiency in animals, and makes comments on their significance for man. Although vitamin E deficiency in ruminants results in conspicuous heart disease, a similar deficiency in primates appears to spare the heart, even when other systems are affected. No heart disease in man has been related to a vitamin E deficiency. The pharmacologic use of vitamin E in doses 10 to 50 times the daily requirement was recommended in 1947 for the treatment of a variety of cardiovascular disorders, but no evidence of its effectiveness has been convincingly verified during the ensuing 25 years.

791-74

SNACKS...SNACKS...SNACKS.
Oregon, State Health Division
Portland, Oregon State Health Division 4 p. folder. [s.d.].
TX355.S6 Y8N
Energy, Iron, School children (6-11 years), Snacks.
Abstract: In this little folder for school children and their mothers a simple expresses pleasure over lists of snacks that are tasty, crunchy, and thirst, or hunger-satisfying, and build a healthy body and teeth while giving energy. Other snacks he enjoys are high in iron.

792-74

OREGON CALENDAR OF VITAMINS A AND C IN FRESH FRUITS AND VEGETABLES.
Portland, Oregon State Health Division 1 folder. 1972.
TX397.O7 P68
Salts, Fruits, Nutrient values, Nutrition, Vegetables, Vitamins.
Abstract: This is a practical guide to selecting fruits and vegetables for vitamins A and C according to season. Although the pamphlet applies specifically to Oregon, the idea could be adapted by other areas having different seasonal patterns and ethnic populations.

793-74

THE USE OF PROTEIN-RICH FOODS FOR THE RELIEF OF MALNUTRITION IN DEVELOPING COUNTRIES: AN ANALYSIS OF EXPERIENCES.
Elizabeth Orr
Tropical Products Institute
London, Tropical Products Institute 71 p. 1972.
TX553.F707
Developing nations, Malnutrition, Nutrition, Proteins.

Bibliography: p. 63-64. Available from PAL .

794-74

TOXICOLOGICAL STANDARDS.
Bernard L Oser
In Proceedings of the Western Hemisphere Nutrition Congress II Miami Beach, Fla., Sept. 2, 1971 p. 142-146. 1972.
TX345.W4 Y8N
Food additives, Food and Drug Administration, Food safety, Testing, Toxicants.
Abstract: A discussion of why we accept traditional foods as safe is given. Now, with the introduction of foods that are processed by unconventional procedures and the use of fabricated foods, the safety of foods must be ascertained. Dr. Oser describes some of the toxicological procedures that must be used to test the safety of these "new" foods. Limitations in these tests, plus many other factors and problems are mentioned before a new processed food can appear on the market.

795-74

CYCLICAL "ON DEMAND" ORAL INTAKE BY ADULTS.
I Oswald, J Harrington, N Iovin
Nutr 225 (5236): 959-960, Mar 7, 1970.
472 H21
Behavior, Food habits, Food intake, Meal patterns, Motivation, Psychological aspects, Research, Snacking.
Abstract: The oral activities of 10 unsuspecting adults (eating, drinking, snacking) were observed for six hours or more, revealing a cyclical pattern with a periodicity of approximately one and one-half hours.

796-74

OUR MARY'S POOK.
Waltham, City Health Dept. 27 p., illus. 1972.
TX361.C508 Y8N
Adults, Breast feeding, Food habits, Food storage, Infant feeding, Infants (To 2 years).
Abstract: A new mother receives guidance and suggestions on how to feed her baby through his first two years of life in this loose-leaf book bound so that contents show on the page concerned when the book is closed. The subjects considered include bottle or breast feeding, introduction of solid foods and of fatty foods, and learning to feed himself. There are also some comments on starting baby food.

797-74

SCHOOL MILK PROGRAMS AND NEGRO CHILDREN: A NUTRITIONAL DILEMMA.
David H Paige, George S Graham
J Sch Health 44 (1): 4-10, Jan 1974.
LB3401.J6 P6N
Food habits, Lactose intolerance, Milk programs, Negroes, Professional education, School lunch programs.
Abstract: This article for teachers and school lunch administrators reviews some studies on the rejection of milk, and the physiological consequences of this by Negro school children. In one study, almost twice as many Negro as Caucasian children rejected milk in the school lunch program. The results correlate with predicted frequency of low lactase levels in this population. The authors recommend a reevaluation of the attempt to improve nutritional status of Negro children by strong emphasis on milk consumption.

798-74

DIVERTICULAR DISEASE OF THE COLON: A DEFICIENCY DISEASE OF WESTERN CIVILIZATION.
Walter S Painter, Denis P Herkitt
Br Med J 2: 450-454, May 22, 1971.
443.B B77
Consistency modifications, Dietary factors, Disease prevention, Fiber, Fiber-restricted diets.
Abstract: This article alleges that diverticulosis is a deficiency disease common to economically developed nations caused by a diet of refined carbohydrates and a lack of vegetable fiber. The historical impact of the disease is developed and its incidence is discussed in terms of geographical distribution. A high fiber diet including bran is recommended and a study resulting in the disappearance of the symptoms of diverticular disease with such a diet is discussed. Those involved in the nutritional care and education of the public may find this article of interest.

799-74

ZINC IN ANIMAL AND HUMAN NUTRITION.
N Pal
Indian J Nutr Diet 11 (2): 91-109, Mar 1974.
QP141.A1J6
Basic nutrition facts, Deficiency diseases and disorders, Nutrient functions, Nutrient requirements, Zinc.
Abstract: This article, of interest to the nutritionist, discusses the nutrient zinc in great detail. Background information is given including the history of its discovery and where it is found in the body of man and other animals. The effect of zinc on food utilization and growth, bone growth, skin, wound healing and reproduction is discussed along with its relationship with enzymes, nucleic acid metabolism, protein metabolism, carbohydrate metabolism, lipid metabolism and atherosclerosis, vitamin A, hormones, and behavior. The zinc deficiency syndrome in man is described and the requirements and factors affecting requirement levels are also included.

- 800-74**
CONCEPTS OF FOOD HABITS OF "OTHER" ETHNIC GROUPS.
 H. H. Penabaza, C. H. Bruha
 J Nutr Educ 2 (3): 106-110. Winter 1971.
 TE341.36
 College students, Diet information, Ethnic foods, Ethnic groups, Food service supervisors, Food service workers, Information needs, International foods, Surveys.
 Abstract: A survey of food service personnel and college students showed that these groups have only a slight, casual awareness of the foods eaten by people of other cultures. There is a definite need to include studies of international foods in nutrition education curricula.
- 801-74**
DENTS OF THE ELDERLY, NUTRITION LABELING AND NUTRITION EDUCATION.
 Eleanor Poe, Mary H Hill
 J Nutr Educ 6 (3): 96-99. July/Aug 1974.
 TE341.36
 Aging, Elderly (65 + years), Labeling, Nutrition education, Nutritional labeling, Nutritional surveys.
 Abstract: This article discusses the implications of nutrition labeling and the U.S. FDAs for the elderly. Survey data are interpreted showing the elderly to have poorer diets than most adult groups. The use of nutrition labels may assist them in determining the deficiencies in their diets. Nutrition educators however will need to explain to the elderly why the U.S. FDAs are based and what actual percentages of the U.S. FDAs would be more realistic as guides so that the elderly may use the nutrition information intelligently. Five suggestions to help accomplish this are given.
- 802-74**
THE PSYCHIC HAS A PINGER--SOMETIMES A PIST--IN EVERY PIE.
 J S Penley
 Nutrition 24 (2): 96-100. Summer 1970.
 389.8 8959
 Behavior, Diet patterns, Food habits, Food intake, Gastrointestinal disorders, Motivation, Obesity, Psychological aspects.
 Abstract: This review was written by a physician specializing in anorectic disorders. Psychological problems of diet, obesity, and overeating are discussed in detail.
- 803-74**
FRANSON ON DEVELOPMENTAL NUTRITION: IRON; THE ROLE OF IRON IN HUMAN DEVELOPMENT.
 Seward A Pearson
 Columbus, Ohio, Ross Laboratories 13 p. Nov 1972.
 TE361.C5P4 P58 (Children are different, no. 4)
 Anemia, Children, Infant feeding, Infants (To 2 years), Iron, Iron-deficiency anemia, Professional education.
 Abstract: Needs for iron vary throughout life. This publication for the professional nutritionist and pediatrician summarizes these requirements for the growing child, from fetal life to adolescence, with emphasis on the growth periods. Among the points considered are body compartments of iron, expected values by sex for hemoglobin, hematocrit, serum iron, and the total iron-binding capacity. Problems of anemia are less complex for the infant, for whom iron-fortified foods are available, than for the teenager, with his more erratic eating habits.
- 804-74**
THE PSYCHOLOGIST'S EAT--ANYTHING DIET.
 Leonard Pearson, Lillian R Pearson, Marla Saakal
 New York, Peter H. Wyden 276 p. 1973.
 TE355.94 P58
 Adults, Food preferences, Obesity, Psychology, Taste, Weight control.
 Abstract: Readers of this book on weight control are advised to eat the foods they want most for psychological satisfaction in place of those they are not really interested in. It is the authors' thesis that this will result in permanent weight loss.
- 805-74**
FOCUS ON FOOD.
 Lillian Brinkley Pack, Lenora Mcrae, Mary Suzanne Sichter
 Niantatawa, N.Y., McGraw-Hill 422 p., illus. 1974.
 TE355.965 P58
 Basic nutrition facts, Career opportunities, Ecology, Food habits, Food purchasing, Food supply, Meal planning, Secondary education, Textbooks.
 Abstract: This secondary student's text covers current and basic topics intended to help guarantee activities which are relevant to nutrition-related concerns in today's society. Some of the important areas developed are: the world food supply, future foods, food additives, nutritional labeling, special nutritional requirements/needs of subgroups within our society, weight control, food fads, and health foods. The section on consumer education includes coverage of the major factors involved in determining food prices, specific techniques to save money, and consumer agencies, laws, and programs. Career opportunities in food and nutrition are described and recipes, including a sample of a recipe expressed in metric units, are presented reflecting varied ethnic foods. The book completes itself by filling in with the basic foods and nutrition knowledge, such as nutrients, potentially helpful food selection guides, meal planning and terms and techniques of food cooking.
- 806-74**
NUTRITION OF ADOLESCENTS.
 P S Peckos, P F Heald
 Children 11 (1): 27-30. Jan/Feb 1964.
 NY741.A1CA P58
 Adolescents (12-19 years), Diet improvement, Motivation, Nutrient intake, Nutrient requirements, Nutrition education, Nutritional status, Obesity, Physical fitness.
 Abstract: Concern for teenage nutritional status is justified. During adolescence, food habits are being established that will affect an individual's health for the rest of his life. Excessive overweight can lead to eczema in pregnancy. Some bizarre teenage diets reflect a fear of fat and indicate the cultural-emotional aversiveness in which teenagers find themselves. To make counseling effective, teens need to be accepted by adults and to take part in solving their own problems. An understanding of physiologic functions has been useful in motivating teens to reduce to normal body weight.
- 807-74**
NUTRITION FOR OLDER AMERICANS.
 J Palcovita
 J Am Diet Assoc 58 (1): 17-21. Jan 1971.
 389.8 8834
 Aging, Consumer education, Diet improvement, Educational programs, Elderly (65 + years), Nutrition education, Physical fitness, Program design.
 Abstract: Nutritional problems of the aging cannot be solved without considering problems of limited income, loneliness, declining vigor, physical handicaps, and anabolic changes. Beginning research has shown that eating alone is a group setting is helpful because it fosters social interaction and meets emotional as well as nutritional needs. Nutrition and consumer education is being provided to the elderly. Individual counseling and help are also being given, but there is a need for more innovative approaches.
- 808-74**
FEEDING THE NATION'S CHILDREN--EDUCATION'S JOB?
 John Parkyn
 Bethesda, Md., ERIC Document Reproduction Service 12 p. Apr 12, 1970.
 TE361.C5P42 P58
 Child nutrition programs, Education, Educational programs, Food service, Food service industry, Legislative, Nutrition, Nutrition education, School lunch programs.
 Available from: Lanco Information Products, Inc., 4827 Rugby Avenue, Bethesda, Maryland 20014; EDRS price MF-\$0.25, HC-\$0.70; ERIC Report No. ED 044 792. Paper presented at National School Board Association annual meeting, San Francisco, April 11-14, 1970.
 Abstract: Children who are hungry cannot be taught. To be successful in teaching the schools' staff provides for children's needs as well as their minds. This is especially true of the children from poverty-stricken homes. Recent legislation provides free lunches and breakfasts for some children, but not all. The laws are subject to economic means tests and local controls, so they apply in some cases but not all; and provide some foods and not others. The question is does this system therefore reduce the effectiveness of the free-foods program and should all children receive free lunches as a necessary facet of free education?
- 809-74**
THE NUTRITION CONSULTANT IN PRIVATE PRACTICE.
 H L Fatten
 Amer J Clin Nutr 13 (4): 254-257. Oct 1963.
 389.8 3824
 Diet counseling, Diet information, Dietary consultants, Health occupations, Health personnel, Health services, Patient care.
 Abstract: The services of a professional dietary consultant for private patients outside of hospitals can be quite valuable. One such individual describes her work. She treats only patients referred by a physician. Patients pay a fee. Out-of-hospital diet advice could be provided by part-time dietitians or a dietitian shared by a number of physicians.
- 810-74**
TASTE MECHANISMS IN PREFERENCE BEHAVIOR.
 C Pfaffen
 Amer J Clin Nutr 5 (2): 142-147. Mar/Apr 1957.
 389.8 3824
 Animal nutrition, Diet patterns, Food preferences, Nervous system, Physiology, Research, Taste, Taste sensitivity.
 Abstract: Rat and hamster studies show the effects of sodium chloride and sugar on taste sensitivity as measured by electrophysiological responses. Changes in animal feeding behavior reflect changes in a food's significance as indicated by alterations in the animal's central neural processes.
- 811-74**
SCIENTIFIC STUDY OF MALNUTRITION AS A LIMITING FACTOR IN THE DEVELOPMENT OF EDUCATION.
 Alfredo Picana de Ojeda
 Washington, D.C., ERIC Document Reproduction Service 37 p. Nov 1972.
 NC620.5.P5 P58
 Child development, Disadvantaged groups, Educational inequalities, Hunger, Malnutrition, Mental development.
 Paper presented at UNESCO Seminar on Education, Nutrition, Agriculture and Man (Lima, Peru, November 27, December 9,

812-74

1972) available from: Coesuter Microfilm International Corp., P.O. Box 190, Arlington, Virginia 22210. EP30.65 MC-33.29. Abstract: This paper, presented to those of nutrition, agriculture and education backgrounds, reports on recent research showing that the development of the central nervous system in very young children (including the period of gestation) is realized at a sub-optimal if the child, particularly before age three, should suffer from nutritional deficiencies, especially animal protein and vitamins. The paper poses three questions: (1) Is malnutrition during the early years of life a decisive limiting factor in the development of education and economically and socially disadvantaged segments of society? (2) Are 2/3 to 3/4 of the children in developing countries probably not suffering from malnutrition during their first years of life? (3) Are not overall food shortages far less the cause of present inadequate child feeding in disadvantaged communities than lack of awareness of the consequences and implications of defective child nutrition? Sections on planning a research program and possibilities for immediate corrective action follow discussion of these issues.

812-74

THE ECTYMIAL TOXICITY OF EXCESSIVE POLYUNSATURATED DO NOT LET THE PATIENT HARM HIMSELF.

Edward B Pinckney
Am Heart J 85 (6): 723-726. June 1973.
RG681.A1A4 P28

Aging, Cancer, Fate and oils, Fatty acids, Professional education, Toxicity, Unsaturated fats.

Abstract: This paper presents preliminary results of a study of possible relation of high intake of polyunsaturated fatty acids to premature aging. Patients taking 10 percent or more of polyunsaturates in the diet were examined for visible facial signs of aging. Of those who deliberately "forced" these fats, 70 percent showed clinical signs of premature aging, and 60 percent reported the removal of at least one skin lesion due to suspected malignancy. Those not consuming such large amounts showed far fewer signs of premature aging or skin lesions requiring removal. The author criticizes the advocacy of large quantities of polyunsaturated fats while their effect on lowering cardiac disease and their safety are still unknown. The article is addressed to the physician and professional nutritionist.

813-74

MAKING NUTRITION EDUCATION CONTAGIOUS.

Fee F Flaut
What's New Home Econ 38 (4): 25-26. Apr 1974.
J21.E W55

Basic nutrition facts, Classroom games, Educational games, Food groups, Instructional aids, Nutrition education, Teaching techniques.

Abstract: "Nutrient Match" is an educational game consisting of three large cubes or blocks that represent (1) nutrients, (2) nutrient functions, and (3) foods. These cubes can be easily constructed by the teacher. Each side of the food cube shows one of the basic four food groups plus fats and oils and sugars. The sides of the nutrient cube are labeled for protein, carbohydrates, fats, minerals, B-vitamins, and vitamins A-C-D. The sides of the nutrient function cube contain several statements such as "supplies energy," "clots blood," "prevents anemia". Each student has 5 turns to make as many matches as possible by correlating the foods with their nutrients, nutrients with their functions, or all three. A match of two cubes scores 25 points, a match of all three cubes (e.g., milk group, calcium, builds bones) scores 100 points.

814-74

DIETARY HABITS OF THE HOMELESS MAN.

Lidia Fociese
Food Nutr Notes Rev 31 (7,8): 141-149. 4/16/may 1974.
J89.9 A073

Alcoholism, Low income groups, Nutrition knowledge, Rehabilitation, Socioeconomic influences.

Extract: The dietary study objective was to obtain an overall picture of the dietary habits of the Homeless Man and formulate a picture regarding his food selection and ability to make knowledgeable food choices in his overall budgeting and lifestyle: to note the facilities available and used as eating places and to assess these from nutritional, social and educational aspects. Also we wished to establish the type of eating pattern adopted during drinking hours in comparison to the normal eating and drinking habits. Thus it has been assumed that poverty is usually associated with inadequate nutrition and inferior domestic facilities leading to a state of inferior physical and mental health and social retardation.

815-74

THE EFFECT OF INCOME ON FOOD HABITS IN SRI LANKA: THE FINDINGS OF THE SOCIO-ECONOMIC SURVEY OF SRI LANKA, 1969/70.

T T Polesan
Nutr Newslett 11 (3): 9-29. July/Sept 1973.
QP141.A1B8

Consumer economics, Economic influences, Food habits, Food purchasing, Income, National surveys, Nutritional status, Social factors, Sri Lanka (Ceylon).

Abstract: In 1969-70, the Government of Sri Lanka carried out a socioeconomic survey of 9,760 households to determine the effect of economic status on consumer behavior and food habits. The results show that a serious nutritional problem exists for the people of Sri Lanka except those in the lowest income groups, particularly such people in the urban sector.

Household income in Sri Lanka is relative to size--more people, more income producers. The large size of upper income households reflects the presence of servants. Average household expenditure for food is from 55% to 61%. Long-term improvements in the nation's nutritional status will depend on a fast rate of economic growth and on speedy provision of more and better jobs for its expanding work force.

816-74

THE CORONARY CARE UNIT (POSTER); NATIONAL HEALTH'S PICTURE POSTER PROGRAM.

Lawrence Pover
National Health Service Materials
Ann Arbor, Dietor Systems 1 poster, 22 1/2"x17 3/4", col. 1974.

RG645.H4.C6 P28 A7
Cardiovascular disorders, Exercise, Food check lists, Food groups, Nutrition, Smoking.
Abstract: Colorful poster which groups foods (cereal, dairy, vegetables, fruit, nuts, seeds, snack etc.) according to colors, i.e. Green for "eat anytime"; yellow for "eat less often"; and red for "easy does it". Includes a fable on good and bad health habits such as exercise and eating. Coronary risk factors are listed.

817-74

PRIMARY PREVENTION OF THE ATHEROSCLEROTIC DISEASES. Rev. New York: Inter-Society Comm. for Heart Disease Resources 42 (Dec 1970): 1-84. Apr 1972.

RG645.H4P7 1970 P28
Atherosclerosis, Calorie-restricted diets, Cholesterol, Fat-restricted diets, Hypertension, Obesity, Professional education, Psychological aspects.

Originally printed in "Circulation," vol. XLII, dec. 1970. Abstract This publication for nutritionists and other health professionals emphasizes diet--particularly calcium intake, cholesterol and saturated fats--as one of the major risk factors which could be modified for prevention of atherosclerotic diseases. The others are hypertension and cigarette smoking. Contributors of somewhat lesser risk are obesity, sedentary living, psychosocial tensions and family history. Recommended dietary alterations are detailed.

818-74

PROJECT IRON.

Sch Foodserv J 28 (10): 52. Nov/Dec 1974.
J89.8 S286

Child nutrition, Iron, Iron-deficiency anemia, Nutrition education, Washington (State).

Abstract: A first-grade teacher in Issaquah, Washington has successfully tackled the task of teaching a class about iron's value in nutrition. What students learned is showing up in their choice of foods in the lunchroom.

819-74

NUTRITION EDUCATION AND SCHOOL GARDENS IN THE ELEMENTARY SCHOOLS IN SENEGAL.

S B Prasper
Nutr Newslett 7 (4): 27-30. Oct/Dec 1969.
QP141.A1B8

Adolescents (12-19 years), Gardening, Nutrition education, Nutrition programs, Program design, School children (6-11 years), Schools, Senegal.

Abstract: Couscous was readily accepted in a school canteen program after a survey showed that objection to it was voiced only from canteen managers. These adults thought couscous was something to be served only at night, if served during the day, it was believed students would get vomiting and stomachache. A fish paste was similarly incorporated into the school menu after initial objections from the managers were overcome.

820-74

NUTRITION DURING PREGNANCY. (SPA)

Puerto Rico, Dept. of Health, Division of Nutrition
Caparra Heights, P.R. 13 p. [n.d.].

TX361.F778 P28
Diet information, Diet planning, Diets for special conditions, Food guides, Maternal and child health, Pregnancy, Pregnancy diets, Pregnant women.

Title of Original: La alimentacion de la embarazada.
Abstract: Here are handy diet recommendations and instructions for the pregnant woman. During pregnancy, foods from each of the Basic Four groups--milk, meat, vegetables, and fruit--must be eaten every day. Each chapter discusses how such food from the various groups to eat and the nutritional value each type of food contributes.

821-74

PROTECTIVE FOODS FOR PUERTO RICO (CHART). (SPA)

Puerto Rico, University, Dept. of Health, Division of Nutrition
Caparra Heights, P.R. 1 chart, 17" x 21", col. [n.d.].

TX364.P24 P28
Basic Four, Diet information, Food groups, Food guides, Food selection.

Title of Original: Alimentos protectores para Puerto Rico (Chart).

Abstract: The Basic Four food groups are shown on this poster as sections making up two-thirds of a circle. A fifth section, making up the other third of the circle, includes traditional Puerto Rican foods such as rice, kidney beans, plantains (green bananas), and so on. The idea is to encourage Puerto Ric-

- and to combine foods from the Basic Four with their traditional cuisines to achieve a balanced diet.
- 822-74**
CHILDREN SHOULD KNOW WELL WITH GOOD FOOD: SELECTING AND BUYING FOOD; PRINCIPLES OF FOOD PREPARATION; FACTS AND FALLACIES ABOUT FOOD (LESSON NUMBERS 2, 4, 5, AND 6). (SFA)
 Puerto Rico, University, Agricultural Extension Service
 Rio Piedras, P.R. set of four mimeographed lessons 3-4 pages each. 1966.
 TX364.F83 F81
 Child nutrition, Diet information, Food information, Food preparation, home, Food purchasing, Food selection, Foods instruction, Nutrition education.
 Title of Original: Los niños crecen bien con buena alimentación: selección y compra de alimentos: principios de la preparación de alimentos: datos y falacias sobre alimentos (Lecciones números 2, 4, 5, y 6).
 Abstract: This set of lessons are intended as handouts for an adult nutrition education course.
- 823-74**
RECORD FOR DIET ANALYSIS AND FOR ANALYSIS OF FOOD HABITS. (SPA)
 Puerto Rico, University, Agricultural Extension Service
 Rio Piedras, P.R. single-sheet form printed front and back. (s.d.).
 TX551.F8 F81
 Daily records, Dietary information, Food habits, Food intake determination, Nutrient intake.
 Title of Original: record para análisis de la dieta y para análisis de hábitos de alimentación.
 Abstract: This is a blank form to be filled out by persons studying their dietary habits and food intake. Three meals and three snacks can be analyzed for amounts of meat, vegetables, fruit, milk, cereals, and a category called "other foods". Food habits are elicited by four questions: (1) What foods do you prefer? (2) How often do you eat? (3) Why do you eat? (4) Where do you eat?
- 824-74**
INFANT NUTRITION (SLIDES).
 George A Purvis
 Anarolis, Nutrition Today 14 slides, 2" x 2", col. Sept/Oct 1973.
 TX361.C515 F81 AV
 Deficiency diseases and disorders, Dietary surveys, Food analysis, Food composition, Food intake, Infant feeding, Nutrients.
 Based on the article "What nutrients do our infants really get?" Nutrition Today 8 (5): 28-34, with 12 syllabi.
 Abstract: Information produced by a unique study of what mothers actually feed their children is presented in the slides and syllabi. The research team for the study included persons skilled in interviewing techniques, food analyses, nutrient interpretations, the handling of statistics, and the operation of computers. The intake of calories, protein, vitamins and minerals were calculated for individual infants, defined demographic groups, and then averages were arrived at for all infants in the study.
- 825-74**
WHAT NUTRIENTS DO OUR INFANTS REALLY GET?
 George A Purvis
 Nutr Today 8 (5): 28-34. Sept/Oct 1973.
 RA784.M6
 Caloric intake, Computers, Infants (To 2 years), Minerals, Nutrients Daily Requirements, Proteins, Questionnaires, Vitamins.
 Abstract: The pediatrician is most interested in improving the health of his patients. Because of his efforts to improve the nutritional status of infants under his care, health gains have been made. This study has been undertaken to find out just how carefully the mother of the young child follows the doctor's orders. Dr. Purvis discusses the difficulty involved in gathering the information and the use of the computer in analyzing the data. Almost all the nutrients except for iron were in the food of the infant. Give the child his minimum daily requirements.
- 826-74**
CONFERENCE ON EDUCATION IN NUTRITION AT COLOMBIA.
 Orrea F Pve
 J Nutr Educ 6 (4): 128-129. Oct/Dec 1974.
 TX341.J6
 Concepts, Educational objectives, Educational planning, Effective teaching, Nutrition, Nutrition education.
 Abstract: This report highlights proceedings from a conference on nutrition education held at Colombia University in February of 1974. The program content is briefly outlined and certain concepts relative to nutrition education are developed to serve as focal points for discussion. Recommendations emanating from conference speakers and discussions for improving nutrition education are also presented. Those concerned with nutrition education should find this information and recommendations of particular interest.
- 827-74**
THE CROSSROADS OF EMOTION, FELICITY, TRADITION AND HABIT.
 Y Ovasina
 Caritas 5 (3): 158-162. July/Sep. 1972.
 RA784.A1C3
- Anthropology, Environmental factors, Evolution, Food beliefs, Food habits, Food symbolism, History, Psychological aspects, Social factors.
 Abstract: Food has been the basis of man's evolutionary history. This author postulates that our primate ancestors adapted from a gregarious society to one as hunters and then slowly to agriculturalists. Social instincts were realized and eating areas began to involve emotion, religion, tradition, and habit. New food patterns were established with the shift from a rural, agrarian existence to that of the urban, industrialized society.
- 828-74**
HOLD THAT LINE!
 Balaton Furina
 St. Louis, Balaton Furina 19 p. 1971.
 SH222.2.83 F81
 Adolescents (12-19 years), Calorie-restricted diets, Diets for athletes, Motivation.
 Abstract: This booklet gives information to 13 to 19 year old boys about losing weight and maintaining weight at the desired level. Food tables are included as well as simple recipes to appeal to a teenage boy. Language is simple and easy to understand.
- 829-74**
VEGETARIAN DIETS.
 Nancy F Saper, Mary H Hill
 Nutr Rev 32 (suppl. 1): 29-32. July 1974.
 389.E W553
 Food balance, Nutrient functions, Nutrient sources, Nutrition education, Vegetarian diets, Vegetarians.
 Abstract: This report discusses vegetarian diets in some detail, presents the various kinds of vegetarian diets, their nutritional adequacy, and implications for nutrition education. A variety of foods based on a modified four food group plan within the framework of the diet is recommended and nutrients contributed by each group are outlined. Nutrients are likely to be lacking in proper amounts in vegetarian diets are discussed including alternate food sources and the function of these specific nutrients in the body. Methods of combining vegetable proteins for optimal protein quality are outlined and meat analogs are discussed. A sample menu and points to emphasize in nutrition counseling are outlined.
- 830-74**
VEGETARIAN DIETS.
 Nancy S Saper, Mary H Hill
 Nutr Program News 4 p. July/Aug 1973.
 1.982 A2H955
 Diet information, Diet patterns, Diet planning, Nutrient intake, Nutrient requirements, Nutrient sources, Nutrition education, Vegetarian diets.
 Abstract: There are 3 basic vegetarian diets: those that exclude all foods of animal origin; those that include eggs and dairy foods but exclude meat, poultry, and fish; and those that include dairy foods but exclude eggs, meat, poultry, and fish. Vegetarian diets should include a variety of foods to insure adequate amounts of vitamins B12, D, riboflavin, calcium, iodine, and protein--the nutrients usually deficient in vegetarian regimens. Most plant proteins (except soy and chickpeas) lack the quality and proportional quantity of amino acids that are needed by the body. Vegetarians must be sure their protein intake is adequate. They must also eat a greater variety and larger quantities of food to obtain the necessary nutrients. As with sized diets, fat and sugar intake should be moderate.
- 831-74**
HEALTH AND MODERN MAN.
 Donald A Read, Walter H Graene
 New York, Macmillan 647 p., illus. 1973.
 RA776.84 F81
 Basic nutrition facts, Cardiovascular disorders, Nutrients, Nutrition education, Weight control.
 Abstract: This book, of interest to health educators, discusses various aspects of health including food and nutrition. In the chapter on food and nutrition, nutrition pitfalls including factors contributing to undernutrition and malnutrition are discussed. Based on present knowledge and its limitations, the variety of food concept based on the Four Food Groups with special hints in use is advocated to insure an adequate diet. The six classes of nutrients are briefly discussed, as are food fads, use of supplements, snacking, weight control, and heart disease and dietary implications.
- 832-74**
DON'T LET YOUR DIET LET YOU DOWN: A GUIDE FOR HIGH SCHOOL ATHLETES.
 Robert J Rahr
 Urbana, University of Illinois 1 folder illus. 1971.
 TX361.A884 F81
 Athletes, Food groups, Nutrient requirements, Nutrient sources.
 Abstract: Nutrition information that will appeal to teenage boys and girls is presented in this booklet which would be valuable for use by physical education teachers, coaches, and youth leaders. It points out how good nutrition is interlocked with ability to perform. The Basic Four, snacking advice, and answers to questions frequently asked by young athletes are included.

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MAN, FOOD, AND NUTRITION: STRATEGIES AND TECHNOLOGICAL MEASURES FOR ALLEVIATING THE WORLD FOOD PROBLEM.

Hilcalav Jr Rechalid

Cleveland, Chemical Abstracts Press 344 p. 1973.

TK353.N4 P6N

Agriculture, Food production, International programs, Nutrition policy, Nutritional quality, Professional education, World problems.

Abstract: The professional nutritionist and government planner concerned with food programs at home and in developing countries should find this book useful for its presentation of the nature and scope of the current and projected world food problem. Twenty-four authorities from the United States and other countries have contributed articles on the world food problem, expanding food production, reducing wastes and spoilage, unconventional sources of food, improving the nutritional quality of food, and food and nutrition policy. Nutrition education is considered in the sections on policies.

834-74

MILK INTOLERANCE AND LACTOSE INTOLERANCE.

Vincini Nedy

Calamus VII (2): 50-51. Apr 1974.

NA79a.AV3

Asia, Carbohydrate metabolism disorders, Lactose intolerance, Milk, Milk intolerance.

Abstract: This article reports on some research done on milk and lactose intolerance. Although people of certain races have low levels of lactase and develop symptoms of intolerance to the amount of lactose in one liter of milk, they usually can consume one glass of milk with no problem. Theories explaining low enzyme levels in babies of lactase are presented. It is concluded that milk feeding programs should be continued with these races as the amount of milk given at one time produces no symptoms of intolerance and milk can significantly improve the nutritional status of the population. Those involved in the nutritional care of others should be aware of these findings and their implications in feeding programs.

835-74

NUTRIENT INTAKE OF PIMA INDIAN WOMEN: RELATIONSHIPS TO DIABETES MELLITUS AND GALLBLADDER DISEASE.

J M Reid

Am J Clin Nutr 24 (10): 1281-1289. Oct 1971.

389.6 J824

American Indians, Arizona, Diet patterns, Dietary surveys, Fasting, Food consumption, Food habits, Food selection, Nutrient intake.

Abstract: A dietary survey of the Pima Indians of Arizona indicated that beans, chili, and wheat flour tortillas are still the most prominent items in their diet even though they have adopted many of the white community's food habits. Obesity is prevalent. Results did not indicate a correlation between dietary intake and the prevalence of either diabetes or gallbladder disease.

836-74

THE RELATIONSHIP OF NUTRITION TO BRAIN DEVELOPMENT AND BEHAVIOR.

Nat Today 9 (4): 12-13, 16-17. July/Aug 1974.

NA78a.N8

Behavior, Brain, Environmental factors, Growth, Learning ability, Malnutrition, Nutritional adequacy.

Abstract: Summary of research in the following areas are given: unified concept of factors affecting brain and behavior; possible modes of interference with learning and behavior by malnutrition; fundamental mechanisms affected by malnutrition: environmental enrichment and deprivation; electrophysiological observations in malnutrition; effect of malnutrition on human behavioral development; the effect of hunger on intellectual (school?) performance; behavioral studies with experimental animal models of severe protein-calorie malnutrition in early life; and projected needs.

837-74

A DIETARY PROGRAM TO LOWER SERUM CHOLESTEROL.

F S Mansell

J Am Diet Assoc 54 (1): 13-19. Jan 1969.

389.6 M334

Behavior changes, Cardiovascular disorders, Cholesterol, Diet counseling, Fat-controlled diets, Food habits, Nutrient intake, Preventive nutrition, Therapeutic and special diets.

Abstract: Part of the National Diet-Heart Study has been devoted to revision of food patterns and practices in order to seek food intake approaches desirable nutritional qualities. The recommendations were for less meat, no more than four egg yolks per week, lower fat and lipid fat foods, and avoidance of commercial convenience foods. When modification occurred, serum cholesterol levels were lowered.

838-74

REPORT ON A CONFERENCE ON NUTRITION EDUCATION, GUADALAJARA, MEXICO, 1972.

[New York], UNICEF 215 p. Aug 31 - Sept 1, 1972.

TK364.R4 P6N

Evaluation, Food habits, International programs, Mass media, Nutrition education, Planning, Professional education, Training.

Abstract: These papers report on a small, international, multidisciplinary conference on nutrition education held in Mexico under the auspices of the International Union of Nutritional

Sciences. Participants agreed that raising incomes, food fortification, and other technological approaches to malnutrition are not enough on their own, and that nutrition education is necessary to combat critical hunger and malnutrition in developing countries, nutritional surfeit in affluent countries, nutritional problems in "poverty pockets" in developed countries, and various food diets. The conference called for better planning and support of educational efforts, better selection of effective techniques, and evaluation as an integral element of programs. Topics of papers given at the conference included food habits, use of mass media, the role of commercial organizations, community participation, evaluation, and training of nutrition education personnel. This is for professional nutritionists.

839-74

IN ARKANSAS: KIDS CATCH NUTRITION.

Ronald J Rhodes

Food Nutr 4 (2): 3-4. Apr 1974.

NTX341.P615

Arkansas, Basic nutrition facts, Educational programs, Elementary schools, Foods instruction, Nutrition education, Program design, School lunch programs.

Abstract: Nutrition education has become one of the favorite activities of many Arkansas youngsters, thanks to the efforts of specialist Ernestine McLeod. To encourage the development of nutrition education programs in schools, Ms. McLeod offered teachers a special 3-credit course at the University of Arkansas in the summer. The teachers became more aware of the importance of nutrition and learned ways to integrate nutrition with other classroom activities. Many of the teachers have made definite changes in student eating habits. In fact, the response to the project has been so good that other universities in the state plan to start teaching the nutrition education course.

840-74

MALNUTRITION AND PSYCHOLOGICAL DEVELOPMENT.

Henry M Ricciuti

Washington, D.C., ERIC Document Reproduction Service 23 p.

Nov 1972.

MC620.5.R5 P6N

Child nutrition, Intellectual ability, Learning behavior, Malnutrition, Mental development, Psychological aspects.

Available from: Computer Microfilm International Corp., P.O. Box 190, Arlington, Virginia 22210. MF-\$0.65 HC-\$3.29.

Abstract: This paper focuses primarily on the status of our present knowledge concerning the influence of malnutrition on intellectual development, learning, and behavior in children. The major concern of this review is with under-nutrition or malnutrition produced essentially by an insufficiency of protein and calories in the child's diet. Some consideration is also given to recent research on specific nutritional deficiencies and intellectual development. Those involved in the nutritional care of children and its effects should be interested in this paper.

841-74

MALNUTRITION AND MENTAL DEVELOPMENT: RELATIONSHIPS STILL UNCLEAR.

Henry M Ricciuti

Human Ecol Yorku 1 (1): 3-5. Summer 1970.

GP1.H8 P6N

Learning, Malnutrition, Mental development, Supplemental feeding programs.

Abstract: This paper furnishes a brief review of the status of the relationship of nutrition to mental development. It points out that in cases of severe malnutrition in the first year mental development, as well as physical development, is impaired. The paper warns that although nutrition is a factor in the development of the learning potential, the extent and mode of its influence is unclear with any other factors also operative. It emphasizes that more programs are needed to clarify the relationships.

842-74

NUTRITION IN THE HOSPITAL (FILMSTRIP/CASSETTE TAPE).

H R Rich

Gilman Hot Springs, Mt. San Jacinto College 1 filmstrip, 43

fr., sd, 35mm, col., 1 cassette tape. 1972.

TK353.N25 P6N AV (Introduction to nutrition. Part I)

Diets, Hospital food service, Hospitals, Instructional materials,

Therapeutic and special diets, Therapeutic diets.

With worksheet, post-test and answer key.

Abstract: This unit is designed to help hospital workers gain a better understanding of the role diet therapy plays in total patient care. Various hospital diets commonly used are presented with the appropriate restrictions outlined as well as possible conditions that may require these diets. Restrictions discussed include constipation, protein, fat, sodium, and fiber, plus diets appropriate for diabetic and allergy conditions. Common responsibilities of physicians, dietitians, nurses, and other health workers in the dietary and allergy conditions. Common responsibilities of physicians, dietitians, nurses, and other health workers in the dietary management of patients is outlined.

843-74

SCIENCE OF NUTRITION (FILMSTRIP/CASSETTE TAPE).

H R Rich

Gilman Hot Springs, Calif., Mt. San Jacinto College 1 filmstrip,

47 fr., sd, 35 mm, col., 1 cassette tape. 1972.

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- TX353.S3 P68 AV (Introduction to nutrition. Part I)**
Basic nutrition facts, Digestion and absorption, Nutrient functions, Nutrients, Physiology.
With worksheet, post-test and answer key.
Abstract: This lesson, part of a series developed for use with core curricula in nutrition, presents basic introductory information on nutrition and physiology. Included is a discussion on the need for nutrition knowledge by the health professional, and information on nutrient classes and their general functions, basic chemical elements and their symbols, the digestion and absorption of nutrients, body composition, and electrolyte and the food chain. A work sheet which outlines student objectives and offers practice in these objectives along with an answer sheet is included as well as a possible post test on this information.
- 844-74**
NUTRITION IN THE HOME (FILMSTRIP/CASSETTE TAPE).
E B Nich
Gilman Hot Springs, Mt. San Jacinto College 1 filmstrip, 60 fr., sd, 35mm, col., 1 cassette tape. 1972.
TX353.S84 P68 AV (Introduction to nutrition. Part IX)
Food preparation, Food purchase, Food service, Food storage, Meal planning.
With worksheet, post-test and answer key.
Abstract: This nutrition unit is part of a series developed for nurses and associated health workers curricula. It could also be used in a general consumer program. Included are a variety of tips on effective meal planning, food shopping, storage, preparation and service of food. Guidelines on menu meals attractive are also given. The importance of breakfast is stressed as well as a pleasant atmosphere at any meal. The Four Food Groups are used as a guide for adequate variety in the diet.
- 845-74**
SOCIAL ASPECTS OF NUTRITION (FILMSTRIP/CASSETTE TAPE).
E B Nich
Gilman Hot Springs, Mt. San Jacinto College 1 filmstrip, 37 fr., sd, 35mm, col., 1 cassette tape. 1972.
TX353.S6 P68 AV (Introduction to nutrition. Part II)
Basic Food, Basic nutrition facts, Food Groups, Minimum Daily Requirements, Recommended Dietary Allowances.
With worksheet, post-test and answer key.
Abstract: This tape and filmstrip nutrition unit, part of a series developed for use with core curricula in nursing, discusses social aspects of nutrition. Various factors affecting dietary intake and needs are presented including social and religious customs, ethnicity, sex, age, climate, and state of health. The terms RDA and MDR are presented and use of the food guide, the Basic Four Food Groups, is recommended to meet nutrient requirements.
- 846-74**
NUTRITION, FOOD, FUEL, AND ENERGY (KIT).
Beth Nich, Harriett Randall, Marilyn Ginsburg
Burbank, QED Productions 4 filmstrips, 4 records, 3 charts. 1974.
TX364.S89 P68 AV
Basic nutrition facts, Instructional aids, Instructional materials, Nutrition education, Primary grades.
Abstract: This kit is an educational package consisting of four filmstrips, a teacher's manual, four records and three posters to teach basic introductory nutrition concepts to primary level children. "Energy and growth" points out that food gives us energy and provides new materials for growth. "Food sources" explains the relationship between food on the shelf and actual food sources. "Eating Proper Foods" emphasizes eating the right foods for health and introduces the Basic Four Food Groups. "Old Friends, New Foods" points out the different foods and different methods of food preparation used by Oriental, Black, Italian, and Mexican-American families. The teacher manual suggests discussion questions and classroom projects to be used with each unit and includes student objectives, teacher background information and a unit synopsis. The three posters depict the Four Food Groups, a map of food sources from Canada, the United States, and Mexico, and children in native dress from different countries.
- 847-74**
NUTRITION, FOOD, FUEL, AND ENERGY (KIT).
Beth Nich, Harriett Randall, Marilyn Ginsburg
Burbank, QED Productions 4 filmstrips, 4 cassette tapes, 3 charts. 1974.
TX364.S89 P68 AV
Basic nutrition facts, Instructional aids, Instructional materials, Nutrition education, Primary grades.
Abstract: This kit is an educational package consisting of four filmstrips, a teacher's manual, four cassette tapes and three posters to teach basic introductory nutrition concepts to primary level children. "Energy and growth" points out that food gives us energy and provides new materials for growth. "Food Sources" explains the relationship between food on the shelf and actual food sources. "Eating Proper Foods" emphasizes eating the right foods for health and introduces the Basic Four Food Groups. "Old Friends, New Foods" points out the different foods and different methods of food preparation used by Oriental, Black, Italian, and Mexican-American families. The teacher manual suggests discussion questions and classroom projects to be used with each unit and includes student objectives, teacher background information and a unit synopsis. The three posters depict the Four Food Groups, a map of food sources from Canada, the United States, and Mexico, and children in native dress from different countries.
- cea from Canada, the United States, and Mexico, and children in native dress from different countries.
- 848-74**
FOOD FOR FUN AND THOUGHT: NUTRITION EDUCATION IN A CHILDREN'S HOSPITAL.
Karyl Richard, Susan Farnus
J Am Diet Assoc 65 (3): 294-297. Sept 1974.
389.8 AB34
Children, Cooking instruction, Educational games, Hospitals, Nutrition concepts, Nutrition education, Reinforcement.
Abstract: Patients in the Jesse Whitcomb Riley Hospital for Children and their families have an opportunity to learn about nutrition through "Food for Fun and Thought" projects in which they participate in educational cookery. This is a report concerning this kind of learning in the hospital and experience that are effective with elementary school age children (ages seven to twelve). To our knowledge, this approach--educational cookery in the hospital--has not been reported previously.
- 849-74**
CHANGES IN SERUM CHOLESTEROL DURING THE STILLMAN DIET.
Frank Fickens, Nancy Mitchell, Joseph Dingus
Nutr Rev 32 (suppl. 1): 24-26. July 1974.
389.8 B953
Cholesterol, Obesity, Weight, Weight control, Weight loss, Weight reduction.
Abstract: This article reports on a study done to determine the effect of the Stillman diet (low carbohydrate, high protein, high fat) on the serum lipid levels of normal healthy volunteers. Results included information on the duration of the diet period, weight loss achieved, and diet effect on serum cholesterol levels and serum triglycerides. Serum cholesterol levels did increase. This was not purported to have a major impact on health, but was considered a potential risk, particularly in repetitive use of the diet. The Stillman diet is not recommended. Those professionals dealing with weight control will find this article of interest.
- 850-74**
FEEDING BEHAVIOUR IN OBESITY.
W Riea
Proc Nutr Soc 32 (3): 187-193. Dec 1973.
389.9 B953
Energy metabolism, Fat levels, Hereditary factors, Meals per day, Metabolic disorders, Nutrient intake, Obesity, Socioeconomic influences.
Abstract: Dietary assessments determined for 253 normal-weight persons and 916 overweight persons showed no significant differences in the daily energy consumption, although total values are, on average, somewhat higher for overweight persons, particularly for men. From this it should be concluded that there are different conditions under which overweight may develop. It is believed that for a number of obese persons the phase of polyphagia belonged to an earlier period in life, so that dietary analyses no longer reflect any signs of polyphagia.
- 851-74**
LEARNING BETTER NUTRITION: A SECOND STUDY OF APPROACHES AND TECHNIQUES.
Jean A S Ritchie
Rome, Food and Agriculture Organization of the United Nations 64 p. [1973].
TX364.R5 P68 (Food and Agriculture Organization of the United Nations. FAO nutritional studies no. 20)
Audiovisual aids, Education, Food habits, Hunger, Instructional materials, Malnutrition, Nutrition.
Reprint of the 1967 ed.
Abstract: This is a broad guide for agriculturalists, home economists, doctors, health workers and biochemists who work in applied nutrition. The book covers the reasons why we need more work in the field of food and nutrition, and also discusses food habits and their importance to different cultures. In order to change food intake for the better, the book deals with various programs that have been successful in nutrition education both in school and to the public.
- 852-74**
TEACHING NUTRITION CONCEPTS.
J H Rivera, E H Devine
Forecast Home Econ 12 (2): f-26-f-28, f-76. Oct 1966.
321.8 H752
Basic nutrition facts, Cells, Digestion and absorption, Effective teaching, Energy metabolism, Metabolism, Nutrition education, Nutrition knowledge, Teaching methods.
Abstract: Understanding the metabolic interplay of nutrients undergoing metabolism along with the functions of cell components is the key to understanding the science of nutrition and one of the components of the basic nutrition concepts reviewed in several earlier papers. Now come work to metabolize food to energy is succinctly described.
- 853-74**
A BASIC FOOD PATTERN FOR PUERTO RICO.
L J Roberts
J Am Diet Assoc 30 (11): 1097-1100. Nov 1954.
389.8 AB34
Basic Food, Charts, Diet information, Food groups, Food guides, Instructional materials, Nutrition education, Puerto Rico, Teaching techniques.
Abstract: A Basic Four food guide has been developed to include

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ude the traditional foods of Puerto Rico. A chart, showing the Basic Four Groups comprising two-thirds of a food wheel and the Puerto Rican foods comprising the other one-third, has been created for classroom use. When constructing any food guide, the traditional diet patterns of the target population must always be incorporated, otherwise the guide will make little sense and ultimately have no effect on diet improvement.

854-74

COMPOSITION TABLES FOR PUERTO RICAN FOODS. (SPA)

L J Roberts
Puerto Rico, University, Dept. of Home Economics
Rio Piedras, P.R. 18 p. [n.d.].
TX535.R6 F5N

Ethnic foods, Food analysis, Food composition (E.F.), Food composition tables, Nutrient content determination, Nutrient values, Puerto Rico.

Title of Original: Tablas de composición de los alimentos más usados en Puerto Rico.
Abstract: These tables list the nutrients found in traditional Puerto Rican foods.

855-74

PROSPECTS FOR MEETING PROTEIN NEEDS FROM CONVENTIONAL FOOD SOURCES.

Lewis H Roberts
In Proceedings of the Western Hemisphere Nutrition Congress II
Miami Beach, Fla., Sept. 2, 1971 p. 33-36. 1972.
TX345.W4 F5N

Dairy foods, Eggs, Fish, Grain products, Legumes, Meat, Protein foods, Protein malnutrition.

Abstract: This article discusses the different ways that we will be able to increase the production of protein in the next twenty-five years. Right now there are 3.5 billion people malnourished, and by the year 2000 that figure will increase to 6-7 billion malnourished people on earth. Dr. Roberts finds that man will depend upon his traditional sources of protein, with increased production of each source. Each of the protein foods are listed, and reviewed.

856-74

UNDERWEIGHT AND UNDERNUTRITION IN TEENAGERS--A PROBLEM FOR NUTRITION EDUCATION.

C M Robinson
Food and Nutr News 41 (3): 1, 4. Dec 1969.
389.8 F7332

Adolescents (12-19 years), Anemia, Diet improvement, Food habits, Junk food, Nutrient intake, Nutrient requirements, Nutrition education, Nutritional deficiencies.

Abstract: Underweight and undernutrition, though less prevalent than obesity, is also a teenage problem. Iron deficiency is quite common in underweight girls, who are also more susceptible to infections. Underweight and anemia place the pregnant girl in the high risk category. Helping a girl to decide to change her diet and food habits is not easy. Empty-calorie snacks have high status among teens. Interest in appearance, however, can be a stimulus to altering food choices.

857-74

NORMAL AND THERAPEUTIC NUTRITION. 14th ed.

Corinne M Robinson
New York, Macmillan 753 p. illus. [1972].
RM216.R6 1972 F5N

Diet counselling, Diets, Food safety, Menu planning, Nutrition, Professional education, Therapeutic and special diets. Appendices p. 644-707 contain tabular material.

Abstract: The fourteenth edition of this text for the student dietitian and nutritionist is divided into two sections. Part one considers normal nutrition, the nutrients and their characteristics and functions, meal planning and preparation, food safety, and special nutritional needs throughout the life cycle. The second part of the book offers instruction in diet modifications for energy and protein alterations, following surgery, for disturbances of the gastrointestinal tract, in children's diseases, and in metabolic, nervous, cardiovascular and renal disorders. Appendices include nutritive values of foods, exchange lists and height-weight tables.

858-74

SAME LIVING IN A HARD WORLD: A GUIDE TO THE ORGANIC WAY OF LIFE.

Robert Rodale
Emmaus, Pa., Rodale Press 270 p. 1972.
RA776.5.R6 F5N

Food beliefs, Food fads, Food misinformation, Health foods, Organic foods.

Abstract: This book, written for the adult interested in the "benefits" of organic gardening, strongly advocates the use of such foods in the diet. Various benefits are discussed including facts on actual gardening such as: "...plants grown on rich organic soil, without use of chemical fertilizers and without being sprayed, will not be attacked by insects because insects won't like their taste." The author is adamantly against any processed or convenience food and recommends the use of nutrient supplements to obtain needed nutrients. He is in disagreement with the policies and questions the administrative ability of the FDA and also states that medical doctors have so much to learn about medicine that they have no room left in their minds for nutritional knowledge. The book is based on material which has appeared in "Organic gardening and farming," "Prevention," "Fitness for living" magazines.

859-74

FOOD PRACTICES OF ARABIC BACKGROUND FAMILIES LIVING IN EAST VALLEY HEALTH DISTRICT.

E E Rodert
County Health Department
Los Angeles, Calif. unsp. Oct 1969.
TX360.U7C22 F5N

Arab Americans, California, Diet patterns, Ethnic foods, Food habits, Food preferences, Food preparation, Food selection, Foodways.

Abstract: The food practices of Arabic families in southern California communities are described. Some commonly used foods include yogurt, lamb, vegetables such as eggplant and squash, rice and bulgur, and rice and starch puddings. Suggestions for diet counseling are given.

860-74

A REVIEW OF THE NITROSAMINE PROBLEM IN CURED MEATS.

Robert W Rogers
Food Prod Dev 8 (6): 40-45. July/Aug 1974.
RD9000.1.F64

Cancer, Cured meat, Food additives, Food processing, Nitrates, Nitrites.

Abstract: Some nitrosamines are carcinogenic and will produce cancer in animals. Although none has been shown to have the same effect on humans, such controversy has developed. Regulatory agencies are advised to approach this problem with extreme caution, since the meat industry could be crippled needlessly. The chemistry and reactions of nitrosamines are provided.

861-74

THE ROLE OF LACTOSE IN THE DIET.

Dairy Council Dig 45 (5): 25-28. Sept/Oct 1974.
389.8 D14

Carbohydrates, Etiology, Lactose intolerance, Low income groups, Milk, Negroes, Obesity, School lunch programs.

Abstract: It has been demonstrated that individuals with a limited ability to digest lactose can consume nutritionally useful quantities of milk. Based on such evidence as well as the nutritional contribution of milk to the diet, scientific groups and individuals have endorsed domestic or foreign programs improving milk supplies and milk consumption.

862-74

'GOOD EATER' SPREADS THE WORD ABOUT NUTRITION.

Alexandra M Rosenczuk
What's New Home Econ 38 (1): 24-25. Jan 1974.
321.F W55

Educational games, Nutrition education, Preschool education, Puppets.

Abstract: Information on a puppet show given by the Iroquois Gas Corporation, Buffalo, to young children explaining on their level why it is important to be a "good eater".

863-74

PSYCHOLOGICAL FORCES, MOTIVATION, AND NUTRITION EDUCATION.

I H Rosenstock
Am J Public Health 59 (11): 1952-1957. Nov 1969.
449.5 AH3J

Behavior change, Diet counselling, Food habits, Motivation, Nutrition education, Obesity, Weight control.

Abstract: Obese persons seem not to recognize physiological signs of hunger or of satiation. Their eating is triggered more by external than internal stimuli. A recent effective approach has been patient self-control with immediate experience of success. Certain behavioral barriers to eating are introduced, such as sitting in a room without eating for some minutes or keeping in the house only foods requiring preparation. The technique has been successful with adults. It is suggested to be extended to children.

864-74

CHILDREN ARE DIFFERENT: RELATION OF AGE TO PHYSIOLOGIC FUNCTION.

Ross Laboratories
Columbus, Ross Laboratories 177 p. Oct 1972.
RJ131.R6 F5N (Children are different. Unnumbered)

Children, Growth, Physiology, Professional education.

Abstract: Teachers and health professionals who work with children should find this publication a useful handbook on the physiologic development of children from birth through adolescence. Among the points covered in its 22 chapters are the relation of age to function of the liver, kidney, pancreas and thyroid, to heart rate, development of the brain, the eye, and of the red blood cell, and what levels of various biochemical and physical parameters to expect at the several ages encompassed. Also included is a section on normal speech development.

865-74

WHEN YOU STOP BREAST FEEDING.

Ross Laboratories
Columbus, Ohio, Ross Laboratories 6 p. Apr 1973.
TX361.C5R6 F5N

Adults, Breast feeding, Infant feeding, Infants (To 2 years), Weaning.

Abstract: This little pamphlet is designed for the new mother who has been breast feeding a baby now ready for weaning. The booklet suggests ways to bring this about that will not disturb either party. Some suggestions on introduction of solid foods are also made.

- 866-74**
THE SHORT-TERM RESPONSE TO A DIET OF MILK, LACTOSE OR CASEIN IN CHILDREN WITH APPARENTLY NORMAL GASTROINTESTINAL TRACTS.
 Mary A. Roseitar, T. Palmar, K. Evans
 Br J Nutr 32 (3): 605-613. Nov 1974.
 389.8 B773
 Children, Milk, Research, Research methodology, Research needs.
 Abstract: This investigation, of interest to researchers, was designed to show the short-term change in plasma levels of glucose, amino acids, urea and insulin in apparently normal children following a physiological drink of milk or of one of its constituents, lactose or casein. Comparisons of the effects of the whole milk with those of lactose or casein, however, showed that glucose and many amino acids rose less after milk than after a milk constituent given alone. These differences could be due to variations in gastric emptying, in absorption or in intermediary metabolism and these possibilities are discussed. The results could provide a standard of reference when investigating a child with a suspected metabolic or gastrointestinal disorder. The study has shown that the response to a nutrient when given singly may be different from that when it is given in normal foods so that assay tolerance tests used in clinical practice can only be regarded as guides to diagnosis, rather than as a reflection of the true situation.
- 867-74**
RELATION OF NUTRITION TO PHYSICAL AND MENTAL DEVELOPMENT.
 Pedro Rizzo, Byron Wisock
 Pediatric Annals 2 (4): 33, 35, 38-40. Apr 1973.
 8J1.P4 Y5H
 Brain disease, Child nutrition, Growth, Malnutrition, Mental retardation, Nervous system, Physical development, Pregnancy and activities, Professional education.
 Abstract: Reviewing studies and of animals as well as children, this article points out the areas of changes in the nervous system under acute factors and after birth. Interruptions in the sequence may alter the pattern of development, and can cause irreversible changes, leading to brain damage and mental retardation. Malnutrition during early development is one of the things which can interrupt the normal growth of the system. Teachers, nutritionists and others concerned with normal child development should find this article of interest.
- 868-74**
NUTRITION EDUCATION THROUGH A HEALTH PROGRAM.
 Ann H. Rowland
 In Proceedings of the National Nutrition Education Conference, Washington, D.C., Nov. 2-4, 1971. v. 59-62. Apr 1973.
 TX364.U525 Y5H
 Adolescents (12-19 years), Nutrition education, Nutritionists, Public health.
 Abstract: Ann Rowland discusses how the Children and Youth Project, University of Alabama Medical Center works to deliver nutritional services to the adolescent and the family of the teenager, in Jefferson County, Alabama. The different approaches that the nutritionist can take and the activities that have proven most effective are discussed. Nutritionally adequate food habits have to be formed by the adolescent, and this is the job of the nutritionist in this program.
- 869-74**
DIAGNOSIS AND TREATMENT OF ANOREXIC STATES.
 Christopher V. Rowland
 Pediatric Med J 51 (5): 159-162. May 1972.
 8J1.P6
 Anorexia nervosa, Appetite, Behavior, Food habits, Psychiatry, Weight loss.
 Abstract: Cases of five patients with eating difficulties requiring psychiatric referral are described to illustrate some of the bewildering variety of clinical situations lumped together as anorexia nervosa. Only one of these represents true anorexia. The term "anorexia" is anorexia nervosa is a misnomer. The patient is hungry, but willfully refuses to eat or is unable to do so.
- 870-74**
OPEN DOORS TO IMPROVED NUTRITION: THE FAMILY INFLUENCE ON CHILDREN'S FOOD HABITS; NUTRITION OF THE SCHOOL CHILD.
 J. I. Cucatras, M. D. Naughton
 Sch Lunch J 19 (1): 13-18. Jan 1965.
 389.8 SCH6
 Adolescents (12-19 years), Children, Diet patterns, Environmental factors, Food habits, Nutrient intake, Nutrition education, Nutritional status, Parental influence.
 Abstract: These two papers indicate the influence of parents upon children's food habits and nutrition as well as some of the other environmental factors which may influence them, such as television and newspapers. Teenage boys as well as girls have food problems aggravated by the growth spurt of adolescence or the desire to participate in sports.
- 871-74**
NUTRITIONAL STATUS OF PRESCHOOL CHILDREN OF MAIN COUNTY WELFARE RECIPIENTS.
 Mianie Ruffin, Doris Novas Calloway, Shaldee Margoe
 Ann J Clin Nutr 25 (1): 78-84. Jan 1972.
 389.8 J824
 Dietary surveys, Growth, Weight-weight ratio, Low income groups, Nutritional status, Preschool children (2-5 years), Professional education.
 Abstract: Preschool children of low income mothers in a California county were surveyed for nutritional status as measured by growth, blood nutrients, diets and clinical examinations. Growth retardation was evidenced by height-weight relationships, when compared with standards for normal children, and younger children in a family were always more retarded than the older ones. Despite diet avoidance for low iron intake, there was little anemia. Calcium, folic acid, vitamin A, ascorbic acid and vitamin B12 were also low. Clinical symptoms were few. Financial limitations were inadequate to provide adequate diets for these children. Nutritionists and others who work with low income groups should find this report of interest.
- 872-74**
TEACH NUTRITION WITH BULLETIN BOARDS.
 Doris Puelink, Doris Penk, Wendy Turner
 Montclair, N.J., Montclair State College 19 p., illus. (n.d.).
 TX364.R8 Y5H
 Audiovisual aids, Basic nutrition facts, Bulletin boards, Concept formation, Instructional materials, School children (6-11 years).
 Abstract: Ideas for 27 different posters illustrating the nutrition education concepts developed by the Interagency Committee on Nutrition are presented in this pamphlet for teachers of pupils from the elementary grades through junior high school. Cartoon children and animals are used to present each point visually in two color line drawings. The basic nutrition education concepts are given in a preface, and a number of tips for making and displaying a bulletin board are included.
- 873-74**
FOOD AND NUTRITION.
 Mary Ruth
 London, Heinemann Educational 73 p. illus. 1971.
 TX355.R87 (Household science book, 3)
 Foods, Nutrition.
 Available from HAL.
- 874-74**
MENOPAUSE AND AGING, HOT SPRINGS, ARKANSAS, 1971; SUNBATH REPORT AND SELECTED PAPERS FROM A RESEARCH CONFERENCE ON MENOPAUSE AND AGING.
 Kenneth J. Ryan, Don C. Gibson
 Bethesda, U.S. Dept. of Health, Education, and Welfare 128 p. May 1971.
 RG186.S9 Y5H
 Aging, Calcium, Cancer, Carbohydrates, Cardiovascular disorders, Diabetes mellitus, Hormones, Lipid metabolism disorders, Menopause.
 Abstract: This booklet contains a summary report and selected papers from a research conference on menopause and aging held May 23-26, 1971, Hot Springs, Arkansas. The booklet and conference were to provide a considered assessment of what is known and accepted about the menopause, to clarify some of the issues regarding risk from therapeutic intervention with estrogenic compounds and to determine gaps in our knowledge of the menopause and its sequelae.
- 875-74**
AMERICANS LOVE HOGWASH.
 Edward H. Rynearson
 Nutr Rev 32 (suppl. 1): 1-14. July 1974.
 389.8 H557
 Food beliefs, Food fads, Food misinformation, Hypoglycemia, Vitamin E, Zen macrobiotic diet.
 Abstract: In this article the author describes several examples of food faddism that are misleading a number of Americans. This discussion includes Adelle Davis, her background and beliefs; vitamin E, its history, diet availability, and role in medical care; Carlton Fredericks, his background and beliefs; the prevalence of hypoglycemia in the American public; Jerome Rodale, his background and beliefs; and Zen Macrobiotic Diet. In the discussion following these examples, the author points out several factors related to the existence and support of such food faddism and suggests four ways physicians should combat their existence.
- 876-74**
EVALUATIVE TECHNIQUES FOR USE WITH CHILDREN'S DIETS.
 Jean H. Sakry, D. Yvonne Ford, Janet H. Hardlaw
 Roberts, Margaret L.
 J Nutr Educ 6 (2): 52-56. Apr/June 1974.
 TX341.J6
 Evaluation, Food intake, Measurement, Nutritional surveys, Preschool children, Schools.
 Abstract: This paper is of interest to the nutritionist, pediatrician and others working with children from 18 to 48 months of age. The authors examine the appropriateness of scaling as a measure of adequacy of the dietary patterns of young children. The author's subjective evaluation of the child's diet was obtained and compared with the food consumed by the child. Differences were noted and discussed. The work was done in Ontario, Canada and included families where the gross income ranged from \$3-10,000 per year.
- 877-74**
NUTRITION CANADA--A NATIONAL NUTRITION SURVEY.
 Z. I. Sakry, E. Campbell, J. A. Campbell
 Nutr Rev 32 (4): 105-111. Apr 1974.
 389.8 H953
 Canada, Nutrition knowledge, Nutrition policy, Nutritional

676-74

status. Nutritional surveys.

Abstract: The national nutrition survey in Canada, which is of interest to adults and professionals, particularly those involved in formulating national nutrition policy, is discussed. Included are its objectives, sample design and procedures, response (overall 46%), findings and recommendations. Findings showed over half the adult population to be overweight with little difference in caloric intake between those overweight and those not overweight, other findings include excess of men and women at risk with high serum cholesterol levels, deficiencies of various vitamins and minerals in all age groups. Preliminary analysis showed no consistent effect of income, community type or season in the nutritional status. Recommendations include greater emphasis on nutrition education, government regulations and the training of professionals.

678-74

NUTRITION CANADA.

Zachary I Sabry, J Alexander Campbell, E Elizabeth Campbell
Nutr Today 9 (1): 5-13. Jan/Feb 1974.
RA784.W6

Canada, Clinical investigations, Dietary information, Dietary study methods, Health appraisal, National surveys, Nutrient intake, Nutritional status, Nutritional surveys.

Abstract: "Nutrition Canada" was a nutrition survey of the entire Canadian population. Its findings delineated the prevalence of nutritional disorders among Canadians on the basis of geographical location, community type, season of the year, sex, age, pregnancy, and income level. Prevalence determination was identified through clinical evidence, anthropomorphic measurements, blood and urine tests, and dietary intakes. The findings also identify by quality and quantity the food intake consumed by the Canadian public, revealing consumption patterns, degree of variation in such patterns, the effectiveness of food enrichment and fortification, and the consumption of non-food substances such as additives, pesticides residues, and so on.

679-74

INTRODUCING NEW FOODS AGAINST PROTEIN EFFICIENCY.

F T Sai
Nutr Rev 18 (12): 353-355. Dec 1960.
389.8 N953

Behavior change, Cultural factors, Diet patterns, Food habits, New foods, Nutrition programs, Protein malnutrition, Resistance to change, Social factors.

Abstract: The kinds of foods needed to fill protein needs are described. In order to know if these foods will be acceptable, a change agent needs to know the order of satiation at meals and whether food designed for small children would be equally acceptable to adult males. An effort should be made to stress the importance of taboos and food habits in planning nutrition programs. It is worthwhile to provide food that contains other nutrients besides just protein.

680-74

LOW-CARBOHYDRATE DIET DEBATE.

Aaron G Saldan, Arthur Blussenfeld
Obesity/Bariatric Med 3 (3): 92-103. May/June 1974.
RC628.O2 F5W

Carbohydrate modifications, Nutrient excesses, Obesity, Weight control, Weight loss, Weight reduction.

Abstract: This article presents a debate for the use of a low-carbohydrate diet in the treatment of obesity. Factors such as satiety, ease of supervision in an actual diet, the consequences, cholesterol levels and long term success are discussed. The issues presented by both sides are documented. These considerations, offering some current thinking in the treatment of obesity, are useful to those involved in nutrition education and feeding programs.

681-74

NUTRITION KNOWLEDGE APPLIED TO EVERYDAY LIVING.

H H Sailor
Nurs Outlook 9: 756-759. Dec 1961.
R11.W6 F5W

Applied nutrition, Basic nutrition facts, Diet improvement, Diet patterns, Food habits, Motivation, Nutrition knowledge, Patient care, Public health areas.

Abstract: Patients need practical instruction in modifying their food habits and activities to do so. Some techniques the public health nurse can use to facilitate these modifications are suggested and cautions to be observed are outlined. Visiting nurses have an unusual opportunity to teach nutrition in the home.

682-74

DIETARY REGULATIONS AND FOOD HABITS OF MUSLIMS.

A H Sahr
J Am Diet Assoc 58 (2): 123-126. Feb 1971.
389.8 AH34

Cultural factors, Diet patterns, Food beliefs, Food habits, Food symbolism, Muslims, Religious, Religious dietary laws.

Abstract: Islamic dietary regulations are prescribed for Muslims by the Koran. This is the only reason given for pork avoidance. A Muslim must know the ingredients of any food before using it. Muslims are advised to eat no more than two-thirds their capacity and act to waste food.

683-74

THE EPIDEMIOLOGICAL TRIAD: AGENT, HOST AND ENVIRONMENT.

Joao Bosco Saloan, Mauricio G Faria, David L Molissovsky
In Proceedings of the Western Hemisphere Nutrition Congress II
Miami Beach, Fla., Sept. 2, 1971 p. 246-252. 1972.

TX385.W4 F5W

Breast feeding, Environmental factors, Malnutrition, Population growth.

Abstract: This article geared towards the professional in the medical field (with the emphasis on nutrition), points out that disease exists only because an agent (disease) can exist within the host (human) under certain conditions (environment). The authors choose to use the prevalence of malnutrition in Brazil as their example. By studying the triad and the agencies in which they interact to cause nutritional disease, they hope to be able to identify strategic points where preventive measures can be applied to improve the health of the human body.

684-74

AN EPIDEMIOLOGICAL STUDY OF CHILD HEALTH AND NUTRITION IN A NORTHERN SWEDISH COUNTY. VI. HYGIENESKAP BETWEEN GENERAL AND ORAL HEALTH, FOOD HABITS AND SOCIOECONOMIC CONDITIONS.

G Samuelson, E Grahnan, E Arvidsson
Acta J Clin Nutr 24 (11): 1361-1373. Nov 1971.
389.8 J824

Child nutrition, Dental health, Diet patterns, Food consumption, Food habits, Health, Nutrient intake, Socioeconomic influences, Sweden.

Abstract: A nutritional survey of children in three different areas of a northern Swedish county was made to evaluate food habits with oral health. The major part of the children's diet consisted of milk, cereal, and sugar products. Both food intake and socioeconomic factors affected the oral indices. City children ate fruit for snacks, whereas rural children were often at home or cakes.

685-74

THE FLUORIDE CONTENT OF A REPRESENTATIVE DIET OF THE YOUNG ADULT MALE.

F A San Filippo, G C Mattiatona
Clin Chim Acta 31 (2): 453-457. Feb 1971.
385 C61

Dental health, Fluoridation, Fluorides, Nutrient excesses, Teeth.

Abstract: This report, written for the professional, describes a study made to determine the content of fluoride in the total diet of 16 to 19 year old males in Baltimore, Maryland, a city which fluoridates its water supply at a level of 1 ppm. The data indicated that the food supplied 0 to 0.9 mg of fluoride a day, making total fluoride intakes of 2.1 to 2.4 mg per day. This amount is at levels consistent with good health and well below toxic levels.

686-74

NUTRITIONAL DEFICIENCIES IN DISADVANTAGED PRESCHOOL CHILDREN -- THEIR RELATIONSHIP TO MENTAL DEVELOPMENT.

Harold H Sandstead, Fays R House, Kathryn Mcrton
Am J Dis Child 121 (6): 452-463. June 1971.
N31.A114

Anthropometric assessments, Disadvantaged youth, Nutritional deficiencies, Preschool children.

Abstract: The nutritional status of 100 preschool children from an economically depressed area of Nashville was evaluated and correlated with Stanford-Binet test scores. Physical examinations, including anthropometric measurements, were performed on the children. Laboratory studies were made on the patients, and socioeconomic information was gathered by a social worker. Dietitians visited the homes of the children and interviewed the mother and examined the contents of kitchen cabinets. The knowledge gained by the authors will help those in the public health field, preschool educators, and school lunch professionals.

687-74

FOOD FOR HEALTH--THE PUERTO RICAN FOOD WHEEL. (SPA)

D Saajur
Cornell University
Ithaca, N.Y. unsp. Aug 1970.
TX355.S2 F5W

Diet information, Diet planning, Ethnic foods, Food groups, Food guides, Nutrition education, Puerto Ricans.

Diagrams and illustrations in Spanish, explanatory text in English.
Abstract: Rice, beans, plantains (green bananas), etc. form part of the basic Puerto Rican diet. They are good, healthful foods, but do not provide a well-rounded diet by themselves. Additional foods that are necessary include milk and milk products; fish, meat, and eggs; green and yellow vegetables; and fruits of all kinds.

688-74

MILK CONSUMPTION PATTERNS OF PUERTO RICAN PRESCHOOL CHILDREN IN HUNAI NEW YORK.

D Saajur, F House, H Kira
Acta J Clin Nutr 24 (11): 1320-1326. Nov 1971.
389.8 J824

Food consumption, Food intake, Food preferences, Milk, New York (State), Preschool children (2-5 years), Puerto Ricans, Rural areas, Surveys.

Abstract: It has been assumed by nutritionists that non-Caucasian children will almost always reject milk. A survey of milk

- consumption among rural preschool Puerto Rican children in upper New York State shows that milk intake is high. Children's preferences for milk products correlated positively with those of their mothers, both children and parents rejecting skim milk and buttermilk which have never been part of the cultural dietary patterns of Latin American households.
- 889-74**
NUTRITION EDUCATION MATERIALS: A SOCIOCULTURAL APPROACH.
 E Sauer
 Human Ecol Forum 1 (2): 6-7. Autumn 1970.
 GFL 88 768
 Bilingual education, Cultural factors, Ethnic groups, Instructional materials, Nutrition education, Puerto Ricans, Social factors, Spanish Americans, Teaching techniques.
 Abstract: Studies have been shown that immigrants will change their style of clothing long before they change their food preferences. They cling tenaciously to their native foods because these provide an emotional tie to their homeland and heritage. Puerto Ricans, although American citizens, are members of a Spanish rather than Anglo cultural group. Nutrition education materials for Puerto Ricans living on the mainland should deal directly with the problems of sociocultural adaptation. Research must be shown for traditional food habits. Materials should be written directly in Spanish and not be merely word-over translations of information intended for other groups who have different needs.
- 890-74**
NUTRITION EDUCATION MATERIALS: A SOCIOCULTURAL APPROACH.
 Eva Sauer
 Human Ecol Forum 1 (2): 16-17. Autumn 1970.
 GFL 88 768
 Ethnic groups, Instructional materials, Nutrition education, Puerto Ricans, Spanish Americans.
 Abstract: This is a plea for nutrition educators to realize that "unless teaching materials developed for low-income families draw heavily on respect for and knowledge of the audience" their educational efforts will be in vain. The point is made that eating habits have emotional roots and before change can be effected, it is necessary to understand why people eat as they do. Experiences in developing nutrition education materials for Puerto Ricans in New York are cited.
- 891-74**
NUTRITIONAL PROBLEMS AND THE USE OF SPECIAL DIETARY FOODS.
 S Saperstein, G A Spillar, R J Asan
 Food Prod Dev 8 (3): 58-64. Apr 1974.
 HD9000.1.764
 Deficiency diseases and disorders, Dietetic foods, Food standards and legislation, Fortified foods and specialized products, Medical factors, Nutritional status, Therapeutic and special diets, Therapeutic nutrition.
 Abstract: A list of typical medical dietary schemes would include: (1) specific nutrient replacement diets; (2) hypoallergenic diets; (3) low residue diets; (4) intravenous nutrient mixtures; and (5) tube feeding formulas. The development and use of such foods presupposes a knowledge of the underlying disease condition, the possible duration of the disease, the factors of diet that must be altered, and the individual's tolerance for the nutrients he will ingest. It is questionable whether or not all these factors are really known when such therapeutic diets are prescribed. Much more work needs to be done to discover the exact of diet and dietary restrictions on a person's overall health and in the treatment of disease.
- 892-74**
FIBER: THE FORGOTTEN NUTRIENT.
 James Scala
 Food Technol 28 (1): 34-36. Jan 1974.
 389.8 F7398
 Diet improvement, Digestion and absorption, Enrichment, Fiber, Food intake, Medical factors, Nutrients, Preventive nutrition, Processed foods.
 Abstract: Plant materials which are indigestible by the secretions of the human digestive system are loosely defined as dietary fiber. It consists mostly of non-digestible carbohydrates, such as pectin, cellulose, and hemicellulose, and usually contains some non-carbohydrate substances such as lignin. It is difficult to evaluate "fiber" consumption in our diet due to lack of interest in its recognition as a nutrient. But modern science has suggested a vital role for fiber: its potential in helping to deal with some of the most insidious enemies of man--atherosclerosis, diverticular diseases, and cancer of the large intestine. Because our heavily processed foods are so lacking in fiber content, the food industry in the near future will have to start experimenting with fiber enrichment of foods.
- 893-74**
THE 'JUST RIGHT' EATING HANDBOOK.
 Lillian B Schatzki, Lois Borquann, Carnea Wilson
 San Francisco, San Francisco Dept. of Public Health 17 p.
 fa.4.l.
 TX361.C5834 F68
 Basic nutrition facts, Calorie-restricted diets, Menu planning, School children (6-11 years), Weight control.
 Abstract: Some people eat too much, some people eat too little. This booklet has been written to help elementary school children who do either to eat "just right." The emphasis is on not eating too much, especially of foods high in calories. Sample menus and foods to eat in salinated amounts are also offered.
- 894-74**
ETIOLOGY OF OBESITY--THE QOF THEORY.
 George Edward Schaaf
 J Am Geriatrics Soc 21 (8): 346-349. Aug 1973.
 RC952.A184 F68
 Body composition, Caloric modifications, Fat modifications, Food quality, Frequency of feeding, Obesity, Weight control.
 Abstract: This paper analyzes the causes and traditional treatment of obesity--caloric restriction--and presents a theory of its cause that also suggests a treatment. Obesity and overweight are not synonymous. Lean body mass must be considered. The author suggests that the quantity (Q) and timing of giving of food (frequency = F) in several smaller meals a day, will help reduce the amount of fat stored by the body, and the quality (Q) of food, minimizing kind and amounts of carbohydrate foods and taking care as to the proportions of protein, carbohydrate and fat at each meal, will assure synthesis of lean tissue mass. The article is written for the physician and nutritionist.
- 895-74**
THE FIRST BOOK OF FOOD. Rev. ed.
 Ida Scheib, Carole E Welker, Robert Byrd
 New York, Franklin Watts 87 p., illus. 1974.
 TB364.A2 F68
 Food preservation, Foods, Fruits, Grain products, Hunger, Milk products, Preteal foods, Space foods, Vegetables.
 Revised by Carole E. Welker.
 Abstract: This book, written for 9 to 11 year old children, describes how various foods are produced, their nutritional value, and different methods of preserving them. The book is written so that each different subject covers a separate section consisting of a page or two with a whimsical illustration. (Hunger is illustrated by having a roaring lion pop out of a boy's stomach.) The text explains the different nutrients the body needs and why the body needs these particular nutrients, and how eating will stop the hunger pang (lion's roar).
- 896-74**
YOU AND YOUR SENSES.
 Leo Schneider, Gustav Schrotter
 New York, Harcourt, Brace and World 137 p. 1956.
 QB501.33 F68
 Eye disorders, Hunger, Nervous system, Sensory appraisal.
 Abstract: A description of the five senses for children in the 5th to 8th grades is given. Each of the senses (sight, sound, taste, smell and touch) is described in detail, and explanations of how each different sense works to give us information about the world around us is given. Included in the text are simple experiments that can be done by the child at home, that help explain how and why the senses do their job. The book has illustrations showing the workings of various parts of the body in detail and the physics of the senses in diereatic form.
- 897-74**
SCHOOL LUNCH TEACHES GOOD FOOD HABITS.
 Agric Hark 12 (10): 3. Oct 1967.
 J280.36 AG8
 Diet improvement, Food habits, National School Lunch Week, Nutrition education, School children (6-11 years), School lunch program, Teaching techniques.
 Abstract: The emphasis of National School Lunch Week for October 8-14, 1967, was on nutrition education--teaching good food habits and proper diet to children through special use of and participation in the school lunch program. This article presents various examples of imaginative ways to make use of the school food service and its personnel for the purposes of educating children in the basics of good nutrition.
- 898-74**
THE VERDICT ON VITAMINS.
 Dodi Scheltz
 Today's Health 52 (1): 54-60, 63. Jan 1974.
 RA773.76 F68
 Ascorbic acid, Consumer education, Pharmacology, Vitamin A, Vitamin B complex, Vitamin E, Vitamin K, Vitamins.
 Abstract: In this article for the lay reader the usual requirements for vitamins are discussed along with consequences of overdosing. While all evidence is not yet available, it is concluded that most needs can be met from a usual, varied diet.
- 899-74**
HIGH SCHOOL NUTRITION EDUCATION: HOW EFFECTIVE IS IT?
 Nancy E Schwartz, Virginia B Vivian
 J Home Econ 66 (5): 16-18. May 1974.
 321.8 J82
 Diet information, Educational programs, Food habits, High schools, Home economics education, Nutrition education, Nutrition knowledge, Progress evaluation, Surveys.
 Abstract: A survey was made of 313 Ohio high school graduates of the class of 1969 to determine the effect of home economics nutrition education on later nutrition knowledge, attitudes, and practice. Significantly higher nutrition knowledge was demonstrated by graduates who had better-than-average high school grades, who had attended college, and who had remained single. More favorable attitudes toward food and nutrition were expressed by those who were married and others with regular responsibility for meal planning and preparation. Married

BIBLIOGRAPHY

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graduates and those with regular meal preparation responsibility practiced better nutrition than did single persons and those without regular meal responsibility.

901-74

THE RELATIONSHIP OF NUTRITION EDUCATION TO SUBSEQUENT KNOWLEDGE, ATTITUDES AND PRACTICES OF OHIO HIGH SCHOOL GRADUATES.

Nancy E Schwartz

J Nutr Educ 6 (2): 66-65. Apr/June 1974.

TX341.J6

Attitudes, Basic Four, Food habits, Nutrition education, Nutrition knowledge.

Abstract: A study to investigate the relationship between previous enrollment in home economics courses and present nutrition knowledge, attitudes and practices of Ohio high school graduates was done. Data was collected by mail questionnaire techniques. True and false questions were asked about nutrition, and a three-day food intake was taken. The food intake was compared to the Basic Four. Relationships were studied between grade point average in school, marital status and meal planning responsibilities.

901-74

NUTRITION OF ALASKAN ESKIMOS.

F H Scott

Nutr Rev 14 (1): 1-3. Jan 1956.

389.8 N953

Alaska, American Indians, Diet patterns, Dietary surveys, Eskimos, Ethnic groups, Food habits, Nutrient intake, Nutritional status.

Abstract: Traditional dietary habits, meal patterns, food use, and food resources of the Eskimos are discussed. Eskimos have no known nutritional disadvantages and one known advantage: almost perfect teeth. Their food habits changed after contact with the white man.

902-74

THE SECRET FAMILY EXERCISE PLAN.

Fam Health 6 (1): 32-33. Jan 1974.

RA773.F3 F5W

Adults, Exercise, Physical fitness, Weight control.

Abstract: Doing exercises for physical fitness and weight reduction can be more satisfying if they are done in a group, according to this brief article, which pictures several exercises a family can do together. Most of them require cooperation of at least one other individual.

903-74

IODINE (A BRIEF SUMMARY).

R A Seelig

Nutr Notes (United Fresh Fruit & Veg Assn) (61): 7-8. Jan 1974.

TX341.N8 F5N

Adult nutrition education, Basic nutrition facts, Deficiency diseases and disorders, Diets, Goiter, Iodine, Minerals.

Abstract: Iodine, an essential nutrient for man, is described as a mineral, and in its role in human nutrition in this brief summary. Daily requirement for adults is approximately 1 microgram per kilogram of body weight. Foods rich in iodine come from the sea. Although a deficiency usually results in goiter, giving iodine, as iodized salt, for example, does not prevent goiter completely. These and other facts which may be useful in the Junior High to high school classrooms or for adult nutrition education are included in this article.

904-74

NUTRITION, DIET AND THE TEETH.

R A Seelig

Nutr Notes (United Fresh Fruit & Veg Assn) 8 p. Mar/June 1966.

TX341.N8 F5N

Adolescents (12-19 Years), Adults, Dental caries, Dental health, Nutrition, Pregnancy and nutrition.

Abstract: This article is a review by means of abstracts of some of the extensive literature on nutrition and types of diet as related to oral health. Part I deals with genetic inheritance, tooth structure in general, tooth decay in general, detergent foods, micro-organisms and periodontal disease; part II with tooth composition and the relationship of nutrients to tooth formation and oral health; part III with form and nature of the diet and its effect on teeth; and the concluding part with effects of fluorides.

905-74

OBESITY HAS MANY ANGLES.

R A Seelig

Nutr Notes (United Fresh Fruit & Veg Assn) 12 p. June/Nov 1966.

TX341.N8 F5N

Caloric intake, Endocrine disorders, Exercise, Genetics, Obesity.

Reprint of the six-part series published in the monthly supply letter of the United Fresh Fruit and Vegetable Assn. June through November, 1966.

Abstract: Obesity is the most serious malnutrition problem in the United States. The why and the how of obesity are touched upon, as well as other psychologic considerations for the obese person. Treatment by exercise is also discussed.

906-74

NUTRITION IN OLD AGE.

R A Seelig

Nutr Notes (United Fresh Fruit & Veg Assn) 8 p. Aug/Nov 1966.

TX341.N8 F5N

Adults, Aging, Attitudes, Elderly (65 + years), Nutrients, Obesity.

Abstract: As medical science advances the number of people over 65 years of age greatly increases. The past nutrition of these people has left a permanent imprint--good or bad--on their lives, but there is always a possibility that nutrition education might help. Overweight, inadequate diets and inappropriate use of vitamin preparations were some of the major dietary problems revealed in an Agricultural Research Study in 1965. Reduced caloric intake, but adequate intake of other nutrients seems to be the major change in requirements for nutrients in old age. As people become old, they not only eat less than in earlier years, as they should if their activity is lower, but they eat a generally less varied and less nutritious diet.

907-74

PROGRAMMING NUTRITION EDUCATION.

R H Searov

Sch Lunch J 16 (9): 13-23. Nov 1962.

389.8 SCN6

Applied learning, Behavior change, Food fads, Food habits, Leadership, Nutrition education, Program design, Program planning, School lunch programs.

Abstract: There is a demonstrated need for nutrition education at all levels to combat faddism and give guidelines for good health. It needs to be integrated into the course work beginning in kindergarten or first grade. The school lunch program is in a logical leadership position. Other steps to build a program are discussed, including being certain that the learning is keyed to behavior patterns.

908-74

NUTRIENT INTAKE OF COLLEGE STUDENTS FROM INDIA IN THE UNITED STATES.

S Sehadri, L Harrill

Nutr Rep Int 3 (3): 159-165. Mar 1971.

RC620.A1N8

College students, Diet patterns, Dietary surveys, Food habits, Foreign students, India, Nutrient intake.

Abstract: Many new and different foods are included in the traditional diet patterns of young college men from India, reflecting flexibility of food habits.

909-74

WILD GREENS--VEGETABLES OR JUST WEEDS?

D T Sessoms

Nutr News 27 (1): 2. Feb 1964.

389.8 N957

New foods, Nutrient sources, Plant sources of foods, Vegetables, Wild foods.

Abstract: Some wild plants are excellent nutrient sources. This public health nurse was able to persuade some poor families to utilize edible weeds in their yards and introduced edible weeds to school children who collected them on a field trip for a tasting party.

910-74

HEALTH NEEDS OF SEASONAL FARM WORKERS AND THEIR FAMILIES.

J R Shafer, E Harting, H L Johnston

Publ Health Rep 76 (6): 469-474. June 1961.

NA421.F42 F5N

Government role, Health appraisal, Health needs, Health programs, Health services, Medical services, Migrant workers, Public health programs, State government.

Abstract: The health needs of migrant farm worker families are as broad as those for other families, and services offered them should be equal to those of residents in permanent communities. Without adaptation, however, the usual community services fail to reach the migrant population. To be effective, health services must be geographically accessible, geared to the families' living and working situation, culturally acceptable, and planned in a way that relates the services of one area to those for the same families elsewhere. With these family health services must go other services to safeguard living and working conditions to prevent needless illness and disability.

911-74

THE ECOLOGY OF MALNUTRITION--EXAMPLE OF HOST FACTORS.

Robert F Shank

In Proceedings of the Western Hemisphere Nutrition Congress II

Miami Beach, Fla., Sept. 2, 1971 p. 253-256. 1972.

TX345.W4 F5N

Age groups, Anemia, Malnutrition, Pregnancy.

Abstract: Dr. Shank focuses his paper on the malnutrition of certain groups (hosts), especially the pregnant woman and her newborn infant. The higher death rate for children born of young mothers as compared to the children of mothers in their 20's is discussed as a nutritional phenomenon when both the mother and the child in utero are battling for the same nutrients. Even when correct foods are available, her tastes, cultural beliefs and personal characteristics, might preclude their use. This is information needed by the nutritionist.

- 912-74
SBB'S THEIR FOOD TEACHERS.
 Agric Bark 15 (3): 8-9. May 1970.
 A790.3B AG8
 Educational programs, Elementary education, Nutrition education, Program studies, School food service, Teachers.
 Abstract: Children are helped to understand good nutrition and the foods of other cultures through a program in kindergarten and the first six grades of an Indiana school system. They taste foods of other cultures, make snack foods they later eat, and coordinate their food classes with history, science, and their subjects.
- 913-74
ATHEROSCLEROSIS: PART 1: THE DISEASE AND EPIDEMIOLOGY.
 William C Sharaan
 Food and Nutr News 46 (2): 3. Dec/Jan 1974/1975.
 389.8 P7332
 Atherosclerosis, Cardiovascular disorders, Dietary factors, Etiology, Mortality, Physical fitness, Socioeconomic influence
 Abstract: Cardiovascular disease is the most serious disease of this country, causing more deaths each year than all other causes of death combined. Over 1 million Americans died from all types of cardiovascular disease in 1967 and over half of these deaths, about 600,000, were due to complications of atherosclerosis. About 160,000 of these deaths were in people under 65. It has been estimated that the morbidity and mortality from coronary heart disease in this under-65 population resulted in a national economic cost of 17.8 billion dollars in 1967.
- 914-74
THE CASE FOR FIBER--PART 3: CHOLESTEROL, BILE ACIDS AND HEART DISEASE.
 William C Sharaan
 Food and Nutr News 46 (1): 3. Oct/Nov 1974.
 389.8 P7332
 Bile acids, Cardiovascular disorders, Cholesterol, Fiber, Metabolic studies.
 Abstract: For a dietary component to be recognized as an important factor related to heart disease it must be supported by epidemiological evidence relating intake to disease incidence; by data on serum levels of cholesterol or other appropriate metabolic indicators with accompanying information on severity of atherosclerosis in experimental animals correlated with human results; and by providing a reasonable mechanism of action. In the relatively short time that dietary fiber has been under investigation a surprisingly strong case has been built for it in connection with heart disease in each of the above criteria.
- 915-74
THE CASE FOR FIBER--PART II: COLON CANCER.
 William C Sharaan
 Food and Nutr News 45 (5): 3. May/June 1974.
 389.8 P7332
 Cancer, Deficiency diseases and disorders, Diet patterns, Diets and absorption, Fiber, Food intake, Medical factors, Nutrient requirements, Research.
 Abstract: Among the many diseases which are prevalent in affluent populations and very rare in rural populations of more primitive developing nations are various intestinal disorders including colorectal cancer. Several statistical studies have been conducted correlating colon cancer mortality with various dietary components to hopefully obtain ideas for definitive research to determine why the affluent nations have approximately ten times as much colon cancer as do the rural developing nations. The main differences between diets of industrialized and developing nations are that the former are higher in protein, fat, and sugar and such lower in dietary fiber and starch foods than diets of the rural nations. It has been consistently observed that on high-fiber diets there is an increased fecal excretion of bile acids and cholesterol. Thus, there is evidence that dietary fiber may protect against colon cancer directly by binding bile acids, cholesterol, and possibly carcinogenic degradation products, and indirectly by altering intestinal microflora, by diluting potential carcinogens by its bulk effect, and decreasing exposure by decreasing transit time.
- 916-74
OBESITY - PART VIII: TREATMENT.
 William C Sharaan
 Food and Nutr News 45 (3): 3. Feb/Mar 1974.
 389.8 P7332
 Caloric-restricted diets, Exercise, Food habits, Medical factors, Obesity, Psychological aspects, Therapeutic and special diets, Weight control, Weight reduction.
 Abstract: Overcoming obesity is as much a psychological battle as a physical one. Obese people need psychological support during extended weight reduction. Loss of two pounds per week is the minimum for safety, and total calories should never be restricted to less than 1000 per day for women, 1500 for men. Due to the obese person's distorted food habits, it will take a lot of guidance to achieve the desired restriction of high-calorie foods, and substitute other foods that supply an adequate nutrient intake. Obese people have associated ideas of how big a serving or portion is. Use of food models is helpful in teaching the dieter about appropriate sizes. Regular exercise is essential. Formula liquid diets should be avoided by the very obese because the formula foods teach nothing about
- food values nor do they help in changing food habits.
- 917-74
THE CASE FOR FIBER - PART I: BACKGROUND INFORMATION.
 William C Sharaan
 Food and Nutr News 45 (4): 3. Apr 1974.
 389.8 P7332
 Diet patterns, Fiber, Food analysis, Food consumption, Food intake, Food sources, Nutrient requirements.
 Abstract: With the emphasis on Recommended Dietary Allowances and the four food groups as a means of obtaining appropriate amounts of essential nutrients it is unfortunate that so little consideration is given to the importance of dietary fiber by most of today's health professionals. Fiber is not considered to be an essential nutrient for man or animals since no specific deficiency symptoms develop in its absence. Consequently, the National Research Council does not list it as an essential nutrient and the establishment of an R.D.A. would be very difficult due to the complex nature of dietary fiber and the problems of analyzing foods for their individual fiber components.
- 918-74
THE MALNOURISHED HIND.
 Ella Sheeour
 Garden City, N.Y., Anchor Press/Doubleday 196 p. 1974.
 RJ131.S5 P6W
 Deficiency diseases and disorders, Intelligence, Malnutrition, Mental development, Nutritional adequacy, Preventive nutrition.
 With a foreword by Lee Salk.
 Abstract: This book, written for the public, proposes that children from impoverished minority groups are intellectually handicapped because they are malnourished. It covers a multitude of topics involved in this hypothesis, including milk cultivation, the construction of the Stanford-Binet Test, the Mendelian laws of inheritance, Plagat, nutrient requirements, breast feeding, prenatal malnutrition etc. The author depends heavily on works published prior to 1970 in support of his contentions.
- 919-74
LEARN TO BE THIN.
 Shirley Simon
 New York, G.P. Putnam's Sons 222 p. 1973.
 RM222.2.S5 P6W
 Behavior, Behavior change, Weight, Weight control, Weight loss, Weight reduction.
 Abstract: In this book the author explains how a successful weight reduction program can be achieved and maintained through behavior modification. The reader is taught to recognize the common excuses one uses to explain his weight problem, the different types of overeating in humans, bibulous, and hearty eaters, and the type of situations and stimuli that trigger overeating. A thirteen step guide includes several techniques and an actual diet plan to lose weight. Recommendations for lifetime maintenance are made. Those working with overweight people of all ages should find the approach outlined and the information contained in this book of interest.
- 920-74
THE GEOGRAPHIC APPROACH TO FOOD PREJUDICES.
 F J Simons
 Food Technol 30 (3): 42-44. Mar 1966.
 389.8 P7338
 Food habits, Food preferences, Food taboos, Foodways, Geographic regions, Geography.
 Abstract: Much can be learned about food habits by determining their geographical range. Mapping food regions requires placing food avoidance in a cross-cultural setting. Various avoidances and choices of the same food over wide areas are cited.
- 921-74
NEW LIGHT ON ETHNIC DIFFERENCES IN ADULT LACTOSE INTOLERANCE.
 Frederick J Simons
 Am J Digestive Diseases 18 (7): 595-611. July 1973.
 448.8 AB324
 Agriculturists, Enzymes, Ethnic groups, Food habits, Genetics, Lactose intolerance, Milk, Professional education.
 Bibliography p. 608-611.
 Abstract: This review of research examines the two chief theories which have been raised to explain lactose intolerance among different ethnic groups in various parts of the world. One theory postulates that tolerance arose as an adaptation to taking milk and milk products, the source of this enzyme. The other postulation is that specific ecologic conditions such as the ability of a region to support the domestication of milk-producing animals led to pressures which favored a genetic modification. This alteration produced a lactose tolerance which favored the continued existence of agriculturists who continued to raise milk animals. The paper examines the case for a wide number of ethnic groups who had and those who do not. The review is of interest to nutritionists, physicians and geographers anthropologists. It has an extensive bibliography.
- 922-74
NUTRITIONAL STATUS OF PRESCHOOLERS: AN ECOLOGIC PERSPECTIVE.
 Laura Saill Sim, Portia H Morris
 J Am Diet Assoc 64 (5): 492-499. May 1974.
 389.8 AH34
 Diet information, Dietary study methods, Environmental factors

923-74

ers, Family environment, Food intake, Nutritional status, Nutritional surveys, Physical development, Preschool children (2-5 years).
 Abstract: The nutritional status of 163 preschool children was examined in relation to family environment. Nutritional status was assessed by means of three dietary records, blood tests, urinalysis, and anthropometric measurements. Family environment data were collected by home interview and selected attitude-measuring instruments. Multivariate analysis was used to establish a taxonomy of family characteristics and parental attributes which exerted a direct effect on dietary intake and resultant physical status of the children. The viability of the ecologic approach for studying nutritional status of individuals in relation to their environment is shown.

923-74

THE PLACE OF NUTRITION IN THE HEALTH EDUCATION CURRICULUM.
 J S Sincore, G Harrison
 Am J Public Health 61: 2282-2285. May 1971.
 449.9 AB3J
 Applied learning, Basic nutrition facts, Curriculum planning, Diet improvement, New York (State), Nutrition education, Program design, Program planning, Public schools.
 Abstract: Comprehensive health education programs offer opportunities to make nutrition education available to a large number of children. A nutrition curriculum was developed in New York State aimed toward preparing students to wisely select a diet and to evaluate and express informed opinions on issues of public policy affecting nutrition. Learning experiences were designed in a progression from simple to complex to allow students to gradually evolve their own concepts. Teacher training techniques were initiated.

924-74

PSYCHOLOGY OF OBESITY: FAILURE TO INHIBIT RESPONSES.
 Cavender Sineh
 Obesity/Bariatric Med 3 (5): 160-165. Sept/Oct 1974.
 6C62H.02 P6W
 Obesity, Psychological aspects, Weight, Weight control, Weight gain, Weight loss, Weight reduction.
 Abstract: The overeating of obese persons appears to be part of a larger psychological problem, namely, the failure to inhibit responses. Evidence derived from several studies is presented and the paper offers details about the behavior of obese persons, showing that their deficiency in inhibiting responses is not restricted to eating behavior alone but is also evident in a variety of somatic and cognitive tasks. Implications of these findings for weight reduction programs are outlined. Nutritionists and physicians and other health professionals involved in the care of overweight humans should find this information of interest.

925-74

COMBATING NUTRITION MISINFORMATION THROUGH COORDINATED PROGRAMS.
 H L Sipple
 Am J Public Health 54: 223-226. May 1964.
 449.9 AB3J
 Communications, Community programs, Consumer education, Educational programs, Food fads, Food information, Food quality, Nutrition education, Program planning.
 Abstract: Food faddism and nutrition quackery continue in the U.S., requiring continuing nutrition education. Numerous examples are cited. Those professional and other concerned agencies working in the field are urged to coordinate their efforts more fully for more effective results. Some ways they may do so are suggested.

926-74

OPPORTUNITIES IN NUTRITION EDUCATION.
 H L Sipple
 J Am Diet Assoc 42: 140-142. Feb 1963.
 389.8 AB34
 Communications, Community programs, Consumer education, Dietetics, Educational programs, Food information, Food quality, Information dissemination, Nutrition education.
 Abstract: There are plenty of areas where dietitians may make contributions to nutrition education. One of these is combating food quackery. Various organizations have taken initial steps in this direction. More needs to be done, including coordination among groups. Use should be made of television and radio in community-sponsored programs.

927-74

DOES YOUR FAVORITE DRINK ACTUALLY QUENCH YOUR THIRST?
 Patricia Skelke
 Today's Health 52 (7): 45. July 1974.
 6A773.76 P6W
 Alcoholic beverages, Beverages, Foods, Non-alcoholic beverages, Water.
 Abstract: Factors affecting quenchability in beverages are discussed in this article written for adult consumers. The primary requirement for quenchability is high water content while sugar or alcohol in a beverage decrease its quenchability quality. Temperature has no effect but is simply a matter of habit and custom. The water content of over fifteen beverages is listed in this article. There is also a brief discussion of dehydration and its symptoms.

928-74

FOOD PRACTICES AND EATING PATTERNS: A CONCEPTUAL APPROACH.
 Elana H Sliapcavich
 In Proceedings of the National Nutrition Education Conference, Washington, D.C., Nov. 2-4, 1971 p. 68-71. Apr 1973.
 TX364.0529 P6W
 Food habits, Health, Instructional materials.
 Abstract: Ms. Sliapcavich speaks of our changing world with its many options, even to the changes in food practices and eating patterns. The School Health Education Study is focused on a comprehensive health education curriculum, dealing with contemporary, realistic, and relevant issues and concerns. One of the conceptual themes of the curriculum design is... "Food selection and eating patterns are determined by physical, social, mental, economic, and cultural factors."

929-74

THE HYPERACTIVE CHILD.
 Beverly J Seall
 Today's Educ 63 (1): 38-36. Jan/Feb 1974.
 275.9 H21J
 Additives and adulterants, Behavior, Drugs, Hyperactivity, School children (6-11 years), Teachers.
 Abstract: Among the factors that can contribute to the overactivity of a child who has difficulty listening his attention as well as his movements is hunger or a diet high in refined carbohydrates and low in quality protein. There also appears to be a link between hyperactivity and consumption of artificial flavors and colorings. This article for the teacher reviews these and other factors that contribute to the condition, and offers strategies for dealing with children so afflicted. Among these are helping the child be organized and keep to a schedule, allowing some periods of action, and close cooperation with parents to maintain routine and establish boundaries. Whether use of drugs is advisable is discussed.

930-74

PREDING THE HANDICAPPED CHILD.
 Mary Ann Harvey Smith
 Memphis, University of Tennessee Child Development Center 152 p., illus. [n.d.].
 TX361.H35D6 P6W
 Handicapped children, Mental disorders, Mental health, Mentally handicapped, Metabolic disorders, Skills.
 Compilation of papers from Nutrition Workshops given at the Child Development Center, University of Tennessee.
 Abstract: This publication was inspired by the success of the Seminar on "Nutrition and nutritionists: their roles in mental retardation" held at the Child Development Center, University of Tennessee, Memphis Medical Units. The 35 papers prepared for the seminar and this publication emphasize an interdisciplinary approach to care and include the philosophy and training for interdisciplinary approach to services, the relationship of nutrition to various disciplines, current knowledge of nutritional problems, and common nutrition and feeding problems in children. Overall concerns are the problems of a family with pressures of a mentally retarded child. This publication would be of particular interest to those working with such children.

931-74

MATHAN SMITH ON DEVELOPMENTAL NUTRITION: THE CHALLENGE OF OBESITY.
 Nathan J Smith
 Columbus, Ohio, Ross Laboratories 8 p. June 1972.
 TX361.C536 P6W (Children age different, no. 1)
 Calorie-restricted diets, Infant feeding, Infants (To 2 years), Obesity, Professional education.
 Abstract: In this brief folder a physician outlines for the professional nutritionist the young infant's requirements for growth and the need to meet them while taking precautions that he not be fed too much for his needs. If infant formulas are fed instead of milk, the child will get adequate fat and calories without danger of hunger, or obesity. This doctor cautions against giving infants commercial baby foods, with the possible exception of some fruits and vegetables, because they are concentrated sources of calories. He advises regular measuring of weight and length, as a monitor of good feeding practices, and considers playpens which restrict activity can also contribute to obesity.

932-74

ADRENAL CORTEX INJECTION FOR HYPOGLYCEMIA.
 Alfred Soffer
 Nutr Rev 32 (suppl. 1): 23. July 1974.
 389.8 H953
 Blood diseases, Carbohydrate metabolism disorders, Hypoglycemia.
 Abstract: This report, first published in a professional journal for physicians, discusses the question of blanket treatment of all hypoglycemia with an adrenal cortex injection. In the reply, the author attacks the credibility of the organization purporting such treatment and advises instead individualized care through complete diagnostic studies and appropriate treatments which can range from diet to surgical removal of a tumor.

933-74

NUTRITION AND FEEDING TECHNIQUES FOR HANDICAPPED CHILDREN.
 Denise Sofka
 Berkeley, California State Dept. of Public Health 84 of 12 4-p. pamphlet, illus. [n.d.].

- TX361.N3 S62 P8N
Child nutrition, Food habits, Handicapped children, Parent education, Weight control.
Abstract: This series of pamphlets is for parents and others who are involved with feeding handicapped children. It covers such aspects of nutrition and feeding practices as food habits, helping these children learn to swallow and chew, to feed themselves with the proper tools, and to gain or lose weight.
- 934-74
THE TRUTH ABOUT WEIGHT CONTROL; HOW TO LOSE EXCESS POUNDS.
Beil Solomon, Sally Sherman
New York, Stein and Day 228 p. 1971.
RH222.2.56 P8N
Diet clubs, Medical examinations, Nutrients, Obesity, Weight control.
Abstract: The central theme of this book by Dr. Solomon is that treatment of obesity belongs in the hands of the physician only. The entire format of the book is questions and answers. It makes no recommendations as to diets for weight loss. The book will prove of interest to overweight adults, giving again a different method to achieve weight loss that can be learned only through close contact with a physician.
- 935-74
SOY-FORTIFIED WHEAT FLOUR.
Washington, DC, Millers' National Federation 12 p. [n.d.].
TX558.H536 P8N
Flour, Fortified foods, Protein efficiency ratio, Proteins, Protein, School food service, Soybean products.
Abstract: This booklet describes soy-fortified wheat flour as a protein fortified flour meeting USDA specifications for soy-fortified bread flour for use in the Food for Peace program. The uses, composition, nutritional information and procedures for using are given. SPF is an excellent means of inexpensively providing improved nutrition to both children and adults.
- 934-74
OPTIMIZE IN THE CONTROL OF ATHEROSCLEROSIS.
Theodore E Speet
New Engl J Med 291 (11): 576-577. Sept 12, 1974.
448.8 N442
Atherosclerosis, Cardiovascular disorders, Experiments, Research.
Abstract: This author looks at the control of atherosclerosis, reviewing first two hypotheses for its cause and control and then discussing a third hypothesis which is that intimal injury is the initial event, and that a proliferative response of subial smooth-muscle cells is the immediate source of intimal thickening. The findings of several groups supporting this contention are given. The author recognizes that current studies relating animal experiments to human disease, particularly a human disease that is a lifetime in the making, is difficult but welcomes potential links in homocystinemia study. Factors involved in an occlusion are discussed and three areas of approach in the prevention of occlusive arterial disease is briefly outlined. This information may be of interest to nutritionists and other health professionals wanting to keep current on the findings and treatment status of this disease.
- 937-74
PHYSICIANS' ATTITUDES ON DIETITIANS' CONTRIBUTIONS TO HEALTH TEAM CARE.
Alice A Spindler, Deba C Cederquist, Charles A Blackman
J Am Diet Assoc 63 (6): 646-650. Dec 1974.
369.8 N434
Attitudes, Dietitians, Health care, Hospitals, Physicians, Professionalism, Surveys.
Abstract: Although in most hospitals, physicians ordered diets from diet manuals, most physicians preferred that interaction occur between dietitian and physicians, the important competency for dietitians who help determine dietary changes was unique food composition knowledge in designing dietary plans. Common educational experiences among students in health-related fields are recommended.
- 938-74
ASCORBIC ACID AND COMMON COLDS.
Lawrence H Spero, Terence W Anderson
Br Med J 3. Nov 10, 1973.
448.8 B77
Ascorbic acid, Food fads, Professional education, Scurvy, Viral infections.
Abstract: Two physicians who have studied the effects of large amounts of ascorbic acid on the common cold give an opinion of the merits and dangers of continued dosage at such levels in this brief article. They caution that their treatments were for 12 weeks, a relatively short time span, and the vitamin was given as a salt rather than the free acid. They also note that the body adapts rather quickly to doses of 1 gm daily, blood levels of the vitamin returning to normal after about ten days. This adaptation generally takes place also after cessation of the large doses. It may be possible, however, that some individuals on long-term high amounts of the vitamin do not adapt so promptly, and hence may be subject to scurvy. In view of these facts the authors recommend that large doses of ascorbic acid be restricted to short-term treatment of acute episodes of illness. The article should be of interest to nutritionists and physicians.
- 939-74
THE ROLE OF DIETARY FIBER IN NUTRITION.
G A Spiller, R J Anea
Food Prod Dev 8 (7): 30-32, 61. Sept 1974.
ND9000.1.764
Cardiovascular disorders, Digestion, Digestive tract, Fiber, Gastrointestinal disorders, Research.
Abstract: In recent years, there has been a reawakening to the role of dietary fiber in nutrition. With the advent of this renaissance comes some evidence that fiber, which often has been the most overlooked dietary component, may have a direct effect on some widespread biochemical/physiological human abnormalities. In fact, as evidence continues to mount, fiber will likely become the focal point of nutrition research of the late 1970's.
- 940-74
FOOD FOR YOUNG FAMILIES--I. ESSENTIAL NUTRITIONAL ELEMENTS; II. BASIC PRINCIPLES OF FOOD PREPARATION; III. HOW TO PLAN MEALS EASILY; IV. FOOD SELECTION AND PURCHASING. (SPA)
E B Spindler
Washington, D.C. set of 4 pamphlets, unq. Apr 1969.
TX364.S63 P8N (U.S. Extension Service. Booklets pa-691-a, pa-692-e, pa-693-a, pa-694-s)
Diet information, Food guides, Food preparation, Home, Food purchasing, Food selection, Home-making skills, Meal planning, Nutrients, Nutrition education.
Title of Original: Alimentos para familias jóvenes--I. elementos nutritivos esenciales; II. Principios básicos en la preparación de alimentos; III. Como planear comidas fácilmente; IV. Selección y compra de alimentos.
Abstract: For the use of young homemakers, this series of pamphlets provides essential information on nutrients and the foods in which they are found, food preparation methods to retain nutrients, meal planning to insure a well-balanced family diet, and food selection and purchasing tips for obtaining the best nutritional value for the money.
- 941-74
EATING HABITS OF TEENAGERS.
E B Spindler
Food and Nutr News 39 (2): 1, 3-4. May 1968.
389.8 P7332
Adolescents (12-19 years), Attitudes, Diet improvement, Diet patterns, Food habits, Nutrient intake, Nutrition education.
Abstract: Teenagers' diets are known to be inadequate in several nutrients. They feel neither should be responsible for giving them proper food and admit their food selection is influenced by that of their peers. Many skip breakfast or eat poorly, saying they haven't time. Many are concerned not to become fat and make poor food choices. Getting them to improve diets is a challenge for the nutrition educator.
- 942-74
GROUP INTERVIEWS AS AN APPROACH TO PLANNING NUTRITION EDUCATION PROGRAMS FOR YOUNG HOMEMAKERS.
E B Spindler
J Home Econ 57 (5): 342-346. May 1965.
321.8 J82
Agricultural Extension Service, Attitudes, Family health, Food habits, Homemakers, Nutrition education, Questionnaires, Research, Surveys.
Abstract: Because young homemakers as a group do not come to extension meetings as such as older ones, taped group interviews were used throughout the United States to reach them and find out their attitudes about feeding their families. Questions about planning, shopping, convenience foods, and nutrient values of fresh, frozen, and canned foods elicited varying answers. A majority gave their children vitamin pills and consulted their physicians for authentic nutrition information. They expressed interest in further nutrition lessons.
- 943-74
BETTER DIETS FOR TEENAGERS.
E B Spindler
Nurs Outlook 12 (2): 32-35. Feb 1964.
RT1.N8 P8N
Adolescents (12-19 years), Diet improvement, Food fads, Food habits, Food selection, Motivation, Nutrition education, Psychological aspects, Social factors.
Abstract: Teenage diets are poor because teens skip breakfast, select snacks poorly, no longer drink milk, and fear fat. The amount of time they have determine how much and how regularly teens eat. Teens think their mothers bear considerable responsibility for bad food habits, but admit they follow their peers in food choices. The things which interest teens most--for example, vigor and popularity--could be used to motivate them to better nutrition.
- 944-74
HOW FOOD AFFECTS YOU (FILMSTRIP).
Lvelyn E Spindler, Audrey C Burkart
U.S., Extension Service
Washington, D.C. 1 filmstrip, 48 fr, si, 35pa, col. [n.d.].
TX364.S64 P8N AV
Diet information, Food groups, Food intake, Nutrient functions, Nutrient intake, Nutrient requirements, Nutrient sources, Physical development, Physical health.
With accompanying teacher's guide and narration; distributed by Photo Lab., Inc., Washington, D.C.
Abstract: Food--of the right kinds and amounts--is necessary for growth, health, alertness, and proper maintenance of bod-

945-74

ily functions. The body needs some of each of the five key nutrients--proteins, vitamins, minerals, fats, and carbohydrates. If one's diet is planned wisely from the Basic Four food groups--milk and dairy products; meat, fish, and eggs; fruits and vegetables; and breads and cereals--then the body gets all the nutrients it needs for good health. Good food habits are just as important as proper nutrient intake. Never skip breakfast, and do not eat a lot of non-nutritious snack foods.

945-74

IMPROVING TEENAGE NUTRITION (FILMSTRIP).
Evelyn B Spindler, Fern S Kellay
U.S., Extension Service
Washington, D.C. 1 Filmstrip, 27 fr, sl, 35mm, col. Nov 1963.
TX364.14 F6N AV
Adolescents (12-19 Years), Diet improvement, Educational Programs, Food habits, Food intake, Nutrient requirements, Nutrition education, Program planning.
With accompanying teacher's guide and narration: distributed by Photo Lab, Inc., Washington, D.C.
Abstract: It is by now common knowledge that teenagers practice poor nutrition and have acquired poor food habits. They skip breakfast, eat non-nutritious snacks, and do not drink enough milk. Most of these poor food habits stem from the teenager's fear of becoming fat. A good nutrition education should be based on teenagers' desires--for easy friends, a good appearance, popularity, and pep and vigor. Teen leaders can promote good nutrition as the "in" theme, with the rest of the teenage community following their example. Teens should be allowed to plan their own nutritional improvement program with the support of community organizations and access to sound nutrition information and facts on diet improvement.

946-74

NOW FOOD AFFECTS YOU (SLIDES).
Evelyn B Spindler, Audrey C Burkart
U.S., Federal Extension Service
Washington, U.S. Dept. of Agriculture Federal Extension Service 48 slides, 2"x2", col. 1965.
TX364.46 F6N AV
Adolescents (12-19 Years), Adults, Basic nutrition facts, Breakfast, Food groups, School children (6-11 years).
With 12 a. Script.
Abstract: Cartoon drawings on these slides show the ways in which food affects whoever eats it, discuss key nutrients, their sources and functions, and present some nutrition problems, such as breakfast. The slides could be used for almost any age group, and expanded or simplified depending on the group and abilities of the instructor. A brief script accompanies the slides.

947-74

INNOVATIVE TECHNIQUES FOR TEACHING NUTRITION.
Hazel Taylor Spitz
In Proceedings of the National Nutrition Education Conference, Washington, D.C., Nov. 2-4, 1971 p. 62-67. Apr 1973.
TX364.U529 F6N
Educational cases, Learning, Nutrition education.
Abstract: Dr. Spitz lists ten different principles that must be practiced by the teacher to facilitate the learning by a student. She has found that there are many cases that can be made up to teach certain important nutritional principles to the class. The importance of relating nutrition to real life situations is emphasized. Certain of the cases that can be played by classes are explained, and the advantages of using these different and innovative approaches to the teaching and practice of nutrition is discussed.

948-74

CAMEY, CHOCOLATE, ICE CREAM AND HOW TO LICK 'EM!
Sandy Sprung
Tannersville, Pa., Tanden Press 144 p. 1973.
RM222.2.562 F6N
Diet planning, Diets, Saight, Weight control, Weight loss, Weight reduction.
Abstract: In this book the author describes an "on/off diet" whereby one day is spent eating the number of calories recommended for one's sex, height, age and level of activity, and the next day eating no more than 900 calories. The strength of this diet, the author maintains, is that "it satisfies the nutritional requirements that the body needs while it allows the indulgences that the enticings crave." There's a mild pitch for "natural" and "organic" foods that's offset by the author's description of special ice cream concoctions and various gourmet delights. There is an extensive calorie guide at the end of the book. This book might be useful to diet counselors as a means of understanding the feelings of the obese and to dieters as a source of aural support.

949-74

MR. PEANUT'S GUIDE TO NUTRITION.
Standard Brands Educational Service
New York: Standard Brands Educational Service 32 p., illus., with 2 p. teacher's guide. 1970.
TE364.S7 F6N
Activity learning, Basic nutrition facts, Digestion and absorption, Food groups, Menu planning, Nutrient requirements, Peanuts.
Abstract: Nutrients, four food groups, digestion, calories and meal planning, as well as recipes using peanuts, are included in this booklet. There are discussion questions, quizzes and several projects such as a circus card puzzle. It would be

useful in the classroom as well as with youth groups.

950-74

OBESITY: DATA AND DIRECTIONS FOR THE 70s.
Frederick Stare, Boris R Boshall, Rudolf F Noble
MEDCOR
Richmond, Va., A.H. Robbins Co. 82 p., illus. 1974.
RC621.02 F6N
Nutrient excesses, Obesity, Weight, Weight control, Weight gain, Weight loss, Weight reduction.
Abstract: This monograph presents an extensive discussion on obesity. Included are such topics as the metabolic aspects of obesity, principles of diagnosis and management, a plan for weight reduction, behavior modification, current clinical concepts, and major hazards for obese patients along with reference charts and statistics and a bibliography. This publication should be particularly useful to those involved in direct patient care and also of interest to those involved in nutrition programs who want to keep current in their knowledge of this disorder.

951-74

STATUS OF THE FETUS AND NEONATE, JAMAICA, 1970: ROSS CONFERENCE ON OBSTETRIC RESEARCH, 2d.
Columbus, Ohio, Ross Laboratories 51 p. 1973.
TE361.P757 F6N
Biochemistry, Fetal growth, Intelligence, Nervous system, Pregnancy, Professional education.
Abstract: This booklet represents a summation of papers reported at a meeting on research in pregnancy, especially in relation to development of the child before and after birth. It describes the various biochemical and other tests which may be performed during pregnancy and after childbirth to determine satisfactory growth. Of particular interest to nutritionists is the section which relates neurologic--and hence mental--development to growth in utero and birth weight to toxemia during pregnancy.

952-74

A SERIAL STUDY OF NUTRIENT INTAKES OF CHILDREN FROM 3 TO 18 YEARS OF AGE.
J E Steel
Food Nutr Notes Rev 29 (5, 6): 63-69. May/June 1972.
3E9.9 A073
Adolescents (12-19 years), Australia, Diet patterns, Dietary surveys, Food consumption, Food habits, Nutrient intake, Preschool children (2-5 years), School children (6-11 years).
Abstract: This longitudinal study assessed the changes that occurred in the nutrient intake of individual Australian children from childhood through adolescence. As the girls became teenagers, their nutrient intake became less satisfactory whereas those of the boys showed improvement. Despite dietary counseling, children did not readily change their eating habits. Changes in nutrient intake appeared to be related more to age than to a specific period of adolescence.

953-74

PROTEIN INTAKES OF CHILDREN.
Joan E Steel
Food Nutr Notes Rev p. 69-75. July/Aug 1969.
3E9.9 A073
Abstracts, Adolescents (12-19 years), Diet patterns, Nutrient intake, Protein foods, Proteins, Research, School children (6-11 years).
Abstract: This study of children's protein intake assessed at ages 7, 11, and 15 years, seems to indicate that while there was a very wide range of protein intake between individuals at all ages and in both sexes, the mean intakes were within or above the range set down in the suggested allowances. On comparison with some American children, a significant difference has been found in protein intake for boys and girls at 15 years and for girls at 7 years. Examination of the percentage of calories provided by the protein portion of the diet showed that the means at all ages were over the figure of 12% suggested as being applicable to the Australian diet. Animal protein so constituted two-thirds of the total protein intake. This was remarkably stable, despite large variations in individual intake of total protein. Examination of the components making up the animal portion showed a decrease in milk consumption and an increase in flesh consumption as the child grows older. The consumption of eggs was variable at all ages, with a mean intake equivalent to half an egg per day.

954-74

POLYUNSATURATED FATTY ACID INTAKES OF CHILDREN.
Joan E Steel, P E Collins
Food Nutr Notes Rev 30 (11-12): 165-168. Nov/Dec 1973.
3E9.9 A073
Child nutrition, Children, Dietary history, Dietary study methods, Fats and oils, Fatty acids, Nutrient intake, Research, Unsaturated fats.
Abstract: Dietary histories were kept of six Australian children over a period of seven years to determine their intake of polyunsaturated fatty acids (PPA). It had previously been estimated that between 2% and 2.5% of calories is available as PPA in the Australian food supply. PPA content of the children's diets in this study ranged from 0.50% to 5.22% of total calories.

- 955-74
LACTOSE INTOLERANCE AND MILK CONSUMPTION: THE RELATION OF TOLERANCE TO SYMPTOMS.
L S Stephenson, M C Iathea
Amer J Clin Nutr 27 (3): 256-303. Mar 1974.
389.8 J824
Carbohydrate metabolism disorders, Food habits, Lactose intolerance, Milk, Milk products.
Abstract: A study, reported in a journal for professionals, was made involving consumption of lactose and milk by lactose-tolerant and lactose-intolerant adults. Although the lactose intolerant showed significantly more frequent and severe signs of abdominal symptoms than the tolerant group, it was shown that the lactose-intolerant can consume needed quantities of milk and thus its nutrients with no undue symptoms. The study also showed that there was no significant difference in milk consumption or preference between the tolerant and intolerant group as evaluated by a 24 hour food recall, a food preference list and a food frequency table. The information is of interest to those involved in nutrition and Public feeding programs.
- 956-74
NUTRITION AND LEARNING--IMPLICATIONS FOR SCHOOLS.
M F Stewart
Nutr Program News 4 p. Mar/APR 1971.
1.982 A2N955
Children, Diet improvement, Malnutrition, Mental development, Nutrition education, School food service.
Extract: Studies of the effects of early, severe malnutrition on mental development are reviewed, as is moderate malnutrition in school-age children. How schools may encourage children to good food choices through effective nutrition education and school feeding are discussed.
- 957-74
FAMILY-FOCUS IN FEEDING CHILDREN.
F G Stitt
Food and Nutr News 34 (6): 1, 4. Mar 1963.
389.8 F7332
Child care, Child development, Child nutrition, Child rearing practices, Diet improvement, Family environment, Food habits, Meal planning, Nutrient requirements.
Extract: For families with small children, food planning should include those, for they do best when their feeding is tied to that of the family. Infant feeding should be eased toward lifelong healthful living. At about one year, baby's appetite decreases. Parents need to realize this is normal. Older children have different food needs, as do adults. A useful approach is to plan food for the whole family, considering which ones are suitable for a baby. This makes transition to family food easier.
- 958-74
EVALUATION OF MEALS COOKED BY LARGE-SCALE METHODS: A COMPARISON OF CHEMICAL ANALYSIS AND CALCULATIONS FROM FOOD TABLES.
Anne I Stock, Erica F Wheeler
Er J Nutr 21 (2): 439-448. Mar 1972.
389.8 B773
Analytical data, Calculated nutrient content, Food preparation, Quantity, Nutrients.
Abstract: A study was made in London of the meals served and cooked from large kitchens which often differ from those meals served in the home. Energy, protein, fat and iron were determined by chemical analysis in a number of meals and whole day's diets prepared by large-scale catering methods. The results were compared with the results of calculations from food composition tables. Wide differences were found between calculated and analytical values. For all constituents, especially for fat and iron.
- 959-74
STONE SOUP (PHONODISC).
[New York] Scholastic Magazine 2s. 7 in. 33 1/3 rpm. 1970.
TX757.379 P6N AV
Children's stories, Cooking methods, Food preferences, Food selection, Foods instructions, Instructional materials, Preschool children (2-5 years), School children (6-11 years), Songs. Includes book.
Abstract: An itinerant young man comes to the house of a little old lady asking for food. When the little old lady says she has no food, the young man convinces her that he can make soup from a stone. She lends him a kettle and he proceeds to boil a stone on top of the stove. At intervals, the young man persuades the little old lady to add various ingredients--butter, barley, pepper, salt, beef bones, a couple of chickens, carrots, and onions--all to give the soup a hot and spicy flavor. When the soup is done, the two of them sit down to a delicious meal. Afterwards, the young man pockets the stone and leaves. The little old lady remains behind, intrigued and mystified by the magic of soup being made from a stone.
- 960-74
THE HEALING FACTOR: 'VITAMIN C' AGAINST DISEASE.
Irvin Stone
New York, Grosset & Dunlap 258 p. 1972.
NR666.A7957 F5V
Adults, Ascorbic acid, Deficiency diseases and disorders, Food information, History, Research, Scarcity.
With forewords by Dr. Lisee Pauline and Dr. Albert Sweet-Gyorgyi, Nobel Laureates.
Abstract: This book for the layman has been written by a lawyer to document a case for use of massive doses of ascorbic acid in the treatment of many diseases. Scurvy is seen as the end result of an ancient metabolic mutation, not a symptom of deficiency, and man's inability to synthesize the vitamin is considered a metabolic disease. The early history of knowledge of ascorbic acid is presented. No opposing views or research are given.
- 961-74
PREVALENCE AND PERSISTENCE OF LACTOSE MALABSORPTION AMONG YOUNG JAMAICAN CHILDREN.
Nerk Stoopler, William Frayer, Michael Alderman
Amer J Clin Nutr 27 (7): 728-732. July 1974.
389.8 J824
Carbohydrate metabolism disorders, Lactose intolerance, Milk intolerance, Preschool children (2-5 years), Research.
Abstract: This paper, of interest to nutritionists, describes the prevalence and persistence of lactose malabsorption among young rural and urban Jamaican children whose nutritional and demographic characteristics are known. Lactose malabsorption occurred in 56% of a random sample of 94 rural Jamaican children under four years of age and 70% of 20 urban children. There was a significant decrease in the percentage of children able to absorb lactose after the first year of life. When the original malabsorbers were retested 7 to 8 months later, 21% had normal lactose tolerance curves. Neither sex, anthropometric status, milk consumption, symptoms of lactose intolerance, nor duration of breast feeding correlated with the occurrence of lactose malabsorption or its persistence.
- 962-74
TOXICANTS OCCURRING NATURALLY IN FOODS.
F A Strang
Nutr Rev 32 (8): 225-231. Aug 1974.
389.8 H953
Foods, Mycotoxicosis, Toxicants, Toxicity, Toxins.
Abstract: In this review, the author discusses in detail the natural toxicants in foods. The terms toxicity, hazard, and natural food toxicants are defined and a few of the more prevalent natural food toxicants are presented in some detail. Examples are given of food constituents popularly considered "bad" but which, according to this author, are of little actual consequence. Other components of plant and animal tissue which are more dangerous are described. Mycotoxins, which have been responsible for great human suffering, are presented and examples of human poisoning attributed to them are given. The public health significance of human poisoning by natural food toxicants is described and the effects of these toxicants and food additives are generally compared. This article should be of interest to food scientists and nutritionists, as well as those in related professions.
- 963-74
APPROACH TO ASSESSMENT OF RISK FACTORS IN MILD HYPERTENSION.
K L Stuart, Patricia Desai, Adella Laleingh
Br Med J 2 (5912): 195-201. Apr 1974.
488.8 W77
Adults, Cardiovascular disorders, Death rate, Hypertension.
Abstract: This study attempts to establish criteria for early detection of subjects with mildly raised blood pressure who may be at high risk of developing complications. Certain risk factors were examined with fatal or morbid endpoints and it was found "any two or more" of these factors were found significantly in people in whom these endpoints had occurred. This suggests a possible approach to early detection of high risk subjects. Those nutritionists and physicians working with this population should find this article of value.
- 964-74
NUTRITION FOR THE NATION! Abridged.
Virginia Toews Stucky
Hutchinson, Kansas Wheat Commission 20 p. 1973.
TX355.57 P6N
Amino acids, Basic nutrition facts, Meal planning, Nutritional labeling, Protein foods, U.S. Recommended Dietary Allowances, Weight control.
Abstract: This booklet assists the adult reader to evaluate and improve his diet with respect to specific nutrients. It uses a shortcut measurement system where milligrams, etc. are translated into "points." Several charts are given, including the nutrient "point" content of common foods and the number of points needed by different ages and sexes. A technique is given for converting U.S.P.D.A. information to points, which allows nutrition label information to be incorporated into the system. One chart illustrates how to combine protein sources by the use of "happy" and "sad" faces to depict high or low content of certain amino-acids. The booklet could be used in weight control and carbohydrate- or fat-modified diets, since points for these were included too.
- 965-74
STUDY OF FOODS IS EMPHASIZED IN BROOKLYN ELEMENTARY SCHOOL.
What's New Home Econ 31 (2): 46-47. Feb 1967.
321.8 W55
Animal sources of food, Butter, Dairy foods, Demonstrations (Animals), Elementary education, Instructional aids, Milk, Nutrition education.
Extract: A school health counselor arranged for a cow to visit a Brooklyn elementary school as a climax to a nutrition project. The students were able to actually see where dairy and some meat products come from, since many of the children had never seen a live cow or had they ever been outside the city. Their knowledge of dairy products was limited to the packaged

966-74

food items they had seen in the grocery stores and supermarkets.

966-74

A STUDY OF POVERTY CONDITIONS IN THE NEW YORK PUERTO RICAN COMMUNITY. 3d ed.
New York, N.Y.: Puerto Rican Forum, Inc. 85 p. 1970.
F122.9.P85P8 1970 P6N
Community programs, Cultural factors, Demography, Economic influences, New York City, Poverty, Puerto Ricans, Research needs, Social factors.

Abstract: Since the late 1950's, Puerto Rican immigration to New York has grown steadily. Arriving with few skills saleable in an industrialized milieu, Puerto Ricans have been caught up in the poverty cycle. Puerto Rican Forum, Inc., makes several recommendations for bettering the lot of Puerto Rican New Yorkers. These involve establishing a political power base, improving training and employment opportunities, establishing neighborhood bilingual and bicultural schools, and so on. It must be stressed that Puerto Ricans are American citizens, not foreign immigrants, and their cultural heritage is entirely compatible with the cultural heritage of the United States as a whole.

967-74

THE SUCCESS OF TOPS, A SELF-HELP GROUP.

Albert J Stunkard
Psychol Med J 51 (5): 143-147. May 1972.

R31.P6

Obesity, Physical activity, Psychotherapy, Weight control.
Abstract: Take Off Pounds Sensibly, TOPS, represents a very successful self-help approach to obesity, with results superior to those of routine medical management. In a study of 22 chapters, the effectiveness of TOPS matched the best reported results of medical treatment.

968-74

GROW YOUR OWN NUTRITION.

Genell Subak-Sharpe
Yes Health 6 (5): 26-27. May 1974.

RA773.F3 P6N

Class activities, Food harvesting, Gardening.

Abstract: Benefits of growing a garden are briefly discussed including psychological benefits, educational value to children and good taste. Information is also given on the types of gardens available for a city garden and where further information can be obtained. This information would be of value to those planning a garden for their home or for a school.

969-74

TOOLS FOR EVALUATION OF DIETS OF PREGNANT WOMEN.

K A Swallow
J Nutr Educ 3 (1): 34-35. Summer 1974.

TX341.J6

Baltimore, Diet counselling, Dietary information, Dietary study methods, Health programs, Nutrient intake, Nutrient requirements, Pregnancy diets, Pregnant women.

Abstract: The Baltimore City Health Department uses a 24-hour recall interview to evaluate the prenatal nutrition of pregnant women who come to its Maternity and Infant Care Services Project. The questionnaire is designed to allow rapid assessment of diet changes as counselling proceeds and to make data processing easy and inexpensive. The questionnaire is included with this article.

970-74

SECOND THOUGHTS ON KNOWLEDGE AND ATTITUDE EFFECTS UPON BEHAVIOR.

Jen Colby Swanson
J Sch Health 42 (6): 362-365. June 1972.

LB3401.J6 P6N

Behavior change, Hygiene, Professional education.

Abstract: A commonly used assumption is that behavior is based on a 3-phase flow model in which education is the knowledge which affects attitude and hence induces a logical behavior. Education for behavior change in health habits frequently does not bring the desired behavior. Reasons for intervention in the flow pattern are discussed. Theories applicable to situations of changing negative health habits are not always practical for development of healthy habits.

971-74

ACCURACY IN OLD AGE: PART I--ROLE OF NUTRITION; PART II--NUTRITION EDUCATION PROGRAMS FOR THE AGING.

F Swanson
J Home Econ 56 (9): 651-658, 728-734. Nov 1964.

321.8 J82

Aging, Diet improvement, Diet patterns, Elderly (65 + years), Food habits, Health, Mental health, Nutrient requirements, Nutrition.

Abstract: Some of the problems of senility may be due to defective nutrition. Worry, loneliness, and fear can profoundly affect food intake and metabolic processes. Poor food habits of the aged may have been established in middle life. The need for nutrition education is stressed in these two papers. Except for energy requirements, nutrient needs of the old are those of younger persons. Prevention as well as cure needs to be stressed.

972-74

A PREDICTION OF THE EFFECTS OF IRON FORTIFICATION.

Lya D Swiss, G H Seaton
Am J Clin Nutr 27 (4): 373-375. Apr 1974.

389.2 J824

Enrichment, Fortification, Fortified foods, Iron, Nutrient intake.

Abstract: This article discusses the current issues of iron fortification. Included are discussion of possible coverage of the target group (menstruating women, ages 20-39), iron requirement and intake and their variability, selection of a vehicle for fortification and the difficulty in predicting the coverage on upper levels of intake that could possibly occur. Those interested in the current iron fortification debate and in nutrition progress will find this article of interest.

973-74

SYMPOSIUM: DEVELOPING FOODS FOR THE CARDIAC-CONCERNED.

Food Technol 28 (1): 16. Jan 1974.

389.8 P7398

Cardiovascular disorders, Cholesterol-low diets, Diet improvement, Dietetic foods, Food intake, Food technology, Fortified foods and specialized products, Industry role, Therapeutic and special diets.

Abstract: At the 1973 annual meeting of the Institute of Food Technologists, participants tackled the problem of industry's role in developing foods low in cholesterol. The papers reprinted in this article were presented at that meeting. The topics include: (1) the prudent diet; (2) designing a new American nutrition pattern; (3) economic considerations in making dietary changes; (4) decreasing the saturated fatty acid content of animal products; (5) fortifying foods for the cardiac-concerned; (6) vegetable proteins in prudent diet foods; (7) prudent diet foods in the food service industry; (8) regulations affecting diet foods; and (9) recommendations for food industry action.

974-74

PERSONALIZED WEIGHT CONTROL. Revised 1974.

Society Staff

Chicago, National Dairy Council 15 p. 1966.

SB222.2.T3 P6N

Adapt, Caloric modifications, Exercise, Food guides, Obesity, Weight control.

Abstract: This pamphlet has been designed for the dietitian to give to the overweight individual who comes to her for diet counseling. The pamphlet offers suggestions to reinforce the dietitian's teaching, on such subjects as caloric content of various foods, a foundation food pattern, based on the four food groups, and how to eat out or carry a lunch and stay within the confines of a reducing diet. Exercise is recommended as part of the plan.

975-74

NUTRITION, DRUGS AND VITAMINS.

Society Staff

Urban Health 2 (5): 29. Oct 1973.

B11.A107 P6N

Biochemistry, Drugs, Metabolic disorders, Professional education, Vitamins.

Special issue: nutrition.

Abstract: A number of drugs used therapeutically interact adversely with various nutrients. This brief article for the professional nutritionist reviews some of the more important ones. For example, aspirin and contraceptive steroids interfere with utilization of ascorbic acid and folic acid. Oral contraceptives also increase the body's requirements for pyridoxine. Careful evaluation of a drug candidate's nutritional state is advised before therapy is instituted.

976-74

VITAMIN E (SLIDES).

A L Tappel

Anaheim, Nutrition Today 14 slides, 2" x 2", col. July/Aug 1973.

TK553.V5V54 P6N AV

Aging, Antioxidants, Biochemistry, Instructional materials, Nutrition, Vitamin E.

Abstract: Based on the article "Vitamin E" by A.L. Tappel in Nutrition Today vol. 8, no. 4, July/August 1973, with 12 slides.

Abstract: Here is the complete, up-to-date story on vitamin E. It includes an eleven page teaching guide and fourteen color slides showing charts, graphs and other technical information. This teaching aid was prepared by Dr. A.L. Tappel, Professor of Food Science and Technology and Professor of Nutrition at the University of California, Davis.

977-74

FOOD FOR YOUR AGING--1. AGES 1-2 MONTHS; 2. AGES 2-3 1/2 MONTHS;

3. AGES 3-6 MONTHS; 4. AGES 7-12 MONTHS. (SFA)

Texas, University, Southeastern Medical School, Children's

Medical Center

Dallas, Tex. set of 4 single-sheet pamphlets printed front

and back. [s.d.].

TK361.C574 P6N

Child nutrition, Diet information, Diet planning, Infant feeding,

Infants (To 2 years), Maternal and child health.

Title of Original: Allentate para as nio--1. edad 1-2 meses;

2. edad 2-3 1/2 meses; 3. edad 3-6 meses; 4. edad 7-12 meses.

Printed and distributed courtesy of Gerber Baby Foods.

Abstract: This set of pamphlets provides detailed instructions

for feeding infants from birth to one year of age. Suggested diet patterns and feeding schedules are provided.

976-74

TRAVEL TIME NINE MONTHS.
The National Foundation--March Of Dimes
White Plains, N.Y., The National Foundation--March Of Dimes
n. foldout. June 1973.
TR361.P7N32 F59
Adults, Basic health facts, Pregnancy diets, Pregnant women.
Abstract: This folder encompasses basic facts on health and nutrition for the woman who is pregnant, especially for the first time. It is particularly suited to the young adolescent mother.

979-74

GUIDELINES FOR A NATIONAL NUTRITION POLICY.
The National Nutrition Conference, Inc.
Nutr News 32 (5): 153-157. May 1974.
389.6 8953
Guidelines, National Nutrition Conference, Nutrition Policy, Nutrition Programs, United States.
Abstract: These guidelines for a national nutrition policy should be of concern to anyone interested in consumer-related nutrition and implementation of food and nutrition programs for national health. The review offers a statement of need for such a policy, the general goals, specific objectives for attaining these goals, and programs needed to meet these objectives. A plea for establishment and implementing the policy is discussed.

980-74

FRANZIS PACH FICHTER FOMER (FCSTIF).
The National Food Council, Communications Division
Chicago, Ill. 1 poster, 14" x 23", ccl. Feb 1973.
SB351.P3F3 F69 AV
Flour, History, Nutrients, Peanut butter, Peanut oil, Peanuts, Pretzels, Recipes.
Abstract: Peanuts in various forms are pictured on this poster--shelled, blanched, salted, flour and butter. The reverse side gives a brief history and recipes for dishes which can be served for breakfast, lunch, dinner, or at snack time. Versatility of this peanut is emphasized.

981-74

POTATO NUTRITION FACTS.
The Potato Board
Denver, The Potato Board 5 sided leaflet. [s.d.].
TX556.P8P6 F69
Caloric values, Nutrient values, Nutritional value, Potatoes, Recipes.
Abstract: This leaflet expounds on the virtues of the potato. Its various nutrient contributions are presented and its excellent caloric content is emphasized by listing the caloric content per serving of several forms of cooked potato and also by comparing its caloric content to that of other foods. The use of the potato in a reduced fat diet is encouraged and three recipes are provided for creating low-calorie potato dishes. Several nutrition authorities are quoted as to the role of the potato in today's diet. This leaflet could be used in basic nutrition education classes for intermediate level students and above as well as with consumer groups.

982-74

GET LOST, EATTA POUNDS.
Cynthia Thelen
Urbana, Illinois Teacher 15 E., Ill. 1971.
BH222.2 T42 F69 (Project BELIE (None Iconoclast Low Literacy Materials))
Adult education, Instructional aids, Nutrition education, Weight reduction.
Abstract: This booklet is for adults who read at lower elementary level. It is the story of two housewives who go on a successful ten week weight reduction program together and learn about gradual weight reduction, exercise, the economics of diet foods, calories, a diet based on the Four Food Groups, and keeping weight off already lost.

983-74

WHY JOHNNY LIKES CARROTS--HE FIRES THEM HIMSELF.
V Thoenie
Nutr Serv Bull U S Dep Agric 39 (7): 8-9. July 1968.
1 IH922H
Applied learning, Behavior change, Food habits, Food Preparation, Food instruction, Grade 3, Nutrition education, School children (6-11 years), Teaching techniques.
Abstract: As a result of being allowed to participate in food preparation in a nutrition class, third grade children become each more ready to taste, try, and accept the new foods they were working with.

986-74

NUTRIENT INTAKE OF FREQUENT NIGHT DRINKING VITAMIN-BIENAL SUPPLEMENTS.
Bergeret P Thompson, Elise B Morse, Susan B Morrow
J Am Diet Assoc 64 (4): 382-382. Apr 1974.
389.6 8834
Dietary information, Food intake determination, Minerals, Nutrient content determination, Nutrient intake, Pregnant women, Supplements (Nutrient), Vitamins.
Abstract: The diets of 56 pregnant women taking vitamin and vitamin-mineral supplements were evaluated by one group to

compare intake of seven nutrients from (1) food plus supplement, (2) food only, and (3) supplement only, with the 1964 Recommended Dietary Allowances. Except for calcium, total intakes of the nutrients evaluated were above the recommended allowances for most women, due in great part to the nutrients in their supplements. The majority received most of their calcium from food. The youngest group had the greatest need for supplements. Nutrient intake from supplements alone of the majority of the subjects exceeding 100 per cent of the allowances ranged between 101 and 300 per cent. Some intakes from supplements alone exceeded 500 per cent of the allowance.

985-74

CAN THE BRAIN CATCH UP AFTER CHILDHOOD MALNUTRITION.
Jack Tixler
Cognition VII (4): 156-162. Aug 1974.
BA784.A1C3
Behavior, Brain, Brain damage, Malnutrition, Nutrition, Preventive nutrition.
Abstract: This paper, of interest to nutritionists and related professionals, discusses the effect nutrition and education contribute to the growing intelligence of the child. Studies have shown that the time of undernutrition appears to be highly significant with chronic malnutrition during the period of brain growth apart appearing to be particularly severe in effect and also possibly irreversible. However, there is no simple relationship between brain structure and behavior as other variables may be involved. An account of four representative studies is presented summarizing the interaction of malnutrition with other adverse environmental conditions. Implications of these works are postulated.

986-74

NUTRITION EDUCATION FOR NONPROFESSIONALS AND THE PUBLIC--PART I.
E W Todhunter
Can Nutr Notes 21 (4): 37-46. July/Aug 1965.
389.9 C168
Behavior change, Cultural factors, Diet improvement, Diet patterns, Food habits, Motivation, Nutrition education, Research, Social factors.
Abstract: A definition of nutrition education is offered. For nutrition education to be effective, principles of education must be used. Adopting new practices is a slow process. Cultural and social factors are important in motivating change. Research in nutrition education affecting such change is lacking. A few examples from sociologic research are given.

987-74

APPROACHES TO NUTRITION EDUCATION.
E W Todhunter
J Nutr Educ 1 (1): 8-10. Summer 1969.
TX341.J6
Diet improvement, Educational progress, Effective teaching, History, Information dissemination, Nutrition education, Research.
Abstract: Some approaches to teaching nutrition in the past are presented. They include the way Benjamin Thompson induced Mexican soldiers to eat potatoes and so introduced them as a staple food to continental Europe. Nutrition education activities in the U.S., private and governmental, are also described. The need for more research in how nutrition education can be made effective is stressed.

988-74

NUTRITION EDUCATION FOR NONPROFESSIONALS AND THE PUBLIC--PART II.
E W Todhunter
Can Nutr Notes 21 (5): 54-57. Sept/Oct 1965.
389.9 C168
Advertising, Basic nutrition facts, Diet improvement, Educational progress, Food habits, Food selection, Information dissemination, Mass media, Nutrition education.
Abstract: This article consists of a brief survey of implications for nutrition education. Man has not inherited instinct for "correct" food choices. Principles of nutrition are the same for all, but food use and combinations may vary widely as they individuals or their needs. Principles of learning are also the same for all, but food has very different meanings for people. Food fads are not new, but promotions via mass media are. There is yet no research on how to use them for effective nutrition education.

989-74

APPROACHES TO NUTRITION EDUCATION.
E W Todhunter
J Nutr Educ 1 (1): 8-10. Summer 1969.
TX341.J6
Behavior change, Cultural factors, Effective teaching, Food beliefs, Food habits, History, Nutrition education, Nutrition knowledge.
Abstract: Benjamin Thompson (Count Buford) induced Mexican soldiers to eat potatoes and thus introduced these vegetables as a staple food to continental Europe. The author cites this story as an example of how nutrition has been taught in the past.

990-74

EFFECTS OF VITAMIN E: GOOD AND BAD.
W W Toome, Harold W Cohen
New Engl J Med 289 (18): 579-580. Nov 1, 1973.
888.6 8442

BIBLIOGRAPHY

991-74

Cardiovascular disorders, Dietary supplements, Disorders, Food fads, Food misinformation, Toxicity, Vitamin E.
 Abstract: These two letters by physicians to a medical journal reflect opposing views and results of treatment of patients with large doses of vitamin E. In the first, patients with angina pectoris were able to reduce the amount of nitroglycerin necessary to relieve the pain in the second study the physician concluded from informal and uncontrolled data that persons who were assumed to be well, when taking 800 IU of vitamin E became fatigued. Nutritionists will find these results of interest.

991-74

TOOTH CARE.
 Washington, GPO 24 p. 1973.
 RK61.76 P6N (U.S. Dept. Of Health, Education, and Welfare. Consumer information series no. 1.)
 Adults, Dental health, Teeth.
 Abstract: A primer for adults all about how to care for their own and their children's teeth. The first is a series of informational material from the Department of Health, Education and Welfare on services related to health. Topics include discussions of gum and tooth disease, how to clean teeth and prevent decay, the work a dentist can do, and the help good food can be to teeth.

992-74

DIETARY PATTERNS OF THE PUERTO RICAN PEOPLE.
 F N Torres
 Amer J Clin Nutr 7 (3): 349-355. May/June 1959.
 389.8 J824
 Cooking techniques, Diet patterns, Food intake, Food preferences, Food preparation, Home, Food selection, Puerto Ricans.
 Abstract: Puerto Ricans enjoy eating many foods of U.S., French, Italian, and Spanish origin. A good steak or ham with potatoes, ice cream, apple pie, and vegetables are served daily in homes that can afford such delicacies, but this involves only a small proportion of Puerto Rican families. Low-income people eat large amounts of rice, beans, and viandas (starchy vegetables), along with a little milk and bacalao (dry, salted codfish). This article explains the food choices of Puerto Ricans, based on income, and the preferred methods of food preparation.

993-74

THE EIG, FERTILE, RUMBLING, CAST-IRON, GROBLING, ACHING, UNBUSTLE BELLHOOK.
 James Tracer
 New York, Grossman 572 p. 1972.
 TX355.772 P6N
 Basic nutrition facts, Deficiency diseases and disorders, Food fads, Food processing, Food production, Food quality, Nutrient functions, Nutrient sources, Nutrition knowledge.
 Abstract: This book is a layman's guide to nutrition. It begins with a discussion of the impact that the increasing population may have on the future food supply and then shifts to proper diet and the specific nutrients each diet contains. The book presents an excellent discussion of the importance of modern food production and manufacturing procedures in safeguarding not only the quantity but also the quality of our foods. Also discussed is food faddism and food poisoning plus nutrition as it relates to diseases such as gout, diabetes, cardiovascular disease and obesity.

994-74

TRAINED LEADERS DIRECT DAY-CARE CENTERS.
 What's New Home Econ 31 (3): 47. Mar 1967.
 321.8 W55
 California, Curriculum planning, Day care services, Diet improvement, Educational programs, Food habits, Nutrition education, Preschool children (2-5 years), Teaching techniques.
 Abstract: In children's centers in California, nursery school children learn the basics of nutrition. The nutrition lessons are used as vehicles for teaching other subjects such as arithmetic, geography, and reading.

995-74

ISCHEMIC HEART DISEASE AND DIETARY FIBER.
 Bush Trowell
 Amer J Clin Nutr 25 (9): 926-932. Sept 1972.
 389.8 J824
 Cardiovascular disorders, Cholesterol, Dietary factors, Disease prevention, Fiber.
 Abstract: In this paper published in a journal for nutritionists, data is presented supporting a hypothesis that a high consumption of natural starchy carbohydrates and their fall consumption of fiber is protective against hyperlipidemia and ischemic heart disease. Fiber is considered in terms of dietary intake, the relationship of this data to serum cholesterol and ischemic heart disease, the correlation with experiments in animals and man, and suggested possible metabolic mechanisms. Interpretations support the hypothesis that dietary fiber decreases the absorption of bile salts, increases fecal excretion and reduces hyperlipidemia.

996-74

HUMAN NUTRITIONAL PRELIMINARY STAGES OF TECHNICAL DEVELOPMENT.
 A S Trusswell
 Nutr Food Sci (28): 14-15. July 1972.
 TX341.8825
 Anthropology, Behavior changes, Diet patterns, Evolution, Food

habits, Food intake, Food selection, History, Nutritional status.
 Abstract: Man's eating habits and resultant nutritional status are unique for each of four stages of technical development: hunter-gatherer; agriculturalist and pastoralist; urban and suburban plus dweller; and affluent society member. Some of the food habits characteristic of each stage are described briefly.

997-74

RATIONAL DIET CONSTRUCTION FOR MILD AND GRAVE OBESITY.
 Frank I Tullia
 J Amer Med Assoc 226 (1): 70-71. Oct 1, 1973.
 448.5 M37
 Behavior changes, Calorie-restricted diets, Food habits, Obesity, Professional education, Psychology, Weight control.
 Abstract: Professional nutritionists who advise the overweight will find this article, which classifies such persons according to the severity of their obesity, of interest. Corrective treatment should differ according to the degree of overweight. Mild and moderate obesity are likely to respond to behavior modification and an easy-to-follow diet, along with a physical activity program. Psychological support is essential. If practicable, organized group therapy is indicated. Severe obesity requires psychiatric evaluation and treatment, and possible hospitalization for fasting or surgery. Some suggestions for design of diets are included.

998-74

FEELING YOUNG CHILDREN (SHOW 'N TELL).
 U. S., Extension Service
 Washington, D.C. 2 filmstrip keys, 15 fr each, col, 16mm, and record 33 1/3. [n.d.].
 TX361.C5U55 P6N AV
 Child care, Child development, Child nutrition, Food habits, Food intake, Food preferences, Preschool children (2-5 years), Psychological aspects.
 Distributed by Double Sixteen Co., Wheaton, Ill.; for use with General Electric Show 'N Tell photo-viewer.
 Abstract: Small children not only have nutritional needs that are different from adults', they also have different eating habits. The way a child eats, the amount he eats, and the foods he likes are all affected by the food habits he sees in other family members. It is important to set a good example for small children to follow. It is also important to tailor a small child's needs. Food must be cut into small pieces; tableware should be small in size; food should not be too hot; the child's diet should be balanced; and desserts should not be offered as a reward for eating other foods.

999-74

PROGRESS REPORT OF THE HUMAN NUTRITION RESEARCH DIVISION, MARKETING AND NUTRITION RESEARCH, JULY 1, 1970.
 U.S., Agricultural Research Service
 Beltsville, U.S. Dept. of Agriculture 36 p. Mar 1971.
 TX355.772 P6N
 Amino acids, Carbohydrates, Lipids, Minerals, Nutrient requirements, Nutrients, Pesticides, Proteins, Vitamins.
 Abstract: This progress report includes a summary of the current research of the division and a preliminary report of the progress made during the preceding 15 months. Included are some tentative results that have not been tested sufficiently to justify general release. Highlights from a report on "Benefits from human nutrition research" are given. Other areas of research included are the human requirements for fats, minerals, vitamins, protein and amino acids, carbohydrates and foods to meet these needs. The effect of pesticides use on human dietary requirements is discussed.

1000-74

PROGRESS REPORT, JULY 1, 1971.
 U.S., Agricultural Research Service, Human Nutrition Research Division
 Washington 43 p. Jan 1972.
 TX341.052 1971 P6N
 Lactose intolerance, Lipids, Micronutrients, Minerals, Pesticide residues, Proteins, Research, Vitamins.
 Abstract: This progress report includes a summary of the current research of the Division and a preliminary report of progress made from July 1, 1970 through July 1, 1971. Included are some tentative results that have not been tested sufficiently to justify general release. Areas of study included are human requirements for fats, minerals, vitamins, protein, amino acids, and carbohydrates and food to meet those needs; and affect of pesticide use on human dietary requirements.

1001-74

PROGRESS REPORT; A SUMMARY OF CURRENT PROGRAM MARCH 31, 1969 AND PRELIMINARY REPORT OF PROGRESS FOR JULY 1, 1968 TO MARCH 31, 1969.
 U.S., Agricultural Research Service, Human Nutrition Research Division
 Washington 20 p. July 1, 1969.
 TX341.052 1969 P6N
 Lipids, Minerals, Pesticide residues, Proteins, Research, Vitamins.
 Abstract: This progress report includes a summary of the current research of the Division and a preliminary report of progress made from July 1, 1968 through March 31, 1969. Included are some tentative results that have not been tested sufficiently to justify general release. Areas of study included are: human requirements for fats, minerals, vitamins, protein,

- amino acids, and carbohydrates and food to meet these needs; and effects of pesticide use on human dietary requirements.
- 1002-74**
FOOD IS MORE THAN JUST SOMETHING TO EAT.
U.S., Dept. of Agriculture
Washington, U.S. Dept. of Agriculture 32 p., illus. [n.d.].
TX364.76N P5N
See exercise, Diet information, Emergy, Food habits, Infant feeding, Nutritional labeling, Pregnancy, Processed foods.
Abstract: Tells in an interesting manner why we eat food, that is how the body uses the foods that you eat, and why it is important to eat the correct amount of certain nutrients. The need for special sensitivities of food at different stages in life is explained, and differences in the cultural patterns of peoples and the difference in eating certain foods is touched upon.
- 1003-74**
FOOD FOR OLDER FOLKS (SHOW 'N TELL).
U.S., Extension Service
Washington, D.C. 2 filestrips keys, 15 fr each, col, 16mm, & record 33 1/3 rpm. [n.d.].
TX364.A33U5 P5N AV
Cooking methods, Elderly (65 + years), Food groups, Food intake, Food purchasing, Food selection, Nutrient requirements, Special exercises, diets.
Distributed by Double Sixteen Co., Wheaton, Ill.; for use with General Electric Show 'N Tell photo-viewer.
Abstract: Elderly people have special dietary requirements and special problems obtaining food. This Show 'N Tell kit points out some of the problems elderly people have. They cannot shop in quantity or as often as other people do. They need to know how to cook for only themselves or perhaps one other person. They must have a balanced diet and should be encouraged to try new foods. Elderly folks on limited incomes must learn to husband their resources but not skimp on the food they need.
- 1004-74**
FOOD FOR TEENS: SNACKS THAT COUNT (SHOW 'N TELL).
U.S., Extension Service
Washington, D.C. 2 filestrips keys, 15 fr each, col, 16mm, & record 33 1/3 rpm. [n.d.].
TX364.A33U5 P5N AV
Adolescents (12-19 years), Food groups, Food intake, Food preferences, Nutrient requirements, Nutrients, Snacks, Special exercises, diets.
Distributed by Double Sixteen Co., Wheaton, Ill.; for use with General Electric Show 'N Tell photo-viewer.
Abstract: The "Food for Teens" sequence discusses the relation of the 4-4-4-2 plan and the four basic food groups to the nutritional needs of teenagers. Emphasis is placed on the importance of a balanced diet and three regular meals a day--especially the importance of breakfast. The "Snacks That Count" sequence again stresses the importance of breakfast and then goes on to suggest ideas for between-meal snacks that not only taste good, but are also nutritious.
- 1005-74**
WEIGHT CONTROL (SHOW 'N TELL).
U.S., Extension Service
Washington, D.C. 2 filestrips keys, 15 fr each, col, 16mm, & record 33 1/3 rpm. [n.d.].
HU222.2 U5 P5N AV
Caloric intake, Caloric values, Food exercise, Food habits, Food intake, Obesity, Physical activity, Weight control.
Distributed by Double Sixteen Co., Wheaton, Ill.; for use with General Electric Show 'N Tell photo-viewer.
Abstract: A diet high in calories alone with limited physical activity will produce weight gain and eventually obesity. This Show 'N Tell kit illustrates the basic causes of weight gain and how weight can be controlled through proper diet and exercise.
- 1006-74**
THE CHANGING FOOD NEEDS OF THE FAMILY (SHOW 'N TELL).
U.S., Extension Service
[Washington] U.S. Extension Service 2e., 7 in. 33 1/3 rpm. [1973].
TX353.C4 P5N AV
Adolescents (12-19 years), Adults, Basic Food, Children, Diet information, Family health, Family nutrition, Nutrient intake, Nutrient requirements.
Includes 1 phonetic and 2 film keys. Designed for use with the General Electric Show 'N Tell photo-viewer.
Abstract: A family is a group of individuals who each have unique food intakes and nutrient requirements. Children are physically active and need a great deal of energy for growth. Their dietary needs differ from those of teenagers, who tend to gain excess weight and generally have less need for carbohydrates. Adults, especially those whose work is sedentary, will also take an excess weight if their diets are not adequately controlled. In old age, dietary needs change again. Every family member will receive the nutrients he needs if he eats foods from the Basic Four groups at every meal. The point is that at certain times of life, a person's needs for some types of food decrease while others increase.
- 1007-74**
SELECTED PROGRAMS FOR IMPROVING TEENAGE NUTRITION.
U.S., Federal Extension Service
Washington, D.C. 36 p. Oct 1963.
TX361.A33.S4 P5N (U.S. Federal Extension Service ESC-55a.)
Adolescents (12-19 years), Motivation, Nutrition education, Nutrition programs, Nutritional deficiencies, Nutritional status, Student involvement, Texas.
Abstract: Although abundant good food is available, many teenagers need improved diets. This is confirmed by such research on the nutritional status of teenagers. The older the child, the poorer the diet; the teenage girl is the poorest fed member of the family.
- 1008-74**
A DAILY FOOD GUIDE (CHART). (SFA)
U.S., Food and Nutrition Service
Washington, D.C. 1 chart, 8 1/2" x 11", ccl, printed front and back. Nov 1970.
TX364.U59 P5N
Basic Food, Diet information, Food groups, Food guides.
Title of Original: Una guía diaria para comer bien (Chart).
Abstract: This chart depicts the Basic Four food groups and the amount of food from each group that should be eaten daily to maintain a balanced diet.
- 1009-74**
THE FOUR FOOD GROUPS FOR BETTER HEALTH GAME (GAME).
U.S., Food and Nutrition Service
Washington, D.C. 25 game cards, poster. May 1974.
TX364.P625 P5N (U.S. Food and Nutrition Service publ. No. FNS-122)
Educational games, Food groups.
Abstract: Players learn the four food groups as they play this game, which is similar to bingo. A call number sheet and an instruction sheet are provided as is a listing of foods according to group. Any age group can play the game.
- 1010-74**
HUMAN NUTRITION IN OUR CHANGING ENVIRONMENT.
E J Gederwood
Food Nutr Notes Rev 31 (1-2): 1-11. Jan/Feb 1974.
389.9 AU73
Agricultural development, Energy, Environmental factors, Industry role, Nutrients, Nutrition, Packaging.
Abstract: Physical activity patterns have been reduced substantially then affecting dietary patterns and food consumption. Working wives and others have increased the use of convenience foods. Nutrition control is now in the hands of the processor rather than the consumer. Note is made of the energy required to produce convenience foods. Packaging is discussed in terms of costs to the consumer. Changes in agricultural and industrial technology and their effect on human nutrition are covered and examples of problems are presented.
- 1011-74**
THE WONDERFUL WORLD OF FRESHNESS (FILMSTRIP/CASSETTE TAPE).
United Fresh Fruit and Vegetable Association
Washington, United Fresh Fruit and Vegetable Assoc. 2 filmstrips, 45, 36 Fr., col, 35mm and cassette tape. [n.d.].
TX361.N6 P5N AV
Audiovisual aids, Food groups, Fruits, Meal planning, Nutrient intake, Nutrition education, Vegetables.
Includes filmstrip titled "Creative meal planning".
Abstract: This set of two filmstrips is designed to instruct young people about the nutritional value of the meals they plan and eat. The first reel identifies the nutrients obtained from the basic food groups and emphasizes the fact that a variety of foods from each group are needed to attain a balanced diet and proper nutritional intake. Special stress is placed on the values of fresh fruits and vegetables. The second reel is concerned with meal planning per se. It instructs viewers on how to select and purchase meats and fresh produce. Then it goes on to describe all sorts of meat dishes, placing heavy emphasis on the various fruits and vegetables which can be combined with them to create a tasty, nutritious meal.
- 1012-74**
INFANT NUTRITION--I. GRAINS; II. CEREALS; III. EGGS; IV. FISH; V. MEAT. Rev. ed. (SFA)
University District Hospital, Nutrition and Dietetics Section
Rio Piedras, P.R. set of 5 pamphlets, unsp. 1967.
TX361.C5 U56 P5N
Child nutrition, Diet information, Food guides, Food preparation, Home, Infant feeding, Infants (To 2 years), Maternal and child health, Meal planning, Nutrient intake.
Title of Original: Alimentación infantil--I. los granos; II. los cereales; III. El huevo; IV. La frutera; V. la carne.
Abstract: For mothers of newborn infants, this series of 5 pamphlets outlines the foods babies need and gives instructions on how to prepare them.
- 1013-74**
YOU AND DIABETES. (SFA)
Upjohn Company
Kalamazoo, Mich. 24 p. Jan 1972.
HC660.U6 P5N
Carbohydrate metabolism disorders, Diabetes mellitus, Health needs, Injections, Insulin, Medical factors, Patient care.
Title of Original: Usted y diabetes.
Abstract: Written for new diabetic patients, this booklet explains the pathology, symptoms, and treatment of diabetes.

BIBLIOGRAPHY

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1014-74

EARLY MALNUTRITION AND BRAIN DEVELOPMENT.

F Vahlquist
Acta Paediatrica Acad Sci Hung 13 (1): 309-322. 1972.
N31.12 J6N
Brain damage, Infants (To 2 years), Kwashiorkor, Malnutrition, Marasmus, Mental development, Nervous system disorders.
Abstract: Studies with neurophysiological techniques have shown that severely malnourished children with the clinical picture of kwashiorkor or marasmic kwashiorkor, exhibit in the acute state of the disease distinct deviations from normal. This is true for echencephalography, transillumination, and motor nerve conduction velocity. Without exception, however, these deviations have proved rapidly and fully reversible. There is, however, a possibility that such finer functions, as have to be abolished in intelligence and behavioural tests of different kinds, may have been permanently and irreversibly harmed as a consequence of serious nutritional disturbances in early life. This article is directed to physicians and nutritionists.

1015-74

FOOD HABITS OF GREEK-AMERICANS.

K V Valassi
Amer J Clin Nutr 11 (3): 240-248. Sept 1962.
389.8 J828
Diet patterns, Ethnic foods, Ethnic groups, Food habits, Food preferences, Food preparation, Food aversion, Greek Americans, Holiday foods.
Extract: Food is the primary object for which Greeks spend lavishly and willingly. A meal is a family ritual and media of hospitality. Ordinary meals are simple, but for holidays and special occasions Greeks prepare and eat delicacies.

1016-74

FARPIO CENTRAL: A STUDY OF SOME SOCIAL AND CULTURAL FACTORS IN MALNUTRITION.

O C Valdecana
Philippine J Nutr 24 (4): 223-237. Oct/Dec 1971.
389.8 W9524
Cultural factors, Diet patterns, Food habits, Food intake, Food taboos, Nutritional status, Philippines, Rural areas, Social factors.
Extract: Social and cultural factors affecting the health and nutritional status of a rural Filipino community are described. The average diet is rice and fish, health-giving properties being attributed to rice. During illness, efforts are made to add milk, eggs, and meat to the basic diet. Pregnant women are cautioned to limit food intake. Postpartum taboos also restrict nutrient intake.

1017-74

SNACK TIME: START THE DAY WITH A GOOD BREAKFAST: ALL THE MILK FOODS: ETC. (CHARTS). (SPA)

E P Valentin
Puerto Rico, University, Agricultural Extension Service
Flo Piedras, P.R. 11 charts, 8 1/2" x 11", b/w, printed front and back. Nov 1971.
TX652.7.V3 J6N (Puerto Rico University Agricultural Extension Service. Programa educativo de alimento y nutricion del S.E.A., nos. Feas 1-11)
Consumer education, Diet information, Family nutrition, Food preparation, Home, Foods instruction, Meal planning, Nutrition education.
Title of Original: La merienda: comienza el dia con un buen desayuno: toda la leche alimente: etc. (Charts).
Abstract: Good family nutrition depends on proper food selection. This series of charts (or flyers) provides information on various foods, why they are necessary for good health and how they can best be incorporated into meal plans.

1018-74

FOOD HABITS OF INFANTS AND PRESCHOOL CHILDREN IN SURINAM.

M A Van Stavern
J Am Diet Assoc 58 (2): 127-132. Feb 1971.
389.8 AN34
Breast feeding, Diet patterns, Food consumption, Food habits, Food taboos, Infants (To 2 years), Nutrient intake, Preschool children (2-5 years), Surinam.
Extract: The diet pattern, breast-feeding practices, child feeding practices, food taboos, food consumption, and food purchasing practices for four ethnic groups in Surinam are summarized. Breast-feeding continues for nine months to one year. Taboos are established against foods thought to cause leprosy. Vegetable consumption of bushmeat to infants seems high. Protein-rich foods are given to infants and children, though not regularly.

1019-74

FOOD AND NUTRITION RELATIVE TO FAMILY LIFE.

T P S N VanSchaik
J Home Econ 56: 225-232. Apr 1964.
321.8 J82
Cultural factors, Diet patterns, Family health, Food habits, Nutrient intake, Nutrition education, Research, Socioeconomic influences.
Extract: Eating and meal patterns are culturally determined and vary among social groups. Some regularity is desirable for adequate intake of nutrients. Food has cultural uses also, such as recreation or enjoyment, that is, social functions. Income, style of living, and family composition also have effects on diets. Parents and other relatives who feed child-

ren sweets may be attempting to express love. The changes in cultures and in family life need to be considered in nutrition research and education.

1020-74

VEGETARIAN DIETS.

[Washington, D.C.] National Academy of Sciences 4 p. May 1974.
TK392.V4 J6N
Food beliefs, Nutritional adequacy, Nutritional quality, Vegetarian diets, Vegetarians.
Abstract: This report, of interest to nutritionists, discusses vegetarian diets in detail including their adequacy, protein quality in properly combined plant foods, nutritional status of vegetarians, and advice on planning a vegetarian diet. The section on planning a vegetarian diet lists nutrients found in various plant food categories such as legumes, grains, nuts, and dark green leafy vegetables. Those counseling vegetarians on proper diet selection should be interested in this report.

1021-74

VEGETARIAN DIETS.

J Am Diet Assoc 65 (2): 121-122. Aug 1974.
389.8 AN34
Proteins, plant, Vegetables, Vegetarian diets, Vegetarians.
Extract: A vegetarian can be well nourished if he eats a variety of plant foods and gives attention to the critical nutrients mentioned above. Dairy products and eggs are outstanding sources of the nutrients of greatest concern. Legumes, leafy vegetables, and a source of vitamin B12 are important components of the diet containing no foods of animal origin.

1022-74

EFFECT OF TEA CONSUMPTION ON THIAMIN STATUS IN MAN.

S L Viscekant
Nutr Rep Int 9 (5): 371-376. May 1974.
RC620.A1N8
Adults, Child nutrition, Tea, Thailand, Thiamin, Vitamin deficiencies.
Extract: Studies were conducted in north Thailand to determine the effect of drinking tea and chewing tea leaves on the thiamin status of school children and adult villagers. Blood transketolase of the school children was determined after 7 day periods which included: drinking tea instead of water, drinking tea plus thiamin supplement, thiamin supplement and no treatment. The transketolase TPP effect was increased to deficient levels by drinking tea and decreased to normal by thiamin supplement. However, supplements did not help adults.

1023-74

BUILDING BLOCKS OF LIFE: PROTEINS, VITAMINS, AND HORMONES SEEN THROUGH THE MICROSCOPE.

Norman Vishniac
New York, Scribner 62 p., illus. [1971].
QP521.V5 J6N
Amino acids, Digestion and absorption, Enzymes, Hormones, Proteins, Vitamins.
Bibliography: p. 59.
Abstract: This short book contains full-page color enlargements of 32 pure (usually crystalline) proteins, amino acids, vitamins, and hormones as seen through an interference microscope. The author, a biologist and distinguished artist and photographer, paradoxically shows these compounds in artistic rather than natural forms. A brief text highlights the events in the discovery and ultimately the elucidation of the structure and function of each of these 3 building blocks of life: protein, vitamins and hormones. The presentation is in general, descriptive terms.

1024-74

VITAMINS AND MINERALS IN THE GROWING YEARS (POSTER).

Vitamin Information Bureau
New York, Vitamin Information Bureau poster, 34 1/2" x 21 3/4, col. 1973.
TX553.V5V53 J6N AV
Age groups, Foods, Minerals, Minimum Daily Requirements, Vitamins.
Abstract: A wall chart listing the amount of nutrient recommended for each of 13 vitamins and 8 minerals to be used for infants, children 1-4 years, and children over 4. There is an explanation of why each nutrient is needed, and pictures of some good food sources of each particular nutrient.

1025-74

IRON AVAILABILITY OF IRON SOURCES.

Janez Maddell
Food Prod Dev 8 (1): 80. Feb 1974.
ND9000.1.P64
Digestion and absorption, Fortification, Fortified foods, Iron, Metabolism, Nutrient requirements, Nutrient retention, Nutrient sources, Nutrient values.
Abstract: The total iron content in the body of a normal adult male is between 3-4 grams, 65% to 75% being contained in the red blood cells. A feature of iron metabolism is the lack of a specific iron-containing excretory compound by which the body can regulate iron balance. Once iron is absorbed into the body, it is carefully conserved by recycling. Thus, the main control of iron balance resides in the cells of the intestinal mucosa which responds to changes in iron stores or intensity of red cell production by absorbing more or less available iron from the digestive tract. Soluble iron salts of the ferric valence are more easily absorbed than iron salts of the

- ferric valance. This article discuss the asorbability of four iron sources and their use in the enrichment of cereal foods: ferrous sulfate; reduced iron; ferric orthophosphate; and sodium ferric pyrophosphate.
- 1026-74**
SEVERAL FACTORS AFFECTING COLLEGE COEDS' FOOD PREFERENCES, HABITS AND INTAKE.
L B Wakefield, P C Miller
J Home Econ 63 (1): 45-47. Jan 1971.
321.8 J82
Adolescents (12-19 years), College students, Diet Patterns, Dietary surveys, Feeding, Food habits, Food intake, Food preferences, Nutritional status.
Abstract: In a study of teenage food habits and beliefs, it was found that none of the 40 teenage girls studied knew the basic four food groups. Half of the girls thought they were overweight, though only 45% were, and only 37.5% thought a picture of a heavy silhouette looked like them. All limited their intake of bread and cereals.
- 1027-74**
FOOD FOR YOUR FAMILY. (SFA)
P Hale
Puerto Rico: University Hospital 37 p. 1952.
TK355.W33 P58 (University Hospital Department of Instruction and Community Education. Libros para el pueblo, numero 4 (Books for the villages, no. 4))
Diet information, Family health, Family nutrition, Food groups, Food intake, Food selection, Meal planning, Nutrition education, Spanish Americans.
Title of Original: Alimentos para se familie.
Abstract: The food one eats determines one's overall health and well-being. This booklet, prepared especially for housewives in rural areas of Puerto Rico, outlines the basic 4 food groups and explains how the foods in each group affect family health. Special emphasis is placed on diets necessary for growing children and for adults who work at hard manual labor. The basic 4 food groups are interpreted in terms of the traditional foods that comprise the Puerto Rican cuisine and that are readily available to low-income families in outlying districts.
- 1028-74**
HEALTH HAZARDS IN THE URBANIZATION OF THE AFRICAN.
A R F Belker
Amer J Clin Nutr 11 (6): 551-553. Dec 1962.
389.8 J824
Africa, Behavior change, Diet patterns, Food habits, Food intake, Nutrient intake, Nutritional status, Urbanization.
Abstract: In Africa, breast-feeding is giving way to processed infant foods. Children now have a low vitamin D intake and a higher incidence of rickets. There is also decreased fermented porridge intake. Wild greens are far less abundant, and the iron cooking pot is giving way to aluminum, which reduces the intake of iron. With increased income, Africans get more white bread, sugar, alcohol, and soft drinks, all leading to general deterioration of diet.
- 1029-74**
FOOD GUIDE FOR OLDER FOLKS.
Rebel A Walker, Mary H Hill
Washington, GPO 19 p. Feb 1973.
TK361.A3.P6 P58 (U.S. Dept. of Agriculture. Home and Garden bulletin no. 17)
Basic Four, Bedsetia, Cooking, Food stamp program, Menu planning, Recipes.
Abstract: This pamphlet is written for older folks who live in their own homes or apartments where they can prepare and eat food. There is a section devoted to the daily food guide, giving the reasons (nutritional) for the inclusion of each type of food. Included is a week's worth of menus using the BDA. Information on per capita food, including budgeting, use of food stamps, and shopping is given. Various hints are offered for saving time and energy by the older person. Eight pages of recipes are included.
- 1030-74**
YOU...AND THE LIVING MACHINE (ACTION PICTURE).
Walt Disney Educational Materials Company
Glendale, Calif. 8 sin., sd., color, 16 mm. [n.d.].
QP37.T6 P58 A7
Basic Four, Digestion, Health, Health education, Nutrients, Nutrition education.
Abstract: Jiminy Cricket pictures the human body as a living machine in this film. He describes the four basic food groups and shows how food is taken into the living machine, how it is digested, and how the body makes use of nutrients. Other factors that control good health, such as exercise, are described.
- 1031-74**
PERSPECTIVES ON OVERWEIGHT.
Berlorie P Shashben, Geil C Harriacs
Ithaca: Cornell 15 p. 1970.
RC628.W3 P58 (Cornell University. Cornell extension bulletin no. 1223)
Obesity, Weight control, Weight reduction.
Abstract: This bulletin, originally a chapter in the 1969 USDA Yearbook of Agriculture, presents an overview in layman's terms of what is known and is not known about the causes and correction of obesity. Factors are mentioned which are involved in specific overweight problems in childhood, adolescence
- and adulthood. In concluding, the authors offer some very practical guides to anyone interested in a program of weight reduction or weight control.
- 1032-74**
NUTRITION COUNSELLING FOR DRUG ADDICTS IN REHABILITATION.
Alice B Washburn
J Nutr Educ 6 (1): 13-15. Jan/Mar 1974.
TK341.J6
Adult nutrition education, Drugs, Malnutrition, Professional education, Rehabilitation, Volunteers.
Abstract: A dietitian describes the outcome of a plea for her help in planning meals from donated foods by inmates of a self-run rehabilitation home for drug addicts. The author interweaves the growth of the individual in rehabilitation with the story of the evolution of nutrition education for an ever-changing group, as "graduates" leave the center to return to outside life. Volunteers have provided many services and other material assistance.
- 1033-74**
WATER AND HEART DYSFASIA: THE HARDER THE DEADLIER?
Med Insight 15 (34): 45-46. Oct 11, 1974.
R11.H4 P58
Cedarius, Cardiovascular disorders, Hypertension, Meter, Water conditioning, Zinc.
Abstract: This report addresses itself to the substance in hard water that protects people against heart attacks. Investigations were done in Kansas City where higher blood pressure and cardiovascular disease rates were found on the hard-water side of the river. Mineral content of the water was compared and several correlations were made. A cesium zinc ratio was found to be of particular interest. Comments on the work are given by other researchers. Nutritionists and other health professionals will find this discussion of interest.
- 1034-74**
NOTE ON THE ASSESSMENT AND CLASSIFICATION OF PROTEIN-ENERGY MALNUTRITION IN CHILDREN.
J C Waterlow
Lancet 2 (7820): 87-89. July 14, 1973.
488.8 L22
Growth, Height-weight ratio, Malnutrition, Preschool children (2-5 years), Professional education, Protein-calorie malnutrition.
Abstract: The author of this article for professional nutritionists and physicians examines the proposition that mild to moderate malnutrition in preschool children are not be fully assessed by measuring deficit in weight for age. This conceals stunting, which is a deficit in height-for-age, and wasting, which is a deficit in weight-for-height. He scrutinizes published data, and concludes that the normal relation between height and weight is substantially independent of age. Since wasting and stunting have different dietary histories, they need to be distinguished before their cause can be determined. The author concludes that weight-for-height should be analyzed in survey work.
- 1035-74**
NEW FINDINGS IN NUTRITION OF OLDER PEOPLE.
D M Watkin
Am J Public Health 55 (4): 548-553. Apr 1965.
449.9 AM33
Aging, Diet improvement, Elderly (65 + years), Gerontology, Health, Nutrition, Nutrition education, Preventive nutrition.
Abstract: Although new research in molecular biology suggests reasons for physiological aging and possible eventual means of slowing it, there is presently a need to use existing knowledge to improve the health of the elderly through preventive nutrition in youth and middle age.
- 1036-74**
A YEAR OF DEVELOPMENT IN NUTRITION AND AGING.
D M Watkin
Med Clinics North Amer 54 (6): 1585-1597. Nov 1970.
RC60.H4 P58
Aging, Diet counselling, Diet improvement, Elderly (65 + years), Gerontology, Nutrition education, Preventive nutrition, White House Conference on Food, Nutrition and Health.
Abstract: Some of the nutritionally-related problems of the aged, many of which are social, are presented. Education and prevention in youth and middle age will be the most helpful solutions. The recommendations of the Panel on Aging of the 1965 White House Conference on Food, Nutrition and Health are discussed. Recruitment of elderly persons to nutrition aides and incorporation of nutrition education into all pre-retirement counseling should be of concern to nutrition educators.
- 1037-74**
EXPERIMENTS IN THE CHEMISTRY OF FOOD.
Elbert C Weaver
Washington, D.C., ERIC Document Reproduction Service 30 p. Apr 1973.
TK545.H4 P58
Analytical methods, Chemistry, Elementary education, Food analysis, Food composition, Nutrient content determination, Secondary education.
Available from: Computer Microfilm International Corp., P.O. Box 190, Arlington, Virginia 22210. MF-40.65 HC-\$3.29.
Abstract: This booklet presents 18 experiments in the chemistry of food, suitable for elementary and secondary school science classes. Experiments deal with an analysis of milk,

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1030-74

determinations of the amounts of sulfur dioxide, iron, and fat in foods, and the concentration of vitamin C in fruit juice and iodine in salt. Tests are provided for fats, carbohydrates, sugars, starches and proteins in various foods, and the presence of calcium propionate in bread. Other experiments include the identification of colors in food and factors involved in the discoloration of fresh fruit, the conversion of molasses into granulated sugar, the recovery of iodine from seaweed and caffeine from tea, and investigations relating to toasting bread and popping corn. Three teaching contents of food to elementary and secondary level school science classes should be interested in this report.

1030-74

NUTRITION UPDATE, 1974.
Jean Weininger, George M. Bricque
J Nutr Educ 6 (4): 139-143. Oct/Dec 1974.
TX341.J6
Basic nutrition facts, Disease prevention, Nutrient functions, Nutrition education, Nutrition knowledge, Research.
Abstract: In this article the authors focus on selected areas in the nutrition literature which were found to be particularly interesting and which were felt to be significant for nutrition in the future. Research reported during 1973 and 1974 is emphasized and wherever possible references are cited which should be accessible to most nutrition educators in the United States. Topics discussed in some detail include trace element research, new roles of vitamin D and vitamin C, fiber, processed and fabricated foods, and obesity. Other research areas are briefly covered including atherosclerosis and coronary heart disease, nutrition needs during pregnancy, nutrition and growth and development, nutrient interaction, and nutrition and drugs. Implications for these research developments are discussed. Anyone involved in the field of nutrition will find this review of interest.

1039-74

CHOLESTEROL-CONSCIOUSNESS.
Jean Weininger
J Nutr Educ 6 (2): 48-49. Apr/June 1974.
TX341.J6
Children, Cholesterol, Cholesterol-low diets, Coronary heart disease, Egg substitutes.
Abstract: Ms. Weininger writes of the controversy surrounding dietary changes that have been recommended to lower plasma cholesterol level. There are many non-dairy products on the market (margarine, oils, fats, etc.), as well as the newest introduction, egg substitutes. However, there is still no definitive proof that changes in the diet will influence the onset of atherosclerosis. Some people question the wisdom of dietary alterations in childhood, since they may interfere with the developing brain and nervous system, and possibly with later cholesterol metabolism.

1040-74

FOOD ACCEPTANCE AND FLAVOR REQUIREMENTS IN THE DEVELOPING WORLD.
Samuel M. Weisberg
Food Technol 28 (11): 48-52. Nov 1974.
389.8 F7398
Flavor, Flavor intensifiers, Flavorings, Food dislikes, Food habits, Food taboos, Marketing, Socioeconomic influences, Textured vegetable proteins.
Abstract: Food acceptance depends on internal physiological factors which regulate hunger and thirst; evaluation of the food in terms of the senses; and acquired attitudes. Availability of food components is, of course, critical. In addition to these basic ingredients, however, many others enter in, among them climate. Salted foods and liquids are desired in hot climates; hot foods are wanted in very cold climates. The changing seasons also color food choices, and the social groupings, extraneous sounds, and banners of serving bear on food acceptance.

1041-74

WHAT'S MISSING IN THE TREATMENT OF OBESITY BY BEHAVIOR MODIFICATION?
Nativohn Weisenberg, Elizabeth Fray
J Am Diet Assoc 65 (4): 410-414. Oct 1974.
389.8 AM34
Behavior, Diets, Ethnic groups, Food habits, Obesity, Resistance to change, Weight reduction.
Abstract: Behavior modification procedures for weight loss were compared with two standard approaches for an ethnically and racially mixed group of women from an urban, outpatient clinic population. The behavior modification group was instructed to follow procedures designed to change their eating habits. Both standard procedures emphasized diet and exercise. Depending on which analysis was used, overall, behavior modification procedures were either less effective than standard methods or not significantly different.

1042-74

CULTURAL DETERMINANTS OF NUTRITIONAL BEHAVIOR.
W S Henkau
Nutr Program News 4 p. Jul/Aug 1969.
1.982 A2N955
Attitudes, Behavior, Behavior change, Cultural factors, Diet patterns, Food habits, Nutrition education, Psychological aspects, Social factors.
Abstract: This is a review, with bibliography, of the behavioral aspects of food habits which are formed by objective and

subjective factors, all determined by availability. Behavioral aspects affecting availability are cultural, social, psychological. Examples are foods classified for status, for certain age groups, and for cereonians. External factors change food habits. Some guides to cultural matters to be considered in nutrition education are offered.

1043-74

WHAT TO DO ABOUT TEENAGE OVERWEIGHT.
What's New Home Econ 30 (6): 104-107. Sept. 1966.
321.8 W55
Adolescents (12-19 years), Behavior change, Diet patterns, Food habits, Motivation, Obesity, Physical exercises, Psychological aspects, Weight control.
Abstract: Obesity afflicts between 20 and 30% of our teenage population. Causes may be heredity, inactivity, psychological problems, or poor food habits. Defining the hazards of obesity for mother and child in pregnancy can help activate teenage girls to better their diets. Nutrition is usually thought unimportant by young people. A summer camp for obese girls taught nutrition putting emphasis on appearance and dress size rather than weight, encouraging portion control and exercise.

1044-74

THE WHITE HOUSE CONFERENCE ON FOOD, NUTRITION AND HEALTH: SUPPLEMENTARY REPORT FROM PANEL ON POPULAR EDUCATION.
J Nutr Educ 1 (4): 19-24. Spring 1970.
TX341.J6
Communications, Educational programs, Information dissemination, Mass media, Nutrition education, Program planning, School lunch programs, White House Conference on Food, Nutrition and Health.
Abstract: This paper contains a supplementary report from the panel on popular education of the White House Conference on Food, Nutrition and Health, dealing with use of mass media in nutrition education and a summary of the major recommendations of all the panels as well as a statement on the need for action in the school lunch program.

1045-74

THE WHITE HOUSE CONFERENCE ON FOOD, NUTRITION, AND HEALTH: RECOMMENDATIONS OF PANELS ON NUTRITION TEACHING AND EDUCATION.
J Nutr Educ 1 (3): 24-39. Winter 1970.
TX341.J6
Communications, Community programs, Elementary schools, High schools, Higher education, Information dissemination, Low income groups, Nutrition education, White House Conference on Food, Nutrition and Health.
Abstract: Reports and recommendations of the four panels on nutrition teaching and education at the 1969 White House Conference on Food, Nutrition and Health are summarized in this paper. They are: nutrition teaching in elementary and high schools; advanced academic teaching of nutrition; community nutrition teaching; and popular education and how to reach disadvantaged groups.

1046-74

WHEN HUNGER CALLS.
Anne Terry White, Gerald S. Lietz, Ted Schroeder
Champaign, Garrard Publishing 81 p., illus. 1966.
TX361.W4 P5W (Wonder of wonders: an. Unnumbered)
Carbohydrates, Digestion and absorption, Foods, History, Hunger, Proteins, Scurvy, Starvation.
Abstract: This book describes the digestion of food to children in the intermediate levels. Included in the book, full of excellent illustrations and photographs, is the history of Dr. Beaumont's knowledge of the human stomach. We follow the digestion of a sandwich, learning of the various parts and functions of the digestive system. The cure of scurvy and beri-beri is detailed. Twenty-seven pages of the book center around the great need for food by millions of the underfed and malnourished in the world's population.

1047-74

HOW TO EXTEND YOUR LIFE SPAN.
Paul Dudley White
[n.p.] Prudential Insurance Company of America 16 p. 1970.
RM217.W4 P5W
Atherosclerosis, Cardiovascular disorders, Cholesterol-low diets, Coronary heart disease, Exercise, Fat-controlled diets, Public health.
Abstract: Dr. White gives and explains ten rules a person should follow to extend his life. Do not gain too much weight, and if dieting is necessary, don't use drugs; stop smoking; don't use saturated fats; don't drink too much coffee, eat eggs or whole milk; walk at least an hour a day; jog, cycle or run as a supplement to walking; consult a heart specialist if one or both parents died of atherosclerosis or diabetes.

1048-74

YOU AND YOUR FOOD. 3d ed.
Ruth Bennett White
Englewood Cliffs, Prentice-Hall 470 p., bibliographies after each chapter. 1974.
TX551.W4 1971 P5W
Adolescents (12-19 years), Eggs, Fruits, Milk, Milk products, Nutrition, Recipes, Recommended Dietary Allowances, Vegetables.
Abstract: This is a text book for high school food and nutrition courses. There are chapters on milk and milk products, eggs, fruits, vegetables, cereals, meats, fats and sugars, breakfast, lunch, dinner, special food needs and a section of

- recipes. Each chapter contains some nutritional information about the food being studied. Included is guidance in selecting and storing the different foods as well as instructions in the preparation of the various foodstuffs. At the end of each chapter there are ideas for the student to think over, problems for him to solve relative to the work studied, applying the new information in the student's lives, evaluation, and ideas of home experience, as well as lists for further reading and visual aids (best used by the teacher).
- 1049-74**
YOUR HEALTH IS WHAT YOU MAKE IT.
C W Whitaker
Jericho, N.Y., Exposition Press 494 p. 1972.
RA776.W4 P6W
Adults, Basic nutrition facts, Cholesterol, Diet, Exercise, Food composition tables, Vitamins.
Abstract: This book for the general public has been written to be a guide for diet, vitamin supplementation, exercise, and for those concerned about cholesterol. Basic nutrition facts about nutrients and various health or disease states are presented for the reader. The author recommends higher intakes of the vitamins C and E than those generally considered necessary. There are tables of food composition and of desirable height and weight for adults, but no references.
- 1050-74**
WHO NEEDS VITAMIN E?
J Am Diet Assoc 64 (4): 365-366. Apr 1974.
389.8 AH34
Fat-soluble vitamins, Food beliefs, Medical factors, Nutrient functions, Nutrient intake, Nutrient requirements, Nutrients, Vitamin E, Vitamins.
Extract: Misleading claims that vitamin E supplementation of the ordinary diet will cure or prevent such human ailments as sterility, lack of vitality, abnormal termination of pregnancy, heart disease, vascular weakness, cancer, ulcers, skin disorders, and burns are not backed by sound experimentation or clinical observations. Some of these claims are based on deficiency symptoms observed in other species. Careful studies over a period of many years attempting to relate these symptoms to vitamin E deficiency in human beings have been unproductive. The wide distribution of vitamin E in vegetable oils, cereal grains, and animal fats makes a deficiency in humans very unlikely. Premature infants or individuals with impaired absorption of fats may require supplemental vitamin E, but they should, in any event, be under the care of a physician.
- 1051-74**
WHO SAYS A MANAGER CAN'T TEACH NUTRITION?
Sch Foodserv J 28 (2): 37-40. Feb 1974.
389.8 SC64
Educational programs, Elementary schools, Nutrition education, Program design, School food service, School food service supervisors, Student participation, Teaching techniques, Virginia Beach, Virginia.
Extract: Everyone agrees that nutrition education is a terrific idea. The question is who is going to do it. Food service directors have the educational background in nutrition but aren't qualified teachers. Teachers have the educational background but know little or nothing about nutrition. Undaunted by these would-be obstacles, Ruth Barham, cafeteria manager at an elementary school in Virginia Beach, Virginia, is teaching nutrition to grades one through seven in her school. She teaches one class a week. She says: "Children want to know why they are served the things they are--spinach for instance." Armed with a cart decorated with colorful posters about food and the basic four, Mrs. Barham takes a sample of the day's meal into the classroom for a 30-minute presentation. Culminating the week's activities, the children plan a menu that Mrs. Barham later uses.
- 1052-74**
WHY EAT OUR VEGETABLES? (NOTICE PICTURE).
Chicago, Ill., Coronet Instructional Films 1 reel, 16mm, sd, col, 11 min. 1960.
TX557.W4 P6W AV
Food intake, Nutrient sources, Nutrition education, Plant sources of foods, Vegetables.
Abstract: The vegetables we eat come from various parts of plants. Cabbage, spinach, and lettuce, for example, are the leaves of a plant. Asparagus, celery, and rhubarb are plant stems; carrots, beets, sweet potatoes, and turnips are roots; and beans, peas, and corn are seeds of plants. Vegetables provide needed vitamins and minerals that help our bodies grow and stay healthy; therefore, we should have at least two servings of vegetables every day. Pictured in this film is a classroom of primary-grade children whose teacher is conducting a lesson on vegetables, stressing their dietary importance.
- 1053-74**
THE SIMULTANEOUS EFFECT OF PROTEIN-CALORIE MALNUTRITION ON WEIGHT AND SPIRIT VELOCITY.
Anle Wiersinga, Marie N Van Rens
J Trop Pediatr Environ Child Health 12 (2A): 141-151. June 1973.
RJ1.A1J6 P6W
Africa, Child development, Height-weight ratio, Infants (To 2 Years), Professional education, Protein-calorie malnutrition.
Special issue on practical anthropology.
Abstract: Six African infants who experienced occasional bouts of protein-calorie malnutrition were weighed and measured for over two years. It was found that height growth faltered simultaneously with weight gain upon inception of malnutrition, though it came to a slower halt. The episodic effect of protein-calorie malnutrition is more pronounced on weight, but its ultimate effect might be more pronounced for height, resulting in nutritional dwarfing. This study should be of interest to nutritionists who deal with small children.
- 1054-74**
A BREAKFAST EDUCATION PROGRAM.
Dorothy Wigqana, Lucille Stroble
J Sch Health 44 (2): 99-100. Feb 1974.
LB3401.J6 P6W
Breakfast, Food groups, Professional education, School breakfast programs, School children (6-11 years), Student participation.
Abstract: Students help plan and prepare the breakfasts they eat and at the same time learn about the nutrients in these foods, in the breakfast education program described in this brief article. The children are encouraged to choose whatever foods they would like to serve, with the only proviso being that they are acceptable nutritional alternatives to more usual fare. Teachers and lunch room managers for elementary children may find the ideas in this program of interest.
- 1055-74**
FAMILY FOOD HABITS IN THE VIRGIN ISLANDS.
F O Williams, H K Brush
J Home Econ 57 (8): 641-645. Oct 1965.
321.8 J62
Economic influences, Family relationship, Food habits, Food preparation, Food purchasing, Food supply, Meal patterns, Nutrient intake, Virgin Islands.
Extract: This brief review includes agricultural resources, the economy, meal patterns and menus, meal preparation, food purchasing, and nutritional adequacy of the diet of Virgin Islanders.
- 1056-74**
DIETARY ERRORS MADE AT HOME BY PATIENTS WITH DIABETES.
T F Williams
J Am Diet Assoc 51 (1): 19-25. July 1967.
389.8 AH34
Behavior change, Cooking methods, Diabetes mellitus, Diabetic diets, Diet planning, Food habits, Meal patterns, Motivation, Patient care.
Extract: Diabetic patients are required to drastically change lifelong food habits, methods of cooking, and times of eating. The resulting difficulties in keeping to the altered diet are discussed in this paper. The authors suggest putting fruits on the bread exchange to increase ascorbic acid intake. It may be feasible, if people customarily eat two major meals a day, to maintain this pattern. Food habits should be ascertained before a diet is prescribed.
- 1057-74**
PREVALENCE OF CORONARY HEART DISEASE RISK FACTORS IN BOYS 8 TO 12 YEARS OF AGE.
Jack H Wilmore, John J McNamee
J Pediatrics 84 (4): 527-533. Apr 1974.
RJ1.A453
Cardiovascular disorders, Children, Coronary heart disease, Males, Risk factors.
Abstract: This study was undertaken to determine to what extent known adult heart disease risk factors were manifested in 95 boys from 8 to 12 years of age. Each subject was examined by a pediatrician, had a resting electrocardiogram and blood pressure determination, a densitometric determination of body composition, an evaluation of pulmonary function, a blood lipid analysis, and finally a maximal work capacity test to determine the normality of the exercise electrocardiogram and to assess maximal oxygen uptake. The mean values for this study fell within the normal range of mean values from previous studies, although maximal oxygen intake was particularly high in this population. The prevalence of hypertension was extremely low. However 13 per cent were considered obese, 20 and 8 per cent, respectively, demonstrated elevated serum cholesterol and triglyceride values, and 34 per cent identified at least one blood relative with a myocardial infarction at or before the age of 60 years. Of the total group, 36 per cent exhibited no risk factors, 46 per cent had one, and 14 per cent had two or more.
- 1058-74**
CHILD FOLLOWING: A TECHNIQUE FOR LEARNING FOOD AND NUTRIENT INTAKES.
Christine S Wilcox
J Trop Pediatr Environ Child Health 20 (1): 9-14. Feb 1974.
RJ1.A1J6 P6W
Child nutrition, Nutrient intake, Research, Research methodology, Research needs, Research tools.
Abstract: This article reports on a technique used to determine food and nutrient intakes of Malay children and the information gained by this technique. Three children were followed for their entire waking day and the types and amounts of food they ate were recorded. The nutrients for which these children's intakes appear to be equivocal were determined and they were found to be iron, calcium, vitamin A, and at times, thiamin and riboflavin. Advantages and drawbacks in using this method of study are discussed. Others contemplating nutrient

BIBLIOGRAPHY

1059-74

intake studies may find a technique such as this quite helpful, particularly for nonmeal nutrients which may not be considered "food" by their consumer.

1059-74

FOOD BELIEFS AS RELATED TO ECOLOGICAL FACTORS IN WOMEN.
M H Wilson, R W Lusk
J Home Econ 60 (2): 115-118. Feb 1968.
321.6 J82
Academic achievement, Premise, Food beliefs, Food habits, Food misinformation, Nutrition knowledge, Surveys.
Abstract: Among women the largest group accepting false beliefs about foods were college graduates. Those who had courses work in nutrition or home economics did not accept the fallacies that the others did.

1060-74

YOU CAN LEAD A PATIENT TO A DIET BUT...
M Wilson, R W Lusk
Natr Today 1 (1): 14-18. Mar 1966.
R179a.NB
Diet counseling, Diet planning, Food preferences, Food preparation, Food selection, Motivation, Patient care, Therapeutic and special diets, Therapeutic nutrition.
Abstract: Some professional health workers seem to believe diets have to be unpleasant to be effective. On the contrary, taste, quality, methods of preparation, and flavor should vary as little as possible from normal. Diets low in calories, fat, and cholesterol are very hard to tolerate. A few simple modifications are suggested.

1061-74

FETAL MALNUTRITION AND FUTURE DEVELOPMENT.
Myron Winick
Pediatric Annals 2 (4): 10-15. Apr 1973.
R11.P4 Y6N
Cells, Fetal growth, Growth, Malnutrition, Mental retardation, Pregnancy and nutrition, Professional education, Research.
Abstract: Drawings from results from experimental research with guinea pigs, the author of this article examines different causes of retarded development of the fetus, and their consequences for the infant. If malnutrition occurs very early, the number of body cells will be limited, and organs cannot attain full size, whereas once the number of cells required for the organ such as the brain have been attained, later malnutrition will have less effects, which can be counteracted by refeeding. Maternal protein malnutrition if prolonged will result in an infant retarded in all aspects of growth. A mother with vascular insufficiency may produce an offspring with a small, depleted liver but relatively large brain. This child will subsequently be prone to hypoglycemia. Nutritionists will find this delineation of different types of fetal malnutrition and their consequences useful information.

1062-74

OBESITY AND MALNUTRITION IN CHILDREN.
Myron Winick
Amer Fam 36 (2): 17-18. Feb 1974.
R0750.A2Aa P5N
Child development, Malnutrition, Obesity, Parent education, Weight control.
Abstract: A pediatrician reviews for parents what is presently known about the causes and cures of obesity and malnutrition in children. The paradox that malnutrition and lifetime obesity can both be produced in the young growing child is explained: if the malnutrition occurs early in development, subsequent refeeding never completely causes the child to catch up to his size: if overfeeding occurs about the same time, the body's fat cells being formed will persist in the same numbers throughout the individual's life. Just as too much food can produce too many fat cells, malnutrition may produce too few by retarding cell division. The author cautions parents and their physicians to watch child feeding to prevent the more prevalent condition, obesity.

1063-74

CHILDHOOD OBESITY.
Myron Winick
Natr Today 9 (3): 6-12. Nov/Dec 1974.
R179a.NB
Cardiovascular disorders, Children, Diet counseling, Diets, Fat cells, Growth, Obesity, Socioeconomic influences.
Abstract: During a symposium in New York in November 1973, on child obesity, new approaches were examined, and current research evaluated. Some answers were forthcoming but many questions remain unanswered. Perhaps more important than any of this, however, was the fact that childhood obesity was identified as a significant health hazard. Only this realization can mobilize the medical community, the nutrition community, and concerned parents into instituting the necessary programs to study and eradicate what is perhaps the greatest "nutritional danger" in our country today.

1064-74

CHILDHOOD OBESITY.
O B Wolff, Jesse K Lloyd
Proc Nutr Soc 32 (3): 195-198. Dec 1973.
389.9 R953
Children, Fat cells, Growth, Obesity, Weight loss.
Abstract: Obesity is the most frequent nutritional disturbance of childhood in the developed countries and can persist into adult life. This paper considers the definition, prevalence

and natural history of the condition, and the effects of overnutrition on linear growth, pubertal development and the cellularity of the adipose organ.

1065-74

A FAVORITE FOODS PUZZLE.
Kathy Wooten
Forecast Home Econ 20 (2): 1-10-f-12. Oct 1974.
321.6 R752
Educational games, Nutrition education.
Abstract: A crossword puzzle is presented which has the purpose of increasing the food and nutrition vocabulary.

1066-74

NEW DIMENSIONS FOR PUBLIC HEALTH NUTRITION--THE CHALLENGE OF CHRONIC DISEASE AND AGING.
D B Youland
Amer J Clin Nutr 9 (2): 211-216. Mar/Apr 1961.
389.8 J824
Aging, Deficiency diseases and disorders, Diet improvement, Educational programs, Elderly (65 + years), Medical factors, Nutrition education, Nutritionists, Preventive nutrition.
Abstract: Nutritionists can help with the problems of chronic diseases among aging persons. They have already helped prepare books, pamphlets, and films for educational purposes. They have trained nursing home food service personnel, ensured the quality of the menus of the "Hoels on Wheels" program, and have advised in home care programs. Nutrition education for the middle-aged would help prevent chronic old-age problems. Diet counseling for older citizens is also recommended.

1067-74

NUTRITIONAL KNOWLEDGE AND PRACTICES.
C H Young, R Norrisford, S G Weidner
Public Health Rep 71 (5): 489-492. May 1956.
R421.P82 P5E
Basic nutrition facts, Feeding, Food habits, Food misinformation, Food selection, Homekeepers, New York (State), Nutrition knowledge, Surveys.
Abstract: The younger or better educated housewives interviewed in a statewide New York had more nutrition knowledge than older or less educated ones.

1068-74

EFFECT OF FOOD PREFERENCES ON NUTRIENT INTAKE.
C H Young, T D Lefkowitz
J Am Diet Assoc 33 (2): 98-103. Feb 1957.
389.8 R834
College students, Diet patterns, Dietary surveys, Food habits, Food preferences, Nutrient intake.
Abstract: According to this dietary survey of college students, religious food restriction did not influence adequacy of the diet. Dieting had relatively little effect, nor did food dislikes. Foods not liked are seldom served.

1069-74

WEIGHT CONTROL IN A COLLEGE SITUATION.
Charlotte H Young
Postgrad Med J 51 (5): 116-120. May 1972.
R31.F6
Adults, Clinical nutrition, Diet counseling, Educational methods, Exercise, Food habits, Obesity, Weight control.
Abstract: College students are mixture of adolescent and adult. They are intelligent, intellectually honest, and quite frank to admit what they have done, and they suggest in less fantasy than do adolescents or adults. These and other attributes favor success in treatment of obesity, but special pressures and circumstances of college life tend to offset them. Even though success as measured in the usual terms is not outstanding, early failures often turn into success when situations change and students are able to put to good use what they learned through nutrition counseling.

1070-74

PSYCHOLOGIC FACTORS REGULATING THE FEEDING PROCESS.
P T Young
Amer J Clin Nutr 5 (2): 154-161. Mar/Apr 1957.
389.8 J824
Appetite, Behavior, Food habits, Food intake, Food preferences, Food selection, Psychological aspects, Taste.
Abstract: Appetite is one determinant of food intake. Intake depends also on palatability, the affective reaction following the eating of certain foods, the existing habits and attitudes of the organism, and its chemical state. Appetite is "an acquired determination to seek out and select a particular nutrient."

1071-74

FOOD PREFERENCES AND THE REGULATION OF EATING.
P T Young
J Comp Physiol Psychol 15 (1): 167-176. Feb 1933.
410 J822
Diet patterns, Feeding, Food consumption, Food habits, Food preferences, Food selection, Hunger, Psychological aspects, Social factors.
Abstract: This article presents a general review of psychological and other factors that influence food preference and consumption. Illustrations from animal experiments as well as from studies of man are given. Topics covered include self-selection of diet, cravings and aversions, hunger and appetite, food preferences, and the regulation of eating.

1072-74

NUTRITION AND PALATABILITY.

J Yudkin

Lancet 1 (7295): 1335-1338. June 22, 1963.

488.8 L22

Diet patterns, Food habits, Food intake, Food preferences, Food selection, Junk food, Nutrient intake, Processed foods. Abstract: People eat more of foods which are considered palatable. For one, many of the foods that are tasty are not nutritious. Food manufacturers can now separate taste from nutrition, produce delicious, non-nutritious junk food. In a general experiment, man is the most prone to eat nutrient foods with foods that were palatable and also had the highest nutrient content.

1073-74

CHANGING FOOD HABITS.

J Yudkin

Nature 200 (4908): 728-729. Nov 23, 1963.

472 B21

Behavior change, Diet improvement, Diet patterns, Food habits, Food habits, Food preferences, Motivation, Nutrient intake, Nutritional education. Abstract: This article stresses the separation of palatability from the nutritive value of food. The difficulty from the nutritionist's viewpoint, is how to make food preferences coincide with food needs. Most people think that the foods they like to eat are those they need. Much more research needs to be done in the area of nutrition education and the alteration of food habits.

1074-74

THE LOW-CARBOHYDRATE DIET IN THE TREATMENT OF OBESITY.

John Yudkin

Postgrad Med J 51 (5): 151-154. May 1972.

831.P6

Adults, Appetite, Carbohydrates, Diet counselling, Nutrients, Weight loss.

Abstract: The low-carbohydrate diet as described gives palatability, satisfaction of hunger, good nutrition and a deficit of 1000 calories a day or more. The patient does not need to know caloric values of foods. The low-carbohydrate diet limits intakes to 50 or 60 gm. Of carbohydrates and as much protein and fat as desired.

1075-74

SMART AND DANGEROUS: THE NEW FACTS ABOUT THE SUGAR YOU EAT AS A CAUSE OF HEART DISEASE, DIABETES, AND OTHER KILLERS.

John Yudkin

New York, Peter B. Hyden 209 p. [1572].

07701.Y8 P58

Carbohydrate-rich foods, Cardiovascular disorders, Diabetes mellitus, Obesity, Professional education, Sugar, Weight control.

Bibliography: p. 201-204.

Abstract: Americans and Britons consume over one hundred pounds of sugar a year per person. In this book for the nutritionist a British nutritionist scientist presents evidence and arguments why all this sugar is bad for the health of the individual. The book tells how our diets developed from prehistoric times to the present, how sugar was discovered, and how it is grown and refined. Some of the scientific statements regarding its effects on health are speculative. The lay reader should also find the book of interest.

1076-74

THE MEAT WE EAT [9th ed.]

Percival Thomas Siegel

Deaville, Ill., The Interstate Printers & Publishers 547 p. 1966.

TX373.E5 1966 P58

College students, Food preservation, Meat, Meat by-products, Meat grades, Meat specifications, Poultry, Sacked meat. Abstract: This book has been written for the farmer, housewife, and college student, to present basic facts about the meat we eat. It includes information on slaughter, inspection, grading, preservation by smoking and other means, meat by-products, the care of various meat animals, and dressing of poultry and game, there is a section on preparation and serving of meat. The book is suitable for teaching college students in courses on food preparation or veterinary subjects.

1077-74

THE "GET THE PICTURE" ON NUTRITION.

Virginia I Birkle

Natr News 37 (3): 11. Oct 1974.

389.8 B957

Adolescents (12-19 years), Individual aids, Food habits, Nutrition education, Student involvement. Abstract: Getting through to teenagers and increasing their knowledge of nutrition was accomplished by getting an audience, making and showing videos with teams as the actors portraying various types of eating habits, and awarding prizes to schools with highest attendance at sessions.

1078-74

REVISING BOOKLETS ON FAT-CONTROLLED MEALS: BACKGROUND INFORMATION ON NUTRIENT COMPOSITION.

B C Bakel

J Am Diet Assoc 54 (1): 20-24. Jan 1969.

389.8 B234

Cardiovascular disorders, Dietary standards, Fat-controlled

diets, Low fat foods, Nutrient content determination, Nutrient requirements, Preventive nutrition, Therapeutic and special diets, Therapeutic nutrition.

Abstract: The present revision of the American Heart Association's booklets on fat-controlled, low-calorie diets are described and discussed. The diets are available to patients only on a physician's prescription. This paper presents the nutrient composition of the meals.

1079-74

FOOD PREFERENCES OF CHILDREN FROM LOWER SOCIOECONOMIC GROUPS--A GEOGRAPHIC STUDY.

B Zaich, A C Felte

J Ross Icon 61 (1): 47-48. Jan 1969.

321.2 J82

Children, Dietary surveys, Disadvantaged youth, Food habits, Food preferences, Food selection, Geographic regions, Low income groups, United States.

Abstract: Sixth-grade children from three different parts of the U.S. responded to a like/don't-like questionnaire on 24 foods. There were more favorable than unfavorable responses. All preferred fried foods, desserts, and fresh fruit. Most of the children disliked cereals, fish, and cooked vegetables.

HISTORY

1080-74

THE STORY OF JOHNNY APPLESEED.

Aiki [Brandenburg]

Englewood Cliffs, Prentice-Hall 30 p. 1963.

TK355.B72 P58

Apples, Childrens stories, History.

Abstract: A book abounding in colored pictures that tells the story of how Johnny Appleseed planted each of the country with apple trees. The story can be read to preschool children, and the primary aged children will be able to read the book by themselves. The legend is brought to life in this story, and Johnny becomes a warm human being, a friend to animals, Indians, and farmers.

1081-74

FOODS OF THE BIBLE.

L R Arrington

J Am Diet Assoc 35 (8): 816-820. Aug 1959.

389.8 B234

Biblical foods, Cookery, Diet patterns, Food groups, Food habits, Food selection, Foodways.

Abstract: This is a review of the foods referred to in the Bible, categorized by food groups common to us today and discussed according to their use in biblical times.

1082-74

THE SAGE OF CITRUS FRUITS.

David L Beckman

Givaudan Flavor (2): 1, 5-6. 1974.

389.8 G44

Citrus fruits, Flavor, Flavorings, Fruits, Grapefruit, History, Lemons, Limes, Oranges.

Abstract: Citrus fruits have been in existence a long time and have been eaten by people throughout the world. Lemons, oranges, limes, and grapefruit are notable for their richness in vitamin C. The orange pulp provides nutritious animal feed, and the rind is a proven source of pectin and highly aromatic oils that are greatly prized by perfumers and flavorists. Beverages, baked goods, confections, puddings, gelatin desserts, and pharmaceuticals are only a few of the items that employ citrus flavors.

1083-74

ICE CREAM: THE GREAT AMERICAN FAVORITE.

David L Beckman

Givaudan Flavor (4): 1-2, 6, 8. 1974.

389.8 G44

Desserts, Flavorings, Food additives, Food consumption, Frozen desserts, History, Ice cream, Milk products, Product development.

Abstract: Ice cream probably evolved from the chilled wines and other iced confections favored by ancient peoples. It is high in calcium, phosphorus, and other nutrients, is produced under carefully regulated, sanitary conditions, and contains fewer calories than most desserts, making it one of the most popular foods. When ice cream was first commercially produced in the U.S. in 1851, the average U.S. intake of the food was less than a teaspoon a year. In 1972, the average was 17.9 pounds per capita per year. Vanilla is the favorite flavor (51% sales), with chocolate (13.5%) and strawberry (6%) placing second and third. Recent experimentation has produced a wild assortment of new ice cream flavors such as sweet potato, diet tea, bruey spruce glazed, apple strudel, banana cereals, and the like. In today's market, flavor is the determining

1084-74

ner of what ice cream to buy. The successes brought about by flavor scientists have resulted in ice creams to suit almost any taste.

1084-74

LORP AND LEGENDS OF ONION AND GARLIC.

David I Reckman
Givaudan Flavor (3): 3-5. 1974.
308.8 G44

Flavorings, Food production, Garlic, History, Onions.
Abstract: The uses of onion and garlic throughout history are given. Mentioned in mythology, both foods enjoy reputations as taste enhancers and as remedies for many illnesses. The economic use of each are given as are the leading producers in the United States and abroad. Flavor specialists have developed economical natural and artificial powdered and liquid replacements for both onion and garlic.

1085-74

WILD PLANTS--TRY IT, YOU MAY LIKE IT.

Dee Reinhardt
What's New Home Econ 38 (5): 25-26. May/June 1974.
321.8 B55

Cooking techniques, Food preparation, Food sources, Foods instruction, Home economics education, Plant sources of foods, Teaching techniques, Wild foods.
Abstract: Growing in the wild, perhaps in one's own back yard, are numerous edible plants that are viable, healthful substitutes for some foods not bought in the grocery store. Here are some suggestions for building a series of lessons on the identification, preparation, cooking, and serving of wild foods such as cattails, acorns, day lilies, and silkworm.

1086-74

FOOD SHORTAGE--AN EDUCATIONAL CHALLENGE.

Geore Borenstrom
Natr News 37 (3): 9, 12. Oct 1974.
389.8 B957

Food supply, Nutrition education, World problems.
Abstract: Increasing world population threatens the available food supply. New foods may solve some of the problems, but these are restricted presently to the more affluent nations. Various food sources--sea, land, and processed foods--are reviewed and the problems of production increases are reviewed. Nutrition education is a logical solution to future problems.

1087-74

POPULATION GROWTH, FOOD NEEDS AND ENVIRONMENTAL STRESS.

Lester R Brown
In Proceedings of the Western Hemisphere Nutrition Congress II
Miami Beach, Fla., Sept. 2, 1971 p. 235-242. 1972.
TZ345.W4 P5W

Ecology, Environmental factors, Food supply, Hunger, Population growth, Water.
Abstract: The problems raised by the author of this article would prove of value to professionals in the field of ecology, population control and nutrition and public health. Mr. Brown points out the importance of a nutritionally sound diet to the world population. The production of an adequate diet must be considered. The increase in food supply can be attained by planting more crops, irrigation, and fertilization, but all of these methods of obtaining a higher yield lead to other problems, such as a change in the water level, changes in the temperatures of the Arctic waters, draining of countryside by erosion, salinization, desertification, decline of salt water fish, etc. To solve our problem by substituting another problem is not the answer to our population growth.

1088-74

LITS FIND OUT ABOUT BREAD.

Oliva Burt, Nini Korech
New York, Franklin Watts 51 p., illus. 1966.
TZ560.B888 P5W

Baking, Bread, Children's stories, Grain products.
Abstract: This book, written and illustrated for young children, shows the child just how the bread that he eats is made. The planting, growing, and harvesting of wheat is explained. Threshing is described to the reader, showing the use of the hulls for feed for cattle. The making of bread by large bakeries, as well as baking at home is discussed. The use of bread in the diet is stressed.

1089-74

CALIFORNIA PRUNES (BOYISH PICTURE).

California Prunes Advisory Board
California 1 reel, 16mm, sd, col, 22 min. [n.d.].
SB379.P9C3 P5W AV

Agricultural development, Dried fruits, Food packaging, Food preservation, Home, Food processing, Fruits, Prunes, Stone fruits.
Distributed by Modern Talking Picture Service, Inc.
Abstract: This humorous, informative movie traces the process by which an ordinary plum becomes a gorgeous, delicious prune. Beginning with sprouts of the trees for blossoming, we see how the plums are tested for ripeness, how the fruit is harvested, and the methods of drying, grading, sorting, and packaging the product. A final request of the film depicts various ways to preserve and serve prunes at home.

1090-74

CHEESE: 'MILK'S LEAF TOWARD IMMORTALITY'.

Givaudan Flavor (2): 3-4, 6. 1974.
308.8 G44
Cheese, Development, Flavor, Flavorings, Food preferences, History, Marketing, Milk products.
Abstract: Legend has it that thousands of years before Christ, an Arabian merchant poured milk into a pouch made of a sheep's stomach and set off on a long journey. When he stopped to have a drink, he found his milk had turned into a strange thick substance--the first cheese. Since that far off time, cheese has become a favorite food of people the world over--the most popular with Americans being the Swiss, American, and Italian varieties. Imitation cheese flavors have also been developed. At first, these flavors were unappetizing because although they smelled like cheese, they did not taste like cheese. Nowadays imitation cheese flavors are as like the original that they are frequently used to enhance or extend the flavors of natural cheeses.

1091-74

SOYBEANS FOR HEALTH AND A LONGER LIFE.

Philip S Chen, Helen B Chong
New Canaan, Conn., Kaata Publishing 178 p. 1973.
TZ558.S7C4 P5W

Nutrient quality, Recipes, Soybean oil, Soybean products, Soybeans, Vegetable oils, Vegetarian diets.
Abstract: This book offers detailed information on soybeans. It includes information on nutritive value, soy products, soybean culture and preservation, and recipes using soybeans and soy products. The information could be helpful to those using soy products in feeding programs and also to those offering nutritional advice to people such as vegetarians using soy products as a major food in their diet.

1092-74

CHILD NUTRITION PROGRAMS.

Dairy Council Div 45 (1): 1-6. Jan/Feb 1974.
389.8 D14

Administration, Child nutrition programs, History, Milk program, National School Breakfast Program, National School Lunch Program, Program design, Program evaluation, Special Food Service Program for Children.
Abstract: Child nutrition programs administered by the Food and Nutrition Service of USDA are here discussed from an historical viewpoint with emphasis on the original purposes and events responsible for the present-day characteristics of the programs. The general purpose is to increase the nutritional well-being of children and develop sound nutrition habits. New trends signify increased flexibility and participation. The satellite kitchen and the cup-cook method of serving have been instituted to provide meals where traditional facilities are lacking. Menu planning may be computerized and a nutrient approach to meal planning is being studied. The availability of competitive foods is now the responsibility of State and local school officials; thus, the basic purposes of the child nutrition programs can be maintained due to a new nutrition choice of these foods. The greatest single challenge is to increase pupil participation and incorporate nutrition education in the child nutrition programs.

1093-74

THE FOOD INDUSTRY'S RESPONSIBILITY IN PUBLIC NUTRITION.

W B Cordant
Food Nutr Notes Nov 30 (11-12): 152-164. Nov/Dec 1973.
389.9 AM73
Consumer education, Consumer protection, Food industry, Food standards, Industry role, Labeling, Nutrition, Nutritional labeling, Public health.
Abstract: There can be no unequivocal answer to the question: "Is the food industry providing the public with its nutritional needs?" Nutrition is a complex subject with many social ramifications which are frequently not recognized by students prone to oversimplify when making pronouncements in the field of nutrition. Food is for nourishment, and for that reason nutritionists cannot condone diets that substantially depart from natural animal and plant products. Meat is more than protein, bread more than starch and thiamine, and oranges more than vitamin C. The food industry should devote less attention to products containing sugar and more to the preservation, presentation, and presentation of fruit, vegetables, and animal products, maintaining not only their flavor, but their bulk or fiber, and their minerals and vitamins in natural proportions. Supplementing of some nutrients lost in processing by fortification is some cases may be wise, even secondary, but care should be taken that the diet consists substantially of animal and vegetable products, albeit in considerably more convenient forms than were available before.

1094-74

AN APPLE IS BUD.

Nancy Curry, Harvey Handlin
Glendale, Warner 28 p. col. photos. 1967.
TZ355.C8 P5W
Apples, Bananas, Color in foods, Grapes, Lemons, Oranges, Preschool children (2-5 years), Watermelons.
Abstract: This is a book for the preschool child with words opposite a full page colored photograph of different fruits. The child is introduced to the apple, orange, banana, grape, lemon and watermelon, each fruit is shown in its complete form, and then again the way it looks when it is being eaten.

- 1095-74**
DAIRY PRODUCTS.
 India & Welfare Caterine 5 (7): 10-22, 38. May 1974.
 TX946.5.15 P6N
 Butter, Cheese, Cream, Dairy foods, Ice cream, Milk, Milk products, Nutrients, Toehart.
 Abstract: Milk and other natural dairy products always will be in demand. A review of nutrients, grades, processing, keeping qualities, characteristics and uses, is provided. Cream, butter, cheese, ice cream, and Yogurt are treated similarly. Consumption tables are included, and menus are given for several types.
- 1096-74**
THE FOOD PROBLEMS IN GEORGIA, ATHENS, GA., 1969.
 Gerald G Dell
 Athens, Ga., The Inter-institutional Committee on Nutrition 64 p. May 12, 1970.
 TX360.076a P6N (The Inter-institutional Committee on Nutrition. Report no. 2)
 Food consumption, Low income groups, Malnutrition, Nutrition programs.
 Abstract: This is a report of the ICN meeting held in Athens, Ga., in November, 1969. In order to solve the food problems of any area the problems must be clearly delineated and reduced to an understandable form which can yield to the corrective efforts of local agencies. It must be known: 1) what portion of our community is hungry, 2) how hungry they are, and 3) why they are hungry. It points up how interwoven other factors are with food habits in the total way of life. These factors complicate the definition of "food problems" and the means to solve these problems. The authors outline 12 points or problems which must be worked on concurrently and gradually over time.
- 1097-74**
THE EVOLUTION OF SCHOOL FOODSERVICE.
 Restaurant Man 73 (5): 121, 228-229, 236, 245-246. May 1974.
 389.2538 P82 P6N
 College food service, Financial management, Interior design, Menu planning, Merchandising, School food service, Student participation.
 Abstract: There are a number of trends emerging from the heretofore individualistic milieu of college food services. New versions of the meal ticket include coupons and credit cards. Along with this trend, goes more variety in the types of food service facilities--snack bars, steak houses, even full-service restaurants. In cash operations, merchandising and advertising are promoting on-campus pubs, delicatessens, and other specialized operations. Soy Protein is not seen as a viable way to reduce costs.
- 1098-74**
THE FOOD STORY: WHAT'S AHEAD FOR INSTITUTIONAL FOODSERVICE.
 Tom Farr
 Food Management 9 (2): 36-42, 63, 80. Feb 1974.
 TX341.P69
 Energy crisis, Financial management, Food prices, Food sources, Hospital food service, Institutional feeding, Operating expenses, Prediction, School food service.
 Abstract: The energy crisis and concomitant rise in food prices are bringing operational problems to institutional food services across the country. Food prices, especially for meat, are causing a search for alternate protein sources. Not most of all, the energy crisis bodes ill for food service operations if deliveries cannot be met and suppliers cannot bring in food at reasonable prices. This article predicts that 1974 will be a "Year of adjustment" for institutional food services and suggests alternative ways to handle the impending problems of food costs and fuel supplies.
- 1099-74**
THE MILK FAMILY. (SPA)
 Florida, Dept. of Health and Rehabilitative Services, Division of Health
 Jacksonville, Fla. single-sheet flyer printed front and back--1971.
 TX377.P5 P6N
 Butter/milk, Cheese, Diet information, Ice cream, Milk, Milk products, Nutrient values.
 Title of Original: La familia leche.
 Abstract: Milk, butter/milk, cheese, and ice cream all contain protein, calcium, riboflavin, vitamin A, and may be fortified with vitamin D. Milk products help build strong bones, muscles, and teeth.
- 1100-74**
FOOD AND NUTRITION: A NEW VIEW OF AN OLD PROBLEM.
 Food and Agriculture Organization of the United Nations, Food Policy and Nutrition Division
 Nutr Newsletter 11 (4): 1-16. Oct/Dec 1973.
 QF141.A138
 FAO/WHO, Food consumption, Food production, Food supply, International programs, Nutrition policy, Nutritional status, Program planning, World problems.
 Abstract: The world's food and nutrition problems must be tackled by a new, more effective strategy for FAO activities aimed to improve the present international food and nutrition situation. Such a strategy should be based on the obvious fact that food production, food marketing, food consumption, and the factors that condition them represent one single system. In this new approach, nutrition would be fully integrated into
- overall national planning. This represents a basically new concept for the nutrition discipline, which traditionally has not been properly integrated into the national planning process.
- 1101-74**
REDIRECTING FOOD HABITS--A FOOD SCIENTIST'S VIEWPOINT.
 B A Gallop
 J Can Diet Assoc 31: 9-16. Mar 1970.
 389.9 C1632
 Agricultural development, Demography, Food distribution programs, Food habits, Food processing, Food sources, Food supply, International programs, New foods.
 Abstract: A food scientist looks at the inequities of the world's feeding situation and food habits and makes some suggestions. There is ample food for man, his essential livestock, and some of his pets. It needs protection via the stabilization of processing and channeling to hungry people. Livestock should revert to being converters of nonhuman food into protein. Urbanization is changing many foods and their processing and distribution. "Designed" foods that can be bought in strips like paper towels are an answer to objections to eating certain animal flesh.
- 1102-74**
STUDY ON MUSTARD BY DUMAS (PERE), AUTHOP AND GASTRONOME.
 Samuel A Goldblith, Judith A Clark
 J Am Diet Assoc 65 (5): 525-526. Nov 1974.
 389.8 AH34
 Dictionaries, France, History, Mustard, Seasonings.
 Abstract: Gastronomy was the avocation of the famous nineteenth century novelist, Alexandre Dumas. As such, his last work was a masterful tome--published posthumously--Grand Dictionnaire de Cuisine. In it, he traces the history of food from prehistoric times, presents recipes, and reveals his extensive knowledge of the entire field of foods. This paper is devoted to his "Study on Mustard," presented as an appendix. Use of this seasoning goes back to Greek and Roman days. Development of the famous Dijon mustards is recounted, and etymology of the word "mustard" is traced.
- 1103-74**
ONE MAN'S MEAT: THE ORGANIC ALTERNATIVE.
 Joan Dye Gussow
 Nutr Today 9 (2): 21-32. Mar/Apr 1974.
 RA784.N6
 Agricultural techniques, Agriculture, Attitudes, Conservation, Consumers, Environmental factors, Fertilizers, Organic foods, Pollution.
 Abstract: In the past, as now, organic agriculture and its proponents have been viewed by nutritionists, large farming industries, and the "conventional wisdom" as a bunch of nuts who want to take farming back to the stone age. The fact is, however, that some combination of organic and chemical farming methods will become necessary. In terms of ecology, agriculture is the most wasteful of all industries, producing huge quantities of organic material that never goes back into the soil. These waste by-products of civilization have already gotten out of hand, and returning them to the soil is not only ecologically, but also financially sound. Energy costs are now so high that energy-intensive chemical farming is becoming more expensive than farming that is labor-intensive. This is especially true in developing countries where labor is in great supply but energy sources are not. The "establishment" flak against organic farming--that it is too expensive and will doom the world to starvation--has no basis in fact. Waste is becoming our cheapest, most abundant product, and the time will come when we must use it.
- 1104-74**
IN CITY, TOWN AND COUNTRY.
 Paul R Hanna, Genevieve Anderson Hoyt, Clyde F Kohn
 Chicago, Scott, Foresman and Co. 203 p., illus., vocabulary list. 1965.
 TX355.M3 P6N (Curriculum foundation series. The basic social studies program)
 Dairy foods, Food delivery.
 Abstract: This social studies' book planned for children from 8 to 11 years of age teaches children how people live in their local communities and other kinds of communities. The book is written in a simple story form with families in the different communities going through their daily life styles, so that we can get to know about their community. There is a section (14 pages) dealing with a dairy farm, the machinery that is needed to milk the cows, pasteurize the milk, make dairy products, and then deliver them safely to the members of other communities. Mention is also made of other types of foods that are purchased in the supermarket of "Middletown".
- 1105-74**
FOOD AND NUTRITION POLICY--NOW AND IN THE FUTURE.
 D Mark Hegstad
 J Am Diet Assoc 64 (4): 367-371. Apr 1974.
 389.8 AH34
 Agricultural development, Conservation, Food prices, Food standards and legislation, Food supply, Government role, Nutrition policy, Nutrition programs, Program evaluation.
 Abstract: The U.S. needs a national nutrition policy designed to assure that every American has the opportunity to receive an adequate diet and, insofar as possible, consumes it. Development of such a program involves, in addition to nutritional considerations, agricultural production and the use of our

1106-74

surplus foods to feed starving peoples around the world; governmental organization--what agencies should do what; surveillance of nutrition programs to determine their effectiveness; conservation in production and utilization of food; and food price considerations.

1106-74

STEP TO CIVILIZATION: THE STORY OF MAN'S FOOD.
Charles F. Jr. Heiser
San Francisco, W.H. Freeman 255 p. 1973.
\$421.00 P&N

Agriculture, College students, Food economics and consumption, Food habits, History, Plant sources of foods.
Abstract: In this book for college students and other interested readers the author traces the beginnings of agriculture as they relate to the beginnings of man, and describes how many of the world's staple foods have developed and been used, in many times and places. The book concludes with a discussion of present and future world food problems and some possible solutions. The book would be a useful supplementary text for high school classes in biology and home economics.

1107-74

THE NATIONAL SCHOOL LUNCH PROGRAM: ITS CONTRIBUTION TO CHILD HEALTH AND NUTRITION EDUCATION.

Harry H. Hill
Clin Pediatrics 70 (11): 651-655. Nov 1971.

NJ1.05 P&N
Child nutrition, Education, Nutrients, School lunch, Type A lunch.

Abstract: The nutritional health of children is a shared responsibility between the school and the home. The Federal government assists through the National School Lunch Program and other school feeding programs. The article gives background information on school lunch, the National School Lunch Act with Type A pattern, other school feeding programs, attitudes toward the lunch program, and recommendations for improvements.

1108-74

FOOD-RELATED ENERGY REQUIREMENTS.

Eric First
Science 184 (4133): 134-136. Apr 12, 1974.
470 SC12

Agriculture, Energy, Energy crisis, Food industry, Food preparation, home, Food processing, Retailing, Transportation, wholesaling.

Abstract: The study described here was initiated as a result of U.S. energy shortages. Moving food through the economy from farm to home or restaurant comprises 12% of the total U.S. energy budget, considering 20% of all personal disposable income is spent for food. Food-related home energy use is the greatest, accounting for 22% of the total fuel shortages suggest that former high-rates increases in energy consumption for food-related activities will not continue. Great energy-use reductions will have to be made in home. This should involve manufacture of more efficient kitchen appliances, changes in eating habits (eating less with greater reliance on vegetable protein), and cutting the consumption of processed foods. Combined with other suggested energy-use reductions for farmers, food processors, and retailers, an immense amount of present energy waste could be eliminated.

1109-74

EARLY FOODS OF THE SOUTHWEST.

G. K. Holden, M. W. Lamb
J Am Diet Assoc 40 (3): 218-223. Mar 1962.
389.8 AN34

Diet patterns, Ethnic foods, Ethnic groups, Food habits, Food intake, Geographic regions, History, Literature reviews, Southwestern states.

Abstract: Traditional foods considered typical of the American Southwest (Texas, northern Mexico, Arizona, New Mexico, the Oklahoma panhandle, and southwestern Kansas) are the result of cultural admixture through history. This article reviews the literature dealing with the history of foods in this region, beginning with indigenous food sources used by local Indian tribes.

1118-74

POVERTY AND MENTAL RETARDATION: A CAUSAL RELATIONSHIP.

Podger Murray
New York, Vintage Books, a Division of Random House 301 p. 1969.
RC106.P6N8 P&N

Education, Food distribution programs, Malnutrition, Mental retardation, Migrant workers, Poverty research, School lunch programs.

Foreword by Senator Edward M. Kennedy.
Abstract: A readable compilation of many studies showing the very close relationship between the mental ability of a person and the economics surrounding his life. Many examples of organic impairment and lack of medical help as a direct result of poverty are given. Welfare and food assistance programs are discussed. Migrant workers, as an example of urban poverty are studied. Public education in the U.S. is discussed, and the author concludes that because of the testing system used, and the teachers who are middle class with middle class values, those students who come into the school with more (social, educational and economic) will get more out of the school experience than those students who come into the school with nothing (no verbal skills, no money, and no social or socio-

nal skills) leave the school system with very little.

1111-74

RESEARCH IN AGRICULTURE AND THE PROFESSION OF DIETITICS.

Ruth M. Leverton
J Am Diet Assoc 64 (6): 636-641. June 1974.
389.8 AN34

Dietary surveys, Dietitians, Food preparation, Food selection, History, Nutrient values, Nutrition education, Research, U.S. Dept. of Agriculture.

Abstract: Through the years, research findings from the broad field of agriculture, especially in nutrition, dietary surveys, food composition, and nutrition, have added to the dietitian's armamentarium. The author chronicles, by decade beginning with the 1890's, examples of research contributions, chiefly from the program of the USDA's Agricultural Research Service, although efforts of many related and cooperating groups--local, state, federal, private, and industrial--are also included.

1112-74

SNIPP, SNAPP, SNUFF AND THE BUTTERED BREAD.

Benj. Lindann
Chicago, Albert Whitman 24 p., illus. 1943.
TX355.L52 P&N (Snipp, Snapp, Snuff no. 4)

Breads, Butter, Children's stories, Milk.
Abstract: This is a story that can be read to preschool children or read by primary aged children themselves. The story concerns three little boys who decide to get some grass, so that their mother may make better for their bread. In their search for the grass, they realize that the cow needs green grass before she is able to manufacture creamy milk. The grass must have sunlight to grow. Everything is able to function after the boys convince the sun to shine.

1113-74

FACTS ABOUT BEEF.

National Live Stock And Meat Board
Chicago, National Live Stock and Meat Board 10 p. 1973.
TX556.B4N3 P&N

Beef, Cooking methods, Food storage, Frozen foods, Recommended Dietary Allowances.

Abstract: This leaflet is packed with such valuable information that the housewife will be able to see. Nutritional facts about beef are given, as well as some information on the selection, care and storage of meat. Instructions, along with colored photographs, are given for the preparation of beef, and the serving of the cooked meat. Simple directions for carving three cuts of beef are also included. Two pages are devoted to charts listing the time and temperatures to be used for beef cookery.

1114-74

FACTS ABOUT PORK.

National Live Stock And Meat Board
Chicago, National Live Stock and Meat Board 10 p. [n.d.].
TX556.P8.N3 P&N

Cooking methods, Food storage, Frozen foods, Pork, Recommended Dietary Allowances.

Abstract: This leaflet is packed with such valuable information that the housewife will be able to see. Nutritional facts about pork are given, as well as some information on the selection, care and storage of the meat. Instructions, along with colored photographs, are given for the preparation of pork, and the serving of the cooked meat. Simple directions for carving four popular cuts of pork are also included. Two pages are devoted to the correct temperatures to use for pork cookery.

1115-74

FACTS ABOUT SAUSAGE.

National Livestock and Meat Board
Chicago, National Livestock and Meat Board 10 p. [n.d.].
TX556.P8.N32 P&N

Cooking, History, Nutrient values, Sausages.

Abstract: The history of the sausage is traced back through the ages to well before the time of Greece. Care and storage of the different kinds of sausage on the market today is discussed, and this, plus the other information found in this leaflet will prove of value to an adult or to home economics classes. Also included is a chart giving the nutritive value of selected sausages and ready-to-serve meats. Different and interesting serving suggestions including ideas for the use of sausage for breakfast, casseroles, roasts. Salads, snacks and hors d'oeuvres, cold platters and sandwiches are mentioned.

1116-74

LESSONS ON MEAT. 3d ed.

National Livestock And Meat Board
Chicago, National Livestock and Meat Board 85 p. Oct 1973.
TX373.N33 P&N

Food preparation, Food preservation, Food purchasing, Instructional materials, Meat, Nutrient values.

Revised and expanded version of "Ten lessons on meat".
Abstract: This booklet represents a complete revision and expansion of the long-used source book "Ten lessons on meat" first published in 1925. This booklet is planned as a reference for those studying meat. This edition includes the latest findings relative to meat's nutritive value and place in the diet, preferred cooking and freezing methods and buying guides. There also are helpful tips on meat identification, carving and serving.

- 1117-74
DRY SKIN MILK. (SFA)
 New York (City), Dept. of Health, Bureau of Nutrition
 New York, N.Y. 1 n. 1967.
 TX379.R4 P6W
 Consumer education, Diet information, Dried foods, Food preparation, Food selection, Low fat foods, Milk, Skin milk.
 Title of Original: Leche en polvo sin grasa.
 Abstract: Dried skin milk is a good value for folks on a tight food budget. It contains all the nutrients of whole homogenized milk but without water or fat and at one-third the cost. Dried milk is easy to reconstitute and can be used in the same ways one would use fresh milk.
- 1118-74
INTEGRATED APPROACH FOR FOOD, NUTRITION, POPULATION AND ECONOMIC GROWTH.
 Shure Okita
 Nutr. Newsletter 11 (4): 17-21. Oct/Dec 1973.
 OF41.A1W6
 Agricultural development, Economic development, Food consumption, Food supply, Nutrition policy, Nutritional status, Population growth, Poverty, World problems.
 Abstract: The world now faces a dual problem: adjusting agriculture for greater efficiency and increasing production in preparation for probable food shortages. Developing countries suffer a vicious cycle of high birth rates, malnutrition, and poverty. Disease rate is high, food is insufficient, and the effects of all this will be seen in the poor health of succeeding generations. The long-term trend in food supplies is toward shortage, and food policies must be based on that fact. Food production must be increased and the birth rate drastically reduced. Strict measures against wasteful consumption of foodstuffs, better ways to preserve and store food, rational distribution of food based on nutritional requirements will all become necessary.
- 1119-74
THE PUBLIC HEALTH NUTRITIONIST--DIETITIAN: AN HISTORICAL PERSPECTIVE.
 Eileen B Peck
 J Am Diet Assoc 64 (6): 642-644. June 1974.
 389.6 AH34
 American Dietetic Association, Dietitians, History, Nutrition education, Public health, Public health nutritionists.
 Abstract: Public health work traces back to about the turn of the century. As it has developed, it has the function of the public health nutritionist-dietitian, for nutrition cuts across almost all areas of the public health field. Prior to World War I, combatting malnutrition provided impetus for nutrition activities. Then came the war need to conserve food, which led to early nutrition education efforts, later to be incorporated in general health education programs. As public nutrition has expanded, the need for graduate education for professional qualification became apparent and standards for courses were defined by joint effort of several associations, including A.D.A. The government--federal, state, and local--has provided employment opportunities for more and more public health nutritionists as some programs have grown and new ones have been added. Today, the push to provide comprehensive health care offers the public health nutritionist-dietitian unprecedented challenges and increasing opportunities for work of broader scope.
- 1120-74
REVIEW AND ADVOCACY: FIRST STEPS IN NUTRITION PLANNING.
 James H Pines
 Fam Bull 4 (3): 35-39. Sept 1974.
 OF431.A1P7 P6W
 Government role, Nutrition education, Nutrition policy, Nutrition programs, Nutritionists.
 Abstract: Only recently have planners begun to view improved national nutrition status as a possible development goal and to recognize that its achievement requires action on many fronts. The need to trace nutritional implications of alternative patterns of food production, distribution and consumption encouraged scientists to use systems analysis techniques and models in new ways. Health and educational activities became part of a broader framework of possible interventions by governments to improve nutrition.
- 1121-74
IS THERE A PROTEIN PROBLEM?
 Protein Advisory Group
 W H O Chron 27 (11): 487-491. Nov 1973.
 449.9 H892
 Food supply, Nutrients, Protein-calorie malnutrition, Protein.
 Abstract: This article, written for the professional, represents the current position of the Protein Advisory Group on the "protein problem". It addresses itself to such issues as the definition of the protein problem, the protein requirements of ethnic groups, population adaptation of protein-calorie deficiency, feeding practices of cultural groups, solving of protein problems by increased income or traditional diet quantity, and the relationship of protein and calorie requirement. The article also discusses protein-calorie malnutrition in some detail including how it is manifested and the role played by the Green Revolution. Recommendations are made for an increase in appropriate protein foods plus environmental, educational and public health measures. Background information on the Protein Advisory Group is given.
- 1122-74
PUMPKIN--AN EXCELLENT SOURCE OF VITAMIN A. (SFA)
 Puerto Rico, University, Dept. of Health
 Coperia Heights, P.R. unpub. [n.d.].
 TX556.P9P6 P6W
 Cooking techniques, Food cost, Food preparation, Nutrient values, Pumpkins, Recipes.
 Title of Original: La calabaza--excelente fuente de vitamina A.
 Abstract: Pumpkin is a good source of vitamin A. It is not expensive, and it can be used in a variety of ways. This pamphlet presents two recipes for pumpkin dishes.
- 1123-74
FOOD AND SOCIETY--THE WORLD SCENE.
 Wynona Pyke
 Food Nutr Notes Rev 31 (5-6): 112-118. May/June 1974.
 389.9 A073
 Additives and adulterants, Food standards, Food tables, Limitations, Fortification agents, Nutrition education, Public health, Reference work, Reference work.
 Abstract: Fundamental assumptions in teaching nutrition and dietetics are questioned by the author. The first of three areas examined in the use of dietary allowance tables, the second covers specific concentrations of additives, and the third, food enrichment in health problems.
- 1124-74
WILL THERE BE ENOUGH FOOD?
 Roger Revelle
 Science 184 (4142): 1135. June 14, 1974.
 470 SC22
 Agricultural development, Agricultural research, Economic influences, Food supply, Food technology, Population growth, World problems.
 Abstract: Food is becoming incredibly scarce: scarce enough that imminent starvation in the face of poor crop conditions threatens hundreds of millions of people. World grain reserves alone have fallen to a mere 27-day supply. Although the U.S. is the world's leading food exporter, it sells its surplus to rich countries at prices poor ones cannot afford. This precarious situation can be altered only by reducing the rate of population growth. If this does not occur, all other efforts to maintain an even barely adequate food supply are futile. In the short run, supplies can be increased by (1) establishing a world food bank, (2) modernizing agriculture in poor countries, and (3) intensifying agricultural and food research.
- 1125-74
ABOUT BANANAS.
 Solveig Paelson Russell, Carol Rogers
 Chicago, Melmont Publishers 31 p., illus. 1968.
 TX355.R4 P6W
 Bananas, Children's stories, Cooking, History.
 Abstract: This book, written for 9 to 11 year olds, gives the complete story of bananas. The history of the eating of the banana, from caveman to modern day is included. Information on the banana plant itself, and its adaptability as well as the various uses that we are more familiar with for the fruit are given. Description of how the banana is harvested and shipped to the various markets is given.
- 1126-74
SAY CHEESE.
 Indus & Welfare Catering 5 (6): 14-25. Apr 1974.
 TX946.5.I5 P6W
 Cheese, Cooking methods, Cooking techniques, Food preparation, Quantity, Menu planning, Milk products, Recipes.
 Abstract: Cheese is probably man's oldest manufactured food. It is an excellent source of protein and on the basis of weight and protein value, is cheaper than any cuts of meat. It can be served with no cooking or preparation time, and it is a good value for the money. It is also suitable for institutional and industrial catering, for it slices well by knife or machine. With hundreds of different varieties of cheese processed by different methods, and with varied moisture contents, it is practical to divide them in four types: hard grating cheese such as Romano and Parmesan; hard cheese such as Cheddar or Swiss; semi-soft such as Boguefort or Blue; and soft, such as Limburger and cottage cheese. Included are four quantity cheese recipes.
- 1127-74
THE WONDERFUL EGG.
 G Warren Jr Schloot
 New York, Charles Scribner's Sons 48 p. 1952.
 TX355.S3 P6W
 Children's stories, Cooking instruction, Eggs, Food storage, Poultry.
 Abstract: This is a book geared to children from 3 years to 8 years old. Excellent photographs show two boys (about three and seven) as they visit a chicken farm. They learn where the eggs come from, and a lot more about eggs and poultry raising. The boys are shown feeding and sorting of eggs, and back home again, they learn some simple facts about preparing them for eating. There is a sequence of photographs showing a chick coming out of an egg, as well as a series of drawings of the development of the chicken within the egg.

BIBLIOGRAPHY

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1128-74

PROCEEDINGS OF THE 28TH CONFERENCE, MIAMI BEACH, FLA., 1973. Society for the Advancement of Food Service Research West Lafayette, Ind. 93 p. illus. 1973. TX943.S6 1973 P5H
Consumer economics, Consumers, Food quality, Food safety, Food service industry, Food service management, Government role, Prediction, Research.
Abstract: This conference focused on the growth and future demands of the consumer movement as it relates to the food service industry. It provided an opportunity for food service people to identify and understand current trends in consumerism, recognize the changes that vitally affect the future course of the food service industry, and examine possible problems and solutions. The conference speakers dealt with such topics as (1) evaluation of the consumer movement, (2) the high priority of concerns that consumers have given to the food service industry, (3) consumer action as it reflects on consumer issues, (4) food quality guarantees in food service operations, (5) probable changes within the food service industry in response to consumer demands, and (6) government's role in promoting consumer protection.

1129-74

VEGETABLE PROTEINS: SHORT TERM FOOD SUPPLIES INFLUENCE VEGETABLE PROTEINS' FUTURE - PART II. Robert S. Sneath. Food Prod Dev 8 (4): 56-57. May 1974. HD9000.1.P64
Economic influences, Food supply, Nutrient sources, Plant proteins, Plant sources of foods, Prediction, Protein foods, Proteins, World problems.
Abstract: As food prices have steadily risen in 1973, here and there American housewives closely examined the growing array of fabricated and "substitute" foods on their grocers' shelves. In the process, they learned how to trim their meat bills with textured vegetable protein. Raising meat prices, along with other diverse influences such as the U.S. school lunch program, the Washlet Current, and the world-wide protein shortage, contributed to the growing acceptance of meat analogs and textured vegetable protein extenders and meat free processed soybeans. Other events aided the growth, but these factors, although they may seem unrelated, played important roles. What does this all mean to producers of vegetable protein products? Meat and food prices, while coming down slightly in the spring of 1974, may well go up later in the summer, all adding to increased use of textured vegetable proteins by food manufacturers and directly by consumers themselves.

1130-74

VEGETABLE PROTEINS: PART I. HISTORICAL PERSPECTIVE, TIGHTENING SUPPLIES. Robert S. Sneath. Food Prod Dev 8 (3): 95. Apr 1974. HD9000.1.P64
Energy crisis, Food supply, History, Nutrient sources, Nutrients, Plant proteins, Population growth, Proteins, Vegetables.
Abstract: The food crisis is serious. We have reached the point where there is too little food for too many people; and as people become more affluent, they consume more of everything--especially more food. Among the rich and poor nations there is usually a brutal, competitive war for feed grains to fatten cattle to provide meat--the least economical of all protein sources. And while everyone eats more meat per person, there are a lot more sources to feed. World population growth each year is equivalent to the entire population of starving Bangladesh (70 to 75 million people). No wonder there is rising acreage on world grain supplies.

1131-74

ENERGY USE IN THE U.S. FOOD SYSTEM. John S. Steinhart, Carl E. Steinhart. Science 184 (4134): 307-316. Mar 19, 1974. 470 SC12
Agriculture, Ecology, Economic influences, Energy, Energy crisis, Food industry, Food processing, Food supply, Marketing.
Abstract: Food in the U.S. is expensive by world standards; expensive in terms of money and also in terms of the energy needed to produce it. Between 1940 and 1970, the ratio of energy needed for food production to the readily energy obtained by eating food has climbed from 22% to about 90%, the rapid rise is the energy curve for food production accounting for almost all of this increase. We use exorbitant amounts of energy to produce food. Energy shortages have caused feed prices to skyrocket. As long as we continue wasteful energy consumption, prices will keep on climbing. Food is basically the net product of an ecosystem. It is a natural product that becomes modified by various processes that use up energy. Energy input can go only so far in alleviating world hunger. We must ourselves adjust our eating habits to fit the world food situation. If we do not, the resulting food and energy shortages will solve our population problems.

1132-74

HOW FAR HAVE WE COME? H. K. Steinhart. J Home Econ 59: 341-345. May 1967. 321.8 J82
Affluent nations, Food economics and consumption, Food supply, Malnutrition, Nutrition, Nutrition education, Nutritionists

status, Research, United States.
Extract: A former deputy administrator of the U.S. Agricultural Research Service, USDA, reviews the progress of nutrition research, food availability, and nutrition education since the country's beginnings. Today there is a paradox of less-than-optimum nutritional status in a land of plenty. Nutrition educators in the U.S. are thus faced with a continuing challenge.

1133-74

CONVENIENCE FOODS PROGRESS REPORT: UPDATING EXHIBITIONS, COST INFORMATION: PART I. Larry C. Frank. Food Prod Dev 6 (5): 44-46. June 1974. HD9000.1.P64
Canned foods, Convenience foods, Dehydrated foods, Food cost, Food preparation, Home, Fresh foods, Processed foods.
Abstract: A discussion of the meaning of the term "convenience foods" is followed by an examination of costs of home-prepared and fresh foods versus frozen, canned, and dehydrated fruits, vegetables, meats, and other foods. The tables supplied show costs in cents per serving. In general, the convenience foods cost less.

1134-74

THE WORLD FOOD SITUATION (SLIDES). U.S., Economic Research Service. Washington, D.C. 22 slides, 2" x 2", color. Oct 1974. HD9000.1.P64
Food cost, Food production, Food supply, Grain products, Meat, Soybeans, World problems.
With narrative guide.
Abstract: Charts relate world food output to population rises in underdeveloped countries. Production of grains and meat declined in 1974 and drove prices up. Projections of U.S. grain and soybean crops are given.

1135-74

GARLIC. United Fresh Fruit & Vegetable Association. Fruit Veg Facts Pointers [2] p. Feb 16, 1959. HD9240.F7 P6H
Agricultural development, Food quality, Food storage, Garlic, History, Marketing, Nutrient values, Plant sources of foods, Vegetables.
Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on garlic--its history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

1136-74

BLACKBERRIES, DEEBERRIES. United Fresh Fruit & Vegetable Association. Fruit Veg Facts Pointers [8] p. illus. Dec 1958. HD9240.F7 P6H
Agricultural development, Blackberries, Food quality, Food storage, Fruits, History, Marketing, Nutrient values, Plant sources of foods.
Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on blackberries (also called "deberries")--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

1137-74

LISES. United Fresh Fruit & Vegetable Association. Fruit Veg Facts Pointers [8] p. illus. Feb 1958. HD9240.F7 P6H
Agricultural development, Food quality, Food storage, Fruits, History, Lises, Marketing, Nutrient values, Plant sources of foods.
Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on lises--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

1138-74

STRAWBERRIES. United Fresh Fruit & Vegetable Association. Fruit Veg Facts Pointers [18] p. illus. Aug 1957. HD9240.F7 P6H
Agricultural development, Food quality, Food storage, Fruits, History, Marketing, Nutrient values, Plant sources of foods, Strawberries.
Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on strawberries--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

1139-74

LEMONS. United Fresh Fruit & Vegetable Association. Fruit Veg Facts Pointers [21] p. Aug 1957. HD9240.F7 P6H
Agricultural development, Food quality, Food storage, Fruits, History, Lemons, Marketing, Nutrient values, Plant sources of foods.
Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on lemons--their history, uses, production and consumption, quality,

- marketing features, storage and display needs, and nutrient content.
- 1140-74**
CHERRIES.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers [7] p. Feb 21, 1955.
 HD9240.P7 P5H
 Agricultural development, Cherries, Food quality, Food storage, Fruits, History, Marketing, Nutrient values, Plant sources of foods.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on cherries--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1141-74**
FIGS.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers [2] p. Aug 11, 1950.
 HD9240.P7 P5H
 Agricultural development, Figs, Food quality, Food storage, Fruits, History, Marketing, Nutrient values, Plant sources of foods.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on figs--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1142-74**
GOOSEBERRIES.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers [2] p. Jan 21, 1955.
 HD9240.P7 P5H
 Agricultural development, Food quality, Food storage, Fruits, Gooseberries, History, Marketing, Nutrient values, Plant sources of foods.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on gooseberries--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1143-74**
CHIFF ON SNAP BEANS.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers [18] p. June 1960.
 HD9240.P7 P5H
 Agricultural development, Food quality, Food storage, History, Marketing, Nutrient values, Plant sources of foods, Snap beans, Vegetables.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on snap beans (both green and wax varieties)--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1144-74**
PARSLEY.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers [5] p. illus. Sept 1960.
 HD9240.P7 P5H
 Agricultural development, Food quality, Food storage, History, Marketing, Nutrient values, Parsley, Plant sources of foods, Vegetables.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on parsley--its history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1145-74**
CELERY.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers [20] p. illus. Aug 1961.
 HD9240.P7 P5H
 Agricultural development, Celery, Food quality, Food storage, History, Marketing, Nutrient values, Plant sources of foods, Vegetables.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on celery--its history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1146-74**
SQUASH.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers [15] p. illus. Aug 1959.
 HD9240.P7 P5H
 Agricultural development, Food quality, Food storage, History, Marketing, Nutrient values, Plant sources of foods, Squash.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on the many varieties of squash--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1147-74**
CULTIVATED MUSHROOMS.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers [15] p. illus. June 1959.
- HD9240.P7 P5H**
 Agricultural development, Food quality, Food storage, History, Marketing, Mushrooms, Nutrient values, Plant sources of foods, Vegetables.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on mushrooms--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1148-74**
MATERMELONS.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers [17] p. illus. Sept 1959.
 HD9240.P7 P5H
 Agricultural development, Food quality, Food storage, History, Marketing, Nutrient values, Plant sources of foods, Watermelon.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on watermelon--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1149-74**
CRANBERRIES.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers [15] p. illus. Nov 1959.
 HD9240.P7 P5H
 Agricultural development, Cranberries, Food quality, Food storage, Fruits, History, Marketing, Nutrient values, Plant sources of foods.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on cranberries--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1150-74**
RADISHES.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers [11] p. illus. Dec 1959.
 HD9240.P7 P5H
 Agricultural development, Food quality, Food storage, History, Marketing, Nutrient values, Plant sources of foods, Radishes, Vegetables.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on radishes--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1151-74**
SHRED ANISE.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers [3] p. Apr 1958.
 HD9240.P7 P5H
 Agricultural development, Anise, Food quality, Food storage, History, Marketing, Nutrient values, Plant sources of foods, Vegetables.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on sweet anise (also called "finocchio" and "florence fennel")--its history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1152-74**
SPINACH.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers [13] p. illus. Apr 1958.
 HD9240.P7 P5H
 Agricultural development, Food quality, Food storage, History, Marketing, Nutrient values, Plant sources of foods, Spinach, Vegetables.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on spinach--its history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1153-74**
LYCHEES.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers 4 p. illus. Aug 1964.
 HD9240.P7 P5H
 Agricultural development, Food quality, Food storage, Fruits, History, Lychees, Marketing, Nutrient values, Plant sources of foods.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on lychees--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1154-74**
TANGELOS.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers 8 p. illus. Nov 1964.
 HD9240.P7 P5H
 Agricultural development, Food quality, Food storage, Fruits, History, Marketing, Nutrient values, Plant sources of foods, Tangelos.

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Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on tomatoes--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

1155-74

PEARS.

United Fresh Fruit & Vegetable Association
Fruit Veg Facts Pointers 25 p. illus. Feb 1962.
HD9240.F7 P5N

Agricultural development, Food quality, Food storage, Fruits, History, Marketing, Nutrient values, Pears, Plant sources of foods.

Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on pears--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

1156-74

CARROTS.

United Fresh Fruit & Vegetable Association
Fruit Veg Facts Pointers 19 p. illus. July 1963.
HD9240.F7 P5N

Agricultural development, Carrots, Food quality, Food storage, History, Marketing, Nutrient values, Plant sources of foods, Vegetables.

Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on carrots--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

1157-74

PEACHES.

United Fresh Fruit & Vegetable Association
Fruit Veg Facts Pointers 25 p. illus. Nov 1963.
HD9240.F7 P5N

Agricultural development, Food quality, Food storage, Fruits, History, Marketing, Nutrient values, Peaches, Plant sources of foods.

Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on peaches--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

1158-74

EGGPLANT.

United Fresh Fruit & Vegetable Association
Fruit Veg Facts Pointers 9 p. illus. Apr 1964.
HD9240.F7 P5N

Agricultural development, Eggplant, Food quality, History, Marketing, Nutrient values, Plant sources of foods, Vegetables.

Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on eggplant--its history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

1159-74

CELERY.

United Fresh Fruit & Vegetable Association
Fruit Veg Facts Pointers [2] p. Jan 1961.
HD9240.F7 P5N

Agricultural development, Celery, Food quality, Food storage, History, Marketing, Nutrient values, Plant sources of foods, Vegetables.

Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on celery (Celeriac--a turmeric-rooted celery)--its history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

1160-74

GRAPEFRUIT.

United Fresh Fruit & Vegetable Association
Fruit Veg Facts Pointers [22] p. illus. Mar 1960.
HD9240.F7 P5N

Agricultural development, Food quality, Food storage, Fruits, Grapefruit, History, Marketing, Nutrient values, Plant sources of foods.

Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on grapefruit--its history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

1161-74

KALE.

United Fresh Fruit & Vegetable Association
Fruit Veg Facts Pointers 8 p. illus. Nov 1966.
HD9240.F7 P5N

Agricultural development, Food quality, Food storage, History, Kale, Marketing, Nutrient values, Plant sources of foods, Vegetables.

Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on kale--its history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

1162-74

SWEET POTATOS.

United Fresh Fruit & Vegetable Association
Fruit Veg Facts Pointers 24 p. illus. Feb 1967.
HD9240.F7 P5N

Agricultural development, Food quality, Food storage, History, Marketing, Nutrient values, Plant sources of foods, Sweet potatoes, Vegetables.

Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on sweet potatoes--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

1163-74

PERSIMMONS.

United Fresh Fruit & Vegetable Association
Fruit Veg Facts Pointers 7 p. illus. Mar 1967.
HD9240.F7 P5N

Agricultural development, Food quality, Food storage, Fruits, History, Marketing, Nutrient values, Persimmons, Plant sources of foods.

Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on persimmons--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

1164-74

ARTICHOKES.

United Fresh Fruit & Vegetable Association
Fruit Veg Facts Pointers 10 p. illus. Apr 1967.
HD9240.F7 P5N

Agricultural development, Artichokes, Food quality, Food storage, History, Marketing, Nutrient values, Plant sources of foods, Vegetables.

Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on artichokes--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

1165-74

CAULIFLOWER.

United Fresh Fruit & Vegetable Association
Fruit Veg Facts Pointers 14 p. illus. Apr 1967.
HD9240.F7 P5N

Agricultural development, Cauliflower, Food quality, Food storage, History, Marketing, Nutrient values, Plant sources of foods, Vegetables.

Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on cauliflower--its history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

1166-74

APPLES.

United Fresh Fruit & Vegetable Association
Fruit Veg Facts Pointers 40 p. illus. Jan 1965.
HD9240.F7 P5N

Agricultural development, Apples, Food quality, Food storage, Fruits, History, Marketing, Nutrient values, Plant sources of foods.

Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on the various types of apples--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

1167-74

ORANGES.

United Fresh Fruit & Vegetable Association
Fruit Veg Facts Pointers 45 p. illus. Mar 1966.
HD9240.F7 P5N

Agricultural development, Food quality, Food storage, Fruits, History, Marketing, Nutrient values, Oranges, Plant sources of foods.

Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on oranges--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

1168-74

BEETS.

United Fresh Fruit & Vegetable Association
Fruit Veg Facts Pointers 11 p. illus. July 1966.
HD9240.F7 P5N

Agricultural development, Beets, Food quality, Food storage, History, Marketing, Nutrient values, Plant sources of foods, Vegetables.

Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on beets--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

1169-74

BRUSSELS SPROUTS.

United Fresh Fruit & Vegetable Association
Fruit Veg Facts Pointers 11 p. illus. Aug 1966.
HD9240.F7 P5N

- Agricultural development, Brussels sprouts, Food quality, Food storage, History, Marketing, Nutrient values, Plant sources of foods, Vegetables.**
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on brussels sprouts--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1178-74**
ASPARAGUS.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers 16 p. illus. Oct 1966.
 ND9240.F7 F5N
 Agricultural development, Asparagus, Food quality, Food storage, History, Marketing, Nutrient values, Plant sources of foods, Vegetables.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on asparagus--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1171-74**
BANANAS.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers 37 p. illus. Mar 1969.
 ND9240.F7 F5N
 Bananas, Food quality, Food storage, Fruits, History, Marketing, Nutrient values, Plant sources of foods.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on bananas--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1172-74**
PLUMS-PRUNES.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers 24 p. illus. Jul 1969.
 ND9240.F7 F5N
 Agricultural development, Food quality, Food storage, History, Marketing, Nutrient values, Plant sources of foods, Plums, Prunes.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on plums and prunes--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1173-74**
RHUBARB.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers 9 p. illus. Aug 1969.
 ND9240.F7 F5N
 Agricultural development, Food quality, Food storage, History, Marketing, Nutrient values, Plant sources of foods, Rhubarb, Vegetables.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on rhubarb--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content. This bulletin points out that, botanically, rhubarb is a vegetable; but legally, it is a fruit. In 1947, a U.S. Customs Court ruled that henceforth rhubarb will be considered a fruit and not a vegetable because its principal use is the same as that of a fruit. This court ruling exempted rhubarb from the 50% import duty charged against vegetables at that time, and made it eligible for the lower 35% duty charged against fruits.
- 1174-74**
APRICOTS.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers 11 p. illus. Sept 1969.
 ND9240.F7 F5N
 Agricultural development, Apricots, Food quality, Food storage, Fruits, History, Marketing, Nutrient values, Plant sources of foods.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on apricots--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1175-74**
TOMATOES.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers 44 p. illus. Dec 1969.
 ND9240.F7 F5N
 Agricultural development, Food quality, Food storage, History, Marketing, Nutrient values, Plant sources of foods, Tomatoes, Vegetables.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on tomatoes--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1176-74**
HONEY DEWS.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers 12 p. illus. Nov 1967.
 ND9240.F7 F5N
 Agricultural development, Food quality, Food storage, Fruits, History, Marketing, Melons, Nutrient values, Plant sources of foods.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on honey dew melons--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1177-74**
PEPPERS.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers 18 p. illus. Jan 1968.
 ND9240.F7 F5N
 Agricultural development, Food quality, Food storage, History, Marketing, Nutrient values, Peppers, chili, Peppers, sweet, Plant sources of foods.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on hot and sweet peppers--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1178-74**
TANGERINES.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers 14 p. illus. Apr 1968.
 ND9240.F7 F5N
 Agricultural development, Food quality, Food storage, Fruits, History, Marketing, Nutrient values, Plant sources of foods, Tangerines.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on tangerines--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1179-74**
CABBAGES.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers 22 p. illus. Jan 1969.
 ND9240.F7 F5N
 Agricultural development, Cabbage, Food quality, Food storage, History, Marketing, Nutrient values, Plant sources of foods, Vegetables.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on the varieties of cabbage--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1180-74**
SWEET CORN.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers 22 p. illus. Aug 1968.
 ND9240.F7 F5N
 Agricultural development, Corn, Food quality, Food storage, History, Marketing, Nutrient values, Plant sources of foods, Vegetables.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on sweet corn--its history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1181-74**
NECTARINES.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers 12 p. illus. May 1971.
 ND9240.F7 F5N
 Agricultural development, Food quality, Food storage, Fruits, History, Marketing, Nectarines, Nutrient values, Plant sources of foods.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on nectarines--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1182-74**
COCONUTS.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers 7 p. illus. June 1970.
 ND9240.F7 F5N
 Agricultural development, Coconuts, Food quality, Food storage, Fruits, History, Marketing, Nutrient values, Plant sources of foods.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on coconuts--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1183-74**
MUSTARD GREENS.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers 4 p. illus. Sept 1970.

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1184-74

BD9240.F7 P58

Agricultural development, Food quality, Food storage, History, Marketing, Mustard greens, Nutrient values, Plant sources of foods, Vegetables.

Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on mustard greens--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

1184-74

POMEGRANATES.

United Fresh Fruit & Vegetable Association
Fruit Veg Facts Pointers 4 p. illus. Sept 1970.

BD9240.F7 P58

Agricultural development, Food quality, Food storage, Fruits, History, Marketing, Nutrient values, Plant sources of foods, Pomegranates.

Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on pomegranates--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

1185-74

DRY ONIONS.

United Fresh Fruit & Vegetable Association
Fruit Veg Facts Pointers 22 p. illus. Sept 1970.

BD9240.F7 P58

Agricultural development, Food quality, Food storage, History, Marketing, Nutrient values, Onions, Plant sources of foods, Vegetables.

Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on dry onions--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

1186-74

AVOCADOS.

United Fresh Fruit & Vegetable Association
Fruit Veg Facts Pointers 12 p. illus. Jan 1970.

BD9240.F7 P58

Agricultural development, Avocados, Food quality, Food storage, Fruits, History, Marketing, Nutrient values, Plant sources of foods.

Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on avocados--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

1187-74

PINEAPPLES.

United Fresh Fruit & Vegetable Association
Fruit Veg Facts Pointers 16 p. illus. Feb 1970.

BD9240.F7 P58

Agricultural development, Food quality, Food storage, Fruits, History, Marketing, Nutrient values, Pineapples, Plant sources of foods.

Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on pineapples--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

1188-74

PAPAYAS.

United Fresh Fruit & Vegetable Association
Fruit Veg Facts Pointers 7 p. illus. Mar 1970.

BD9240.F7 P58

Agricultural development, Food quality, Food storage, Fruits, History, Marketing, Nutrient values, Papaya, Plant sources of foods.

Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on papayas--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

1189-74

RUTABAGAS.

United Fresh Fruit & Vegetable Association
Fruit Veg Facts Pointers 7 p. illus. Mar 1970.

BD9240.F7 P58

Agricultural development, Food quality, Food storage, History, Marketing, Nutrient values, Plant sources of foods, Rutabagas, Vegetables.

Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on rutabagas--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

1190-74

PUMPKINS.

United Fresh Fruit & Vegetable Association
Fruit Veg Facts Pointers 6 p. illus. Apr 1970.

BD9240.F7 P58

Agricultural development, Food quality, Food storage, History, Marketing, Nutrient values, Plant sources of foods, Pumpkins.

Abstract: For the use of consumers, food marketers, and food

processors, this bulletin provides information on pumpkins--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

1191-74

TURNIPS.

United Fresh Fruit & Vegetable Association
Fruit Veg Facts Pointers 8 p. illus. Jan 1973.

BD9240.F7 P58

Agricultural development, Food quality, Food storage, History, Marketing, Nutrient values, Plant sources of foods, Turnips, Vegetables.

Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on turnips--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

1192-74

MANGOES.

United Fresh Fruit & Vegetable Association
Fruit Veg Facts Pointers 11 p. illus. Mar 1973.

BD9240.F7 P58

Agricultural development, Food quality, Food storage, Fruits, History, Marketing, Nutrient values, Plant sources of foods.

Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on mangoes--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

1193-74

WATERCRESS.

United Fresh Fruit & Vegetable Association
Fruit Veg Facts Pointers 7 p. illus. Feb 1974.

BD9240.F7 P58

Agricultural development, Food quality, Food storage, History, Marketing, Nutrient values, Plant sources of foods, Vegetables, Watercress.

Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on watercress--its history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

1194-74

GREEN ONIONS.

United Fresh Fruit & Vegetable Association
Fruit Veg Facts Pointers 4 p. illus. Feb 1974.

BD9240.F7 P58

Agricultural development, Food quality, Food storage, History, Marketing, Nutrient values, Onions, Plant sources of foods, Vegetables.

Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on green onions--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

1195-74

ANISE.

United Fresh Fruit & Vegetable Association
Fruit Veg Facts Pointers 3 p. illus. Feb 1974.

BD9240.F7 P58

Agricultural development, Anise, Food quality, Food storage, History, Marketing, Nutrient values, Plant sources of foods, Vegetables.

Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on anise (or fennel)--its history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

1196-74

LETTUCE.

United Fresh Fruit & Vegetable Association
Fruit Veg Facts Pointers 27 p. illus. Oct 1970.

BD9240.F7 P58

Agricultural development, Food quality, Food storage, History, Lettuce, Marketing, Nutrient values, Plant sources of foods, Vegetables.

Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on lettuce--its history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

1197-74

BROCCOLI.

United Fresh Fruit & Vegetable Association
Fruit Veg Facts Pointers 16 p. illus. Mar 1971.

BD9240.F7 P58

Agricultural development, Broccoli, Food quality, Food storage, History, Marketing, Nutrient values, Plant sources of foods, Vegetables.

Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on broccoli--its history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

- 1198-74
POTATOES.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers 56 p. illus. Aug 1972.
 HD9240.F7 F6H
 Agricultural development, Food quality, Food storage, History, Marketing, Nutrient values, Plant sources of foods, Potatoes, Vegetables.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on potatoes--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1199-74
CUCUMBERS.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers 16 p. illus. Nov 1972.
 HD9240.F7 F6H
 Agricultural development, Cucumbers, Food quality, Food storage, History, Marketing, Nutrient values, Plant sources of foods, Vegetables.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on cucumbers--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1200-74
RASPBERRIES.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers 8 p. illus. Dec 1972.
 HD9240.F7 F6H
 Agricultural development, Food quality, Food storage, Fruits, History, Marketing, Nutrient values, Plant sources of foods, Raspberries.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on raspberries--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1201-74
COLLARDS.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers [4] p. Mar 1955.
 HD9240.F7 F6H
 Agricultural development, Collards, Food quality, Food storage, History, Marketing, Nutrient values, Plant sources of foods, Vegetables.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on collard greens--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1202-74
BLUEBERRIES.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers 16 p. illus. Dec 1962.
 HD9240.F7 F6H
 Agricultural development, Blueberries, Food quality, Food storage, Fruits, History, Marketing, Nutrient values, Plant sources of foods.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on blueberries--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1203-74
SHALLOTS.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers [7] p. Jan 18, 1955.
 HD9240.F7 F6H
 Agricultural development, Food quality, Food storage, History, Marketing, Nutrient values, Plant sources of foods, Shallots, Vegetables.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on shallots--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1204-74
PARSNIPS.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers [3] p. Mar 13, 1953.
 HD9240.F7 F6H
 Agricultural development, Food quality, Food storage, History, Marketing, Nutrient values, Parsnips, Plant sources of foods, Vegetables.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on parsnips--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1205-74
PERSIAN MELONS.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers [4] p. Aug 30, 1952.
- HD9240.F7 F6H
 Agricultural development, Food quality, Food storage, History, Marketing, Melons, Nutrient values, Plant sources of foods.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on Persian melons--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1206-74
SWISS CHARD.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers [2] p. Apr 12, 1951.
 HD9240.F7 F6H
 Agricultural development, Food quality, Food storage, History, Marketing, Nutrient values, Plant sources of foods, Swiss chard, Vegetables.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on Swiss chard--its history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1207-74
OKRA.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers [3] p. Jan 7, 1953.
 HD9240.F7 F6H
 Agricultural development, Food quality, Food storage, History, Marketing, Nutrient values, Okra, Plant sources of foods, Vegetables.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on okra--its history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1208-74
DANDELIONS.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers [2] p. Feb 16, 1953.
 HD9240.F7 F6H
 Agricultural development, Dandelions, Food quality, Food storage, History, Marketing, Nutrient values, Plant sources of foods, Vegetables.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on dandelions--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1209-74
DATES.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers [7] p. Nov 25, 1952.
 HD9240.F7 F6H
 Agricultural development, Dates, Food quality, Food storage, Fruits, History, Marketing, Nutrient values, Plant sources of foods.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on dates--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1210-74
KOHLRABI.
 United Fresh Fruit & Vegetable Association
 Fruit Veg Facts Pointers [2] p. Nov 25, 1952.
 HD9240.F7 F6H
 Agricultural development, Food quality, Food storage, History, Kohlrabi, Marketing, Nutrient values, Plant sources of foods, Vegetables.
 Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on kohlrabi--its history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.
- 1211-74
MILK; CHEESE. (SFA)
 B F Valentin
 Bio Piedras, P.R. var. pag. Apr 2, 1968.
 TX379.V3 F6H
 Cheese, Food selection, Foods instruction, Milk, Milk products, Nutrient values.
 Title of Original: Leche; queso. 2 mimeographed documents.
 Abstract: The document entitled "Milk" gives information on nutrient content and the respective value of fresh, evaporated, dried, and dried skin milk. The "Cheese" document explains the differences between natural and pasteurized/processed cheese, gives information on the nutrient content, and provides directions for cooking cheese.
- 1212-74
WHAT ARE LENTILS?
 What's New Home Econ 38 (6): 34. Sept 1974.
 321.B W55
 Idaho, Lentils, Minerals, Proteins, Recipes, Vitamins, Washington (State).
 Abstract: Lentils are lens-shaped legumes, small and varied in color. In the United States they are cultivated only in northern Idaho and eastern Washington. They are a good source of protein, B-vitamins, and several minerals. Cooking proceda-

1213-74

ree and uses are described and a recipe for baked lentile is usualled.

1213-74

YOUR KITCHEN KEYCANE OF SPICES.
Pochester, N.Y.: R.T. French Co. 35 p. [n.d.].
TX36.Y6 P5H
Flavorings, Herbs, Seasonings, Spice.
Abstract: More than 50 spices and herbs are listed, each entry includes a brief history of origins and a description. Foods enhanced by each of the seasonings are listed. Blended seasonings, flavorings and extracts are included.

FOOD STANDARDS AND LEGISLATION

1214-74

NUTRITIONAL LABELING FOR CONSUMER, SYMPOSIUM PROCEEDINGS, NOV. 30, 1972.
Association of Vitamin Chemists
Chicago, Association of Vitamin Chemists 48 p. [n.d.].
TX356.A8 Y5H
Consumer education, Food industry, Legislation, Minimum Daily Requirements, Nutritional labeling, Professional education, Quality control, Recommended Dietary Allowances.
Abstract: Representatives of food industry discuss the food labeling requirements and their approach to and uses of these new regulations in this symposium addressed to nutritionists, food technologists and others in the nutrition profession. Quality control and legal aspects of labeling are discussed, and Minimum Daily Requirements are compared with Recommended Dietary Allowances. Several of the speakers point to a need for nutrition education of the consumer in the use of these new labels.

1215-74

THE ANATYCHY OF A SENATE BILL.
Joan E Nakos
Restaurant News 73 (6): 68-69. June 1974.
389.2538 P82 P5H
Food safety, Food service, Food service management, Food standards and legislation, Health inspection, Labeling, Legislation, Sanitation.
Abstract: Senate Bill 2373, introduced in 1973, is designed to eliminate health hazards in food and food service. Amendments have since been introduced affecting Title I (Food Service), Title III (Food Labeling), and Titles IV and V (Enforcement and Food Price Disclosure). The bill has caused such controversy as some people have interpreted it to mean routine federal inspection of restaurants and enforcement of criminal liability for the owners of restaurants in which customers become ill from the food they have eaten.

1216-74

THE BALANCED MENU: NEW STANDARDS FOR NUTRITION.
Instit/vol Reading 74 (6): 83. Mar 15, 1974.
TX1.155
Diet information, Nutrient content determination, Nutrient intake, Nutrient requirements, Nutrient standards, Nutrients, Nutrition policy, Recommended Dietary Allowances.
Abstract: New government regulations and a new set of allowances from the National Academy of Sciences/National Research Council are the standards for the nutritional quality of food service menus. The charts for both the FDA and the U.S. RDA are given here along with directives for using them.

1217-74

FAT-SOLUBLE VITAMINS IN THE EIGHTH REVISION OF THE RECOMMENDED DIETARY ALLOWANCES.
John G Biari
J Am Diet Assoc 64 (2): 171-174. Feb 1974.
389.8 AH34
Fat-soluble vitamins, Nutrient requirements, Nutrient standards, Recommended Dietary Allowances, Vitamin A, Vitamin D, Vitamin E, Vitamin K, Vitamins.
Abstract: The recommended allowances for vitamins A in the eighth revision remain virtually the same, except that a lower allowance for women is now indicated. However, the allowances are now to be expressed as "retinol equivalents" in preference to "International Units". Definitions and equivalencies for these two terms for the various forms of vitamin A are presented. Vitamin E is lower in the new revision, the reduction being based on a recognition that the amount varies with the polyunsaturated fat (PUFA) in the diet, which is actually lower in the average American diet than presented in the last revision. No change in allowances for vitamins D and K have been made.

1218-74

MARGARET BENTON, FOODSERVICE POLITICIAN.
Donna Boas
Food Management 9 (8): 52-54, 67. Aug 1974.
TX341.P69
Colorado, Food cost, Food service management, Legislation, School food service.
Abstract: Mrs. Benton, school foodservice director for Denver Public Schools, in addition to supervising 100 kitchens and 620 employees, plus related work, is fighting the Colorado legislature for a rightful contribution of \$801,000 for school foodservice. A detailed description of Mrs. Benton's problems and her approach to a solution is given.

1219-74

RECOMMENDED DIETARY ALLOWANCES FOR PROTEIN AND ENERGY, 1973.
Doris Nova Calloway
J Am Diet Assoc 64 (2): 157-162. Feb 1974.
389.8 AH34
Dietary standards, Energy, Nutrient intake, Nutrient requirements, Nutrient standards, Nutrients, Proteins, Recommended Dietary Allowances, U.S. Recommended Dietary Allowances.
Abstract: In 1973, both the eighth revision of the U.S. Recommended Dietary Allowances and revised FAO/WHO protein and energy standards for international use were released. Both protein recommendations are lower than heretofore for all age-sex categories except pregnant women. Standards for energy for infants and young children are similar, but for older children and adults, the FAO/WHO standards are higher than the American allowances. Except for pregnant and lactating women, there are few changes in either set of recommendations. Because new data indicate that urinary excretion of calcium increases with protein intake, calcium allowances have been kept at the previous high level to coordinate them with actual U.S. protein consumption which is far above the new allowances.

1220-74

CONSORTIUM PUBLISHES ITS GUIDELINES FOR A NATIONAL NUTRITION POLICY.
Food Technol 28 (7): 20-24. July 1974.
389.8 P7398
Counseling, Legislation, Nutrition education, Nutrition knowledge, Nutrition policy, Nutrition progress, Nutritional deficiencies, Nutritional quality.
Abstract: One of the primary goals of the National Nutrition Consortium is to work toward a national nutrition policy. In its first year, the Consortium has prepared guidelines for such a national policy. These were submitted to the Select Committee on Nutrition and Human Needs of the U.S. Senate, and were published and released by that committee on May 13, 1974 in advance of major hearings scheduled for June 19-21 in Washington, D.C.

1221-74

PEANUT BUTTER.
Consumers Union
Consumer Reports 37 (5): 286-289. May 1972.
321.8 C762
Food composition, Food standards, Nutrients, Nutrition, Peanut butter, Proteins.
Abstract: Peanut butter--universally accepted by children--is a good source of low-cost protein as this article points out. The FDA sets the standard for peanut butter: 90% of the product to be peanuts, and the fat may not exceed 5%. The Consumers Union laboratory tests showed that 80% of the fats were unsaturated.

1222-74

HANDBOOK NO. 8 AND NUTRITION LABELING.
Richard W Daniels
Food Technol 28 (1): 46-47, 60. Jan 1974.
389.8 P7398
Food analysis, Food standards and legislation, Nutrient content determination, Nutrient requirements, Nutrient sources, Nutritional labeling, Research.
Abstract: The question of whether Agriculture Handbook No. 8, Composition of Foods--Raw, Processed, Prepared, can be used as a source of data for nutrition labeling is of increasing concern and discussion as the deadline for nutrition labeling draws closer. To try to answer this question, a study was conducted to determine whether the values presented in Handbook No. 8 are reliable enough to be used for nutrition labeling without presenting false information to the consumer. Due to the large variability of frozen and canned vegetables, Handbook No. 8 should be used basically as a guide for labeling and quality control. Each company wishing to nutrition label should compare its products to this guide, and if consistent inferiority is found, the reasons should be studied and corrective action taken.

1223-74

RECENT LEGISLATION AFFECTING CHILD NUTRITION: IMPLICATIONS FOR NUTRITIONISTS AND DIETITIANS.
R C Egan
J Am Diet Assoc 52: 377-380. May 1968.
389.8 AH34
Child nutrition, Child nutrition progress, Federal aid, Government role, Laws, Legislation.
Abstract: A number of Congressional acts that have been bearing on food and nutrition for children have been passed. This paper reviews these new laws and their implications.

1224-74

FOOD LABELING.
Dairy Counc Dig 45 (2): 7-12. Mar/Apr 1974.
389.8 D14

Consumer education, Food and Drug Administration, Food composition, Food standards and regulations, Labeling, Nutrient content determination, Nutrient values, Nutritional labeling, Recommended Dietary Allowances.

Abstract: This article outlines significant aspects of the complex and interrelated FDA food labeling provisions. Some of the areas considered are nutritive labeling: cholesterol, fat, and fatty acid labeling; and labeling for special dietary foods, standardized foods, and imitation foods, the most fundamental regulation is nutrition labeling. Generally, this is a voluntary regulation except when a nutrient is added to food and/or a nutritional claim is made, in which case nutritive labeling becomes mandatory. Nutritive information to be displayed on a label follows a specified format. An important innovation under this regulation is the Recommended Dietary Allowances. Nutrients are expressed as a percentage of the RDA. Protein quality in addition to quantity is considered in the labeling regulations, but the quality of other nutrients is not considered. A meaningful definition of nutritional inferiority and/or equivalency is debatable. Food labeling, although not perfect, can provide valuable nutritive data for the consumer.

1225-74

FOOD LABELING.
Fed Register 39 (116): 20878-20908. June 14, 1974.
JK6.P4 P5H

Federal government, Government publications, Labeling, Nutritional labeling.

Abstract: This issue of the Federal Register concerns food labeling. It includes a variety of information on such areas as standards of identity and label statements for various products, proposed exemption from label statements by multiunit packages, guidelines for proposed nutritive quality of various food products including specific food categories and formulated meal replacements, ingredient statements, proposed serving and portion size, and principles governing the addition of nutrients to food. Those involved in nutritive education and concerned with the food labeling issue should be aware of this publication.

1226-74

THE FOOD LABELING REVOLUTION.
FDA Consumer 8 (3): 23-25. Apr 1974.
TX335.P6 P5H

Food and Drug Administration, Food packaging, Food purchasing, Labeling, Nutritional labeling.
Abstract: This article discusses in detail the new food labeling regulations issued by the FDA. Specifics discussed include location of the labels, required and optional listings, the nutritive labeling, the use of the word "imitation", regulations for frozen, heat and serve dinners, an explanation of USDA, and labeling claims prohibited. It offers information which should be of interest to those working in nutrition and the food industry as well as the general consumer.

1227-74

NUTRITIVE VALUE OF COMMON FOODS IN PERCENT OF RDA AND U.S. RDA.
Ray Fulton, Beba J Davis, Cheryl Maxwell
Fayetteville, Ark., University of Arkansas 26 p. 1973.
TX551.P6 P5H

Food and Nutrition Board, NAS/NRC, Nutrient requirements, Nutritional labeling, Professional education, Recommended Dietary Allowances.

Adapted from "Nutritive value of common foods in percent of RDA", Illinois Teacher XIII (5), May-June 1970.
Abstract: This publication has been developed for dietitians and other nutrition educators to use in teaching adolescents and adults about nutritive labeling. The RDA of the title refers to the Recommended Dietary Allowances for nutrients of the Food and Nutrition Board, National Research Council, whereas the U.S. RDA are the values used on food labels. The book does not include the 12 optional nutrients that may be included in labels, and includes some foods not covered by the labeling regulations. Nutritive values are taken from published data, whereas figures on food labels are based on actual analyses and may differ.

1228-74

RECOMMENDED DIETARY ALLOWANCES: ARE THEY WHAT WE THINK THEY ARE?

Alfred E Harper
J Am Diet Assoc 64 (2): 151-156. Feb 1974.
389.8 H34

Diet planning, Dietary standards, Nutrient intake, Nutrient requirements, Nutrient standards, Nutrients, Recommended Dietary Allowances.

Abstract: Establishing the Recommended Dietary Allowances involves the exercise of sound judgment as well as consideration of the established scientific facts. Requirements for some nutrients must be estimated from limited information. Age, weight, and physiologic state are the most important factors influencing nutritional needs. Individual variability and efficiency of utilization of nutrients from food sources must then be considered in moving from requirements to allowance. Allowance must exceed average needs if they are to insure the nutritional health of groups, but they must not be unrealistic-

cally high. The allowances have practical and social uses but are not modified or adjusted for social or political reasons. With uncertainty about many factors that must be taken into account, differences of opinion naturally arise; also collective committee judgment is not infallible. Nevertheless, despite limitations, the allowances are useful guides for practical nutrition.

1229-74

THE NEW RECOMMENDED DIETARY ALLOWANCES.

Alfred E Harper
Nutr News 37 (2): 5-7. Apr 1974.
389.8 H957

Dietary standards, Food and Nutrition Board, NAS/NRC, Nutrient intake, Nutrient requirements, Nutrient standards, Recommended Dietary Allowances.

Abstract: The RDAs represent nutrient intakes. They are recommendations for amounts of nutrients that should be present in the food each person consumes; not nutrients that should be present in the food supply. The RDAs do not allow for nutrients lost as waste or destroyed in processing. Further, the RDAs are for intakes of nutrients judged adequate to maintain health. In other words, they are recommendations for a population that is already healthy and are not designed to cover the needs of injured, sick, or malnourished persons. Included here are explanations of the procedures for estimating allowances in terms of proteins, energy, vitamins, and minerals for various age groups; helpful hints for nutrition practitioners; the role of RDAs in the ideal diet; the socioeconomic ramifications of the RDA and international modifications of the RDA standard.

1230-74

THOSE FISKI RDAS.

Alfred E Harper
Nutr Today 9 (2): 15-16, 19-22, 27-28. Mar/Apr 1974.
RA784.H8

Consumer education, Dietary standards, Food selection, Labeling, Nutrient content determination, Nutrient intake, Nutrient requirements, Recommended Dietary Allowances.

Abstract: The RDAs represent nutrient intakes. They are recommendations for amounts of nutrients that should be present in the food each person consumes; not nutrients that should be present in the food supply. The RDAs do not allow for nutrients lost as waste or destroyed in processing. Further, the RDAs are for intakes of nutrients judged adequate to maintain health. In other words, they are recommendations for a population that is already healthy and are not designed to cover the needs of injured, sick, or malnourished persons. Included here are explanations of the procedures for estimating allowances in terms of proteins, energy, vitamins, and minerals for various age groups; helpful hints for nutrition practitioners; the role of RDAs in the ideal diet; the socioeconomic ramifications of the RDA; and international modifications of the RDA standard.

1231-74

HEARINGS OF THE HCGOVERN COMMITTEE ON NUTRITION AND HUMAN NEEDS: A PANEL-BY-PANEL REPORT ON THE JUNE, 1974 HEARINGS.
Nutr Today 9 (4): 22-27. July/Aug 1974.
RA784.H8

Advisory committees, Consumer education, Developing nations, Elderly (65 + years), Food yields, Government role, Health, Low income groups, Nutrition policy.

Abstract: A panel-by-panel report on the June 1974 hearings is given. The panels covered are: nutrition and special groups; nutrition and the international situation; nutrition and food availability; nutrition and health; nutrition and the consumer; and nutrition and government. Panel members' names and affiliations are listed.

1232-74

PROBLEMS IN THE USE AND INTERPRETATION OF THE RECOMMENDED DIETARY ALLOWANCES.

D N Hegsted
Food Nutr Notes Rev 30 (11-12): 169-175. Nov/Dec 1973.
389.9 A073

Dietary standards, Dietary study methods, Dietary surveys, Nutrient content determination, Nutrient intake, Nutrient requirements, Nutrient standards, Recommended Dietary Allowances, Research needs.

Abstract: All nutritional standards, such as the RDA, have to be established well above an estimate of average requirement, and consumption of a nutrient below the specified level is not evidence of malnutrition. To treat dietary survey data as in the past, namely to simply count the number of diets below RDA levels, is clearly inappropriate and leads to incorrect conclusions. More sophisticated methods of evaluating the results of such surveys must be developed. It should be emphasized that such surveys must be based upon the specific characteristics of the nutrients in question, the nature of the food habits of the population being surveyed, etc. Assuming that such techniques may be reasonably acceptable in identifying the proportion of the population which can be suspected of consuming inadequate intakes, the problem obviously remains of identifying these people and changing their intake. Not all of this can be done by simple dietary surveys. Nevertheless, satisfactory data of this kind may lead to clearer ideas of just where the RDA should be set relative to estimates of requirement to minimize the prevalence of nutritional deficiency.

1233-74

1233-74

FOOD AND NUTRITION: IS SPAINICA FOR A NATIONAL POLICY?
Constance Holden
Scientia 104 (4136): 548-550. May 3, 1974.
470 SC12

Administration policies, Consumer education, Food programs, Food standards and legislation, Government roles, Nutrition education, Nutritional policy, Nutritional status, United States.

Abstract: The complexity of the food and nutrition business has become so great that despite the new laws on food labeling, additives, advertising, etc., people have less and less idea of what is fact they are eating. Supermarkets shelves are filled each year with thousands of new, highly processed foods of questionable nutritive value. It is about time a grand plan of some kind was established to juggle all these pieces and provide some direction in national nutritional affairs. The consumer movement is preparing the way, but if a national nutritional policy is to emerge, more cohesiveness will have to develop among groups with ostensibly the same interests. Many developing countries have more highly developed and coordinated food strategies than does the U.S. High urban, shortages, and awareness of agriculture's limitations may be a better impetus for action than any amount of education.

1234-74

NUTRITION LABELING.

Institute of Food Technologists
Nutr Rev 32 (8): 251-255. Aug 1974.
389.0 9553

Consumer education, Education, Labeling, Nutrition education, Nutritional labeling.

Abstract: This report contains excerpts from a scientific status survey by the Institute of Food Technologists. It discusses nutrition labeling in detail and includes background information on recognized needs for nutrition labeling, label format, contents, objectives, and cost. Provisions differentiating some foods, dietary supplements, and drugs are outlined. Also discussed is the basis of the U.S. RDAs, which is the dietary standard used in labeling. Expected future nutrition labeling developments in terms of increased consumer nutrition knowledge, extended use of labeling and the development of nutrition education programs are outlined. Nutrition educators, particularly of consumer groups, should be aware of this special report.

1235-74

NUTRITIONAL ASPECTS OF NUTRIENT STANDARD MENUS.

G Richard Jensen, Judson H Rexper
Food Technol 28 (1): 62-67. Jan 1974.
389.0 77390

Consumer applications, Food analysis, Food composition (R.F.), Real composite analysis, Menu planning, Nutrient content determination, Nutrient sources, Nutrient standards, Recommended Dietary Allowances.

Abstract: In order to plan menus based on a nutrient standard, it is necessary to know the nutrient composition of all foods used. An essential aspect of any nutrient standard method (NSM) is selecting the appropriate standard. There are three factors to consider: what nutrients should be specified, at what levels, and in what serving sizes. After selecting the nutrients, it is necessary to specify the level of each nutrient that should be in the meal. This in turn will fix the serving size. Once a nutrient standard is established, decisions have to be made on whether the standard needs to be fully set every day or whether some flexibility in setting the standard will be allowed. Even though there is considerable ability to make up nutritional deficiencies from one day to the next, it would not be desirable for the entire week's supply of a particular nutrient to be furnished on one or two days only. NSM methods are desirably capable of producing menus that are, even at present, nutritionally equal to menus based on food groups.

1236-74

THE FOOD AND DRUG ADMINISTRATION AND LABELING.

Odean C Johnson
J Am Diet Assoc 64 (5): 471-475. May 1974.
389.0 4H34

Consumer education, Food and Drug Administration, Food purchases, Food selection, Food standards, Labeling, Nutrient content determination, Nutritional labeling.

Abstract: What do the new labeling regulations for food at the Food and Drug Administration mean? They encompass nutritional quality, terminology for "imitation" foods, and flavor labeling. Conformity by manufacturers and processors, regulatory activities by the FDA itself, and the success of educators and others in teaching consumers how to use the information will spell the success or failure of this new venture in governmental effort to improve our diets. With new products proliferating, it is important that consumers be able to judge their nutritional values. Nutritional labeling will enable them to do this. It can become an important tool in buying the best nutritional product of those which are acceptable.

1237-74

MANUAL ON FOOD AND NUTRITION POLICY.

F Y Johnston, J P Graves
Home, Food and Agricultural Organization 95 p. 1969.
TX360.36 P6H (FHO nutritional studies no. 22)
Economic development, FAO/WHO, Food programs, Food supply,

Planning, Professional education, Research, Training.
Abstract: This manual has been written for national planners and nutritionists by an agricultural economist and a nutritionist, defining food and nutrition policy in the context of economic and social development and describing the cooperation needed and the programs needed to put this policy into effect, including nutrition research and training.

1238-74

THE SCIENCE AND POLITICS OF THE 2TH REVISION OF THE RDA (NOT TO BE CONFUSED WITH THE U.S. RDA OF THE FDA).

Paul A Lachance
Food Prod Dev 8 (4): 75-84. May 1974.
HD9000.1 P64

Dietary standards, Food and Drug Administration, Food and Nutrition Board, NAS/NRC, Food standards and legislation, Nutrient requirements, Nutrient standards, Recommended Dietary Allowances, U.S. Recommended Dietary Allowances.

Abstract: Compared to the 1968 RDAs many changes were made in the 1973 RDAs that a simple tabulation is not possible. There are obvious reasons why so many allowances have been altered. First, the table has been simplified. There are fewer categories, and there is a definite trend toward the standardization of nutrient levels for a given sex and age group. Next, the weight and height reference standards for children 4 to 10 and ages 15 to 18 years of age are increased, necessitating a reconsideration of all other calculations based on these reference standards. Finally, major changes were made in the RDAs for vitamin E, ascorbic acid, and vitamin B12, and the mineral zinc has been added. Here the specific changes between the 1968 and 1973 RDAs are discussed with reference to energy, protein, fat and fatty acids, fat soluble vitamins, vitamin E, calcium, ascorbic acid, folic acid, and trace elements.

1239-74

NEBULOUS HEALTH FOOD TERMS: WE NEED RELEVANT LEGAL DEFINITIONS.

Paul A Lachance
Food Prod Dev 8 (5): 48-50. June 1974.
HD9000.1 P64

Food standards and legislation, Health foods, Laws, Legislation, Natural foods, Organic foods.

Abstract: It would be advisable for federal and state legislators to consider not only the denotation of the various terms being used and/or proposed, but more importantly, to consider the connotations such terms have on consumer food attitudes and practices. Because food is the input to nutrition with a definite relationship to health, it should not be warped by misleading and deceptive terminology.

1240-74

NEW LABELS HELP SELL NUTRITION.

F F Lisch
J Home Econ 64 (9): 28-29. Dec 1972.
321.0 382

Bilingual education, Consumer education, Donated foods, Labeling, Low income groups, Nutritional labeling, Reading, Spanish Americans.

Abstract: For the benefit of Spanish-speaking people and people with low reading ability, the USDA Food and Nutrition Service has started using bilingual labels on donated food packages as well as stylized drawings that depict the food inside.

1241-74

NEW LABELS HELP SELL NUTRITION.

F F Lisch
J Home Econ 64 (9): 28-29. Dec 1972.
321.0 382

Bilingual education, Canned foods, Consumer education (Thought transfer), Consumer education, Family food donation programs, Food instructions, Illustrations, Labeling, Spanish (Language).

Abstract: The Food and Nutrition Service has redesigned labels for canned foods distributed through the Family Food Donation Program. Stylized illustrations as well as information in Spanish are being incorporated to help recipients with poor reading skills. The new labels function as nutrition education tools.

1242-74

CHANGING ATTITUDES.

Jenephine Martin
Washington, E.C., Educational Resources Information Center 8 p. Aug 1971.
TE364.832 P6H

Attitudes, Financial support, Food service, Legislation, Nutrition education, Questionnaires, School lunch, Speeches.
Available from: Learning Information Products, Inc., 4827 Nugh Avenue, Bethesda, Maryland 20014; EDNS price MF80.65; HC-83-29; ERIC Report No. ED 057 442.

Abstract: A national survey was made among those people apt to be influential in promoting legislation for school food service programs and those who might be involved in decision making about such programs. Questionnaire responses from a wide geographic sample indicate that one major responsibility of school food services should be expanded to teach good eating habits for good health, to provide nutrition education and to feed the disadvantaged.

- 1243-74
FACING THE CHALLENGE.
 Jeremiah Hertz
 Food Research 9 (2): 23-24. Feb 1974.
 TX341.769
 Child nutrition programs, Costs, Federal aid, Food service management, Legislative, Operating expenses, School food service.
 Abstract: PL 93-150 contains major reforms in financing child nutrition programs. (1) It increases general cash for food assistance. (2) It increases special cash assistance. (3) It increases general cash for each breakfast. (4) It increases special cash assistance for each free breakfast. (5) It provides an escalator clause for meals, requiring USDA to increase food and labor costs twice a year and adjust reimbursements accordingly. (6) It allows breakfast reimbursements to be used for operating costs. (7) It expands the milk program to all schools. (8) It adds 2 additional school food service supervisors to the National Advisory Council. (9) It creates permanent legislation requiring USDA to make cash payments in lieu of commodities where shortfalls exist.
- 1244-74
RECOMMENDED DIETARY ALLOWANCES UP TO DATE--TRACE MINERALS.
 Walter Hertz
 J Am Diet Assoc 64 (2): 163-167. Feb 1974.
 389.2 AN34
 Dietary standards, Minerals, Nutrient intake, Nutrient requirements, Nutrient standards, Nutrients, Recommended Dietary Allowances, Zinc.
 Abstract: For the first time, an allowance for zinc (15mg. per day for adults) is listed in the new, eighth revision of the Recommended Dietary Allowances. Noted this allowance in low cost diets may be a problem, for the availability is greater in animal products which are also the most expensive. The iron allowance of 18 mg. per day for women of childbearing age remains unchanged. To meet it through food intake alone would require excessive caloric intake. To solve the dilemma, use of iron-enriched cereal products is recommended. Also, for pregnant women, iron supplements are suggested. Fluoridation of water supplies continues to be endorsed, and no changes in the copper and iodine allowances have been made. No allowance for chromium, although recognized as essential, has been established due to lack of definitive data.
- 1245-74
LEGALITIES CONCERNING FOOD ADDITIVES.
 Peter D Middlekuff
 Food Technol 28 (5): 42-48. May 1974.
 389.2 F7398
 Additives and adulterants, Chemicals, Food additives, Food composition, Food processing, Food safety, Food standards and legislation, Laws.
 Abstract: Today's world of food includes the consumption of emulsifiers, stabilizers, thickeners, preservatives, antioxidants, sequestrants, acidulants, surfactants, anti-caking agents, colors, and flavors, all of which abound in food processing. These materials, called food additives, have been extensively criticized lately. There are intentional additives--which are added on purpose to perform specific functions--and incidental additives--which have no function in the finished food but become a part of the food product through some phase of production, processing, storage, or packaging, the term "food additives" does not include those substances which find their way into the food accidentally, inadvertently, or unintentionally (Senete, 1958; House, 1958). The term also does not include pesticides, color additives, new animal drugs, or any substance used in accordance with a sanction or approval granted prior to the effective date of the Food Additives Amendment in 1958. This article discusses the sources and kinds of additives in food and the regulations governing their use.
- 1246-74
OFFICIAL STATEMENTS OF GUIDELINES FOR A NATIONAL NUTRITION POLICY. APRIL 1974.
 National Nutrition Consortium
 Nutr Today 9 (2): 33-35. Mar/Apr 1974.
 RA724.88
 Federal government, Federal programs, Government role, National Nutrition Consortium, Nutrition policy, Objectives, Policy, Position statements.
 Abstract: The national Nutrition Consortium, Inc. submitted these guidelines for a national nutrition policy to the Select Committee on Nutrition and Human Needs, the guidelines explain the need for a stated national policy on nutrition. Suggest the necessary goals of such a policy, recommend measures for attaining those goals, and outline the programs needed to meet the policy's expressed objectives.
- 1247-74
RECOMMENDED DIETARY ALLOWANCES. 8th rev. ed.
 National Research Council, Food and Nutrition Board, Committee on Dietary Allowances
 Washington 128 p. 1974.
 TX551.N34 1974 P8
 Dietary standards, Energy, Fatty acids, Minerals, Nutrient requirements, Nutrient standards, Proteins, Recommended Dietary Allowances, Vitamins.
 Bibliography: p. 103-128.
 Abstract: Here is the updated 1974 RDA report from NAS/NRC providing detailed information on the RDAs for water, calories, protein, essential fatty acids, fat-soluble vitamins,
- water-soluble vitamins, and various minerals. Introductory chapters give precise definitions of the RDAs, explanations of their use and what they are supposed to accomplish.
- 1248-74
NATURAL FLAVOR ADDED TO FF MAY BE LEGALLY "ARTIFICIAL".
 Quick Frozen Foods 36 (8): 38-35. Mar 1974.
 389.8 Q4
 Coloring agents, Flavorings, Food additives, Food and Drug Administration, Food standards and legislation, Frozen foods, Labeling, Nutritional labeling.
 Abstract: Flavors and colors not characteristic of or derived from the products to which they are added are technically "artificial" under the FDAs new labeling laws. Anything added to a product must be recorded on the ingredients panel of the label.
- 1249-74
CONSUMER POLICY ON FOOD LABELING, MILWAUKEE, 1971; HIGHLIGHTS AND POLICY STATEMENT OF A NATIONAL SEMINAR.
 Helen I Nelson
 Milwaukee, University of Wisconsin Extension 15 p. Jan 17, 1972.
 TX356.W4 P8
 Consumer education, Ingredients, Nutritional labeling, Open dating, Professional education, Unit pricing.
 Abstract: Representatives of consumers through two consumer-oriented organizations developed the statement incorporated in this report as a result of a seminar on policies to adopt toward food labeling. It includes statement of the need for such a policy and excerpts from two of the papers presented at the seminar. It should be of interest of all professionals concerned with nutrient labeling.
- 1250-74
THE NEW MANPOWER BILL: A SUMMARY.
 Manpower 6 (3): 22-25. Mar 1974.
 RD57C1.H3 P8
 Disadvantaged groups, Employment, Federal programs, Government role, Job placement, Laws, Legislation, Manpower needs, Training.
 Abstract: On December 28, 1973, the Comprehensive Employment and Training Act of 1973 was signed into law. The purpose of the law is to provide a new end-up-to-date charter for manpower programs. It decentralizes and decategorizes numerous programs authorized under the Manpower Development and Training Act and under Title I of the Economic Opportunity Act. This article summarizes the provisions of the act with respect to comprehensive manpower services, public employment programs, federal supervisory responsibilities, the Job Corps, and the National Commission for Manpower Policy.
- 1251-74
CONSUMERS TALK ABOUT LABELING.
 Charles A Nicholls, Margaret Horriem
 FDA Consumer 8 (1): 4-7. Feb 1974.
 TX335.V6 P8
 Food and Drug Administration, Food packaging, Food purchasing, Labeling, Nutritional labeling.
 Abstract: Those involved in nutrition education will find this article of interest. It concerns a survey done on consumers to learn of their understanding and acceptance of labeling on food and drugs. The article describes how the study was done. Various results pertaining to food labeling are given. Of particular interest are the facts that 2/3 of the shoppers were interested in economic factors, 1/3 were interested in ingredients listing and only 5% in nutritional content. One third of those surveyed thought ingredients and nutritional labeling were the same. Reaction to drug labeling is also detailed.
- 1252-74
NUTRITION LABELING.
 Food Technol 28 (7): 43-48. July 1974.
 389.2 F7398
 Drugs, Food additives, Fortified foods, Labeling, Nutrient quality, Nutrient standards, Nutrition education, Nutritive policy, Nutritional labeling.
 Abstract: Nutrition labeling of foods, described as the most significant change in labeling practices since food labeling began, climaxes several years of study and preparation involving every segment of the food processing and distribution system, including consumers and government agencies. In the future, labels on an increasing variety of foods will provide important information on their nutritional content.
- 1253-74
USDA PROPOSES NUTRIENT LABELING REGULATIONS ADVERTISING CLAIMS WOULD TRIGGER COMPLIANCE.
 Mary T O'Brien
 Food Prod Dev 8 (2): 34-37. Mar 1974.
 RD9000.1.P64
 Advertising, Consumer education, Food standards and legislation, Labeling, Nutrient content determination, Nutritional labeling, Quality control, U.S. Recommended Dietary Allowances.
 Abstract: The USDA nutrient labeling and information panel regulations closely follow the 1973 labeling directives from the FDA, although some provisions are even more stringent. Under the proposed USDA version, providing any nutrition information in product advertising would make nutrient labeling mandatory. Nutrition information would be listed on the basis

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1250-74

of the product "as purchased," and if the product requires cooking, a second column would have to indicate nutrient values "after cooking," with the cooking method detailed immediately below the nutrient information. All labels would have to have USDA approval, and before approval would be given, the food must meet certain quality control systems. The minimum acceptable system would include records on methods used to maintain uniformity of raw ingredients, in some cases, farm-visit data, handling and processing records, and provisions for chemical analysis of the finished product as a means of determining the accuracy of label claims.

1254-74

SYNTHETIC AND SUBSTITUTE FOODS, ECONOMIC AND INTERNATIONAL ASPECTS.

Les Palapelas

Amer Sci Rev 7 (3): 1-12. 1965.
131.3 10893

Fabricated foods, Food additives, Food standards, Food supply, Food technology, Synthetic foods.

Abstract: The author points out that man's ingenuity in science and technology has produced food far removed from photosynthesis. Synthetic products are defined as those that include at least one major ingredient derived from nonfarm sources. This excludes flavorings or additives to prolong shelf life. Substitute food products include one or more major ingredients derived from unconventional agricultural sources. He calls for public protection of consumer health and welfare but cautions against over-regulation of certain products merely to protect the vested positions of competitive producers. He feels that consumers should be fully informed as they have the basis for making wise decisions--even though they may not always exercise that option.

1255-74

FDA'S APPROACH TO INFORMATIVE LABELING.

Taylor Oakes

Food Prod Dev 8 (4): 90. May 1974.
HD9000.1.264

Consumer education, Food and Drug Administration, Food packaging, Food standards and legislation, Ingredients, Nutrient standards, Nutritional labeling.

Abstract: Comments that foods bear informative labels does not always mean that everyone agrees that constituting informative labeling. However, recent rules recently laid out by FDA are an effort to resolve some of the differences in the areas of naming foods, identifying characteristic flavors, and label format. The first resolution concerns names at retail names for nonstandardized foods. Food for which there are standards of identity, at certain, have prescribed names that must be used on labels, but cases for nonstandardized foods generally have been decided by the courts. In some instances these names have been informative, in some instances not very informative, and in some instances, downright deceptive. In an effort to bring order to this area, FDA, after reviewing comments, published a final regulation which sets forth general principles for establishing names at retail names. The name must accurately identify or describe in as simple and direct terms as possible the food's basic nature or its characteristic attributes at ingredients.

1256-74

RECOMMENDED DIETARY ALLOWANCES REVISED 1974.

Dairy Comm Div 45 (3): 13-18. May/June 1974.
389.6 D14

Energy, Fat-soluble vitamins, Minerals, Proteins, Recommended Dietary Allowances, Vitamins, Water-soluble vitamins, Zinc.

Abstract: The 1974 Recommended Dietary Allowances include several important changes as compared to the 1968 edition. Of particular significance are the introductory sections, which consider the meaning and appropriate uses of the dietary allowances.

1257-74

HOW DO YOU WANT GOVERNMENT TO REGULATE HAZARDS IN FOOD AND FOODSERVICE?

Elizabeth E See

Instit/val Foodina 74 (2): 13-24. Jan 15, 1974.
TM1.155

Food additives, Food contaminants, Food safety, Food service management, Government role, Legislation, Questionnaires, Safety, Sanitation.

Abstract: As this grant states, "government regulatory bodies are charged by law to regulate hazard control. You would expect this to be done logically: the more deadly the hazard, the stricter the regulations... But regulatory agencies and legislative bodies do not regulate hazards of the degree of danger they pose." She asks as to request that food service people fill in the questionnaire accompanying the article so she can find out the readership's concerns relative to present regulations, the enforcing agencies, suggested changes in agency regulatory agencies, enforcement by inspection, mandatory compliance, plus a number of other matters.

1256-74

SENATE HEARINGS ON A NATIONAL NUTRITION POLICY.

J Am Diet Assoc 65 (3): 305-308. Sept 1974.

389.6 AN34

American Dietetic Association, Committees, Legislation, Nutritional policy.

Abstract: The American Dietetic Association was one of the eighteen "Cooperating National Organizations" whose members

participated in the Hearings on National Nutrition Policy of the U.S. Senate Select Committee on Nutrition and Human Needs, June 19 to 21, 1974 in Washington, D.C.

1259-74

NUTRITIONAL LABELING (SLIDERS).

Janet Sue Swanson

Ithaca, Cornell University 25 slides, 2" x 2", cal., with narrative script. 1973.

TS194.6.NS P48 AV

Consumer education, Nutrient values, Nutritional labeling, U.S. Recommended Dietary Allowances.

Abstract: This slide series translates FDA nutrition labeling regulations into easily understood terms for nutrition educators, food service workers, or any consumer who will need to understand the nutrition information on food items. It describes why we need labeling, a step-by-step account of the label format, and advice on how to use nutrient information in food selection. The U.S. Recommended Dietary Allowances are explained in this context.

1260-74

NUTRITION EDUCATION--1973, HEARINGS, NINETY-THIRD CONGRESS, FIRST SESSION, PART 4--TV ADVERTISING OF FOOD TO CHILDREN.

U.S., Congress, Senate, Select Committee on Nutrition and Human Needs

Washington, GPO p. 369-447. 1973.

SP24.5.NS 1973 PT.4 P48

Advertising, Breakfast cereals, Child nutrition, Dental caries, Hearings, Nutrition education, Professional education, Sugar, Television.

Abstract: These hearings are a continuation of those cited under part 3, and present comments of consumer groups plus those of one pharmaceutical company on children's responses to television advertising of snack and breakfast foods. The accompanying appendix contains newspaper stories on this subject, including consumer groups' activities to counteract such advertising, in item 1, which also has a scientific article on problems of overnutrition. Item 2 consists of newspaper and other articles on children's views of television programs and news policies recommended for dealing with the problem. For professional nutritionists.

1261-74

NUTRITION EDUCATION--1973, HEARINGS, NINETY-THIRD CONGRESS, FIRST SESSION, PART 3--TV ADVERTISING OF FOOD TO CHILDREN.

U.S., Congress, Senate, Select Committee on Nutrition and Human Needs

Washington, GPO p. 255-366. 1973.

SP24.5.NS 1973 PT.3 P48

Advertising, Breakfast cereals, Child nutrition, Dental caries, Hearings, Nutrition education, Professional education, Sugar, Television.

Abstract: These Congressional hearings on nutrition education concerned the effects of television advertising on children, with regard to their food choices, and snacking. The effects of this sugar on health, particularly with respect to dental caries, was presented by vitamins. An appendix of two items is included. In item 1 criticisms of manufacturers of sweetened breakfast cereals and their replies are presented. Item 2 consists of six scientific papers on the relationships between sugar and dental caries. For professional nutritionists.

1262-74

NATIONAL, PITAL, AND INFANT NUTRITION--1973, HEARINGS, NINETY-THIRD CONGRESS, FIRST SESSION, PART 2--GOVERNMENTAL RESPONSES.

U.S., Congress, Senate, Select Committee on Nutrition and Human Needs

Washington, GPO p. 121-211. 1973.

SP24.5.NS 1973 PT.2 P48

Federal programs, Food programs, Hearings, Malnutrition, Maternal and child health, Professional education.

Abstract: In this Congressional hearing, representatives of government agencies reported on Federal programs for the improvement of maternal and child health, including food programs. Item 1 in the Appendix presents statistics on an Outreach program and statements on the Women, Infants and Children program, the supplemental food program and maternal and child health services. Item 2 consists of two articles on breast feeding, and one on anemia. Item 3 is Public Law 92-433 which amended the National School Lunch Act to provide summer feeding programs and S. 1543, a bill to amend the Social Security Act for special project grants. For professional nutritionists.

1263-74

FEDERAL FOOD PROGRAMS--1973, HEARINGS, NINETY-THIRD CONGRESS, FIRST SESSION, PART 2--HUNGER IN 1973.

U.S., Congress, Senate, Select Committee on Nutrition and Human Needs

Washington, GPO p. 185-292. 1973.

SP24.5.NS 1973 PT.2 P48

Federal programs, Food for Peace, Food programs, Hunger, Low income groups, Professional education, U.S. Dept. of Agriculture.

Abstract: This hearing was convened to explore further the problems and difficulties low income people were having obtaining food adequate to maintain good nutritional status and what governmental programs were able to do to meet or assist in alleviating the problem. Appendix materials in Item 1 are lists of four different food assistance programs. Item 2 includes a table on major food assistance programs of the Department

- ent of agriculturists, and feeding levels of such food assistance programs. A letter from a former welfare recipient describing what it is like to try to feed a family on few funds, and Public Law 480, which set up the Food for Peace program, along with 28 amendments thereto. For professional nutritionists.
- 1264-74**
FEDERAL FOOD PROGRAMS--1973, HEARINGS, NINETY-THIRD CONGRESS, FIRST SESSION, PART 3--SUPPLEMENTARY FOOD PROGRAMS.
 U.S., Congress, Senate, Select Committee on Nutrition and Human Needs
 Washington, GPO p. 293-353. 1973.
 KP26.5.H8 1973 Pt.3 P8H
 American Indians, Child nutrition, Federal programs, Food programs, Hearings, Professional education, School lunch program.
 Abstract: These hearings discuss nutritional needs of American Indians on reservations, and the availability and acceptability of the various Federal food programs in alleviating these problems. Both government officials and tribal leaders presented views. Child nutrition and the school lunch program were of particular concern. Item 1 is the Appendix consists of a form authorizing participation in the supplementary food program, form for patient care report, statement on malnutrition from cas reservation, statement and letter from a nutritionist, article from the Congressional Record on American social problems, and cost-of-living report from a reservation. Item 2 is a statement requesting improvements at cas reservation. For professional nutritionists.
- 1265-74**
NUTRITION EDUCATION--1973, HEARINGS, NINETY-THIRD CONGRESS, FIRST SESSION, PART 6--ENCOURAGE RESEARCH AND DEPTAL DENTAL.
 U.S., Congress, Senate, Select Committee on Nutrition and Human Needs
 Washington, GPO p. 547-596. 1973.
 KP26.5.H8 1973 Pt.6 P8H
 Breakfast cereals, Dental caries, Hearings, Nutrition education, Phonographs, Professional education, Soft drinks.
 Abstract: These hearings were held to look into the research which had been done on whether the addition of phosphate to sweetened breakfast cereals and soft drinks would lessen the occurrence of dental caries. Representatives of government agencies concerned and a cereal manufacturer testified. The appendix contains five letters and two memoranda regarding research into the effects of the phosphates on caries incidence, and five summaries of such research. The results appear to be contradictory.
- 1266-74**
NUTRITION AND THE ELDERLY--1973, HEARINGS, NINETY-THIRD CONGRESS, FIRST SESSION, PART 1--FEEDING THE ELDERLY.
 U.S., Congress, Senate, Select Committee on Nutrition and Human Needs
 Washington, GPO 163 p. 1973.
 KP26.5.H8 1973a Pt.1 P8H
 Aging, Elderly (65 + years), Federal programs, Food stamp programs, Health care, Hearing, Professional education, Supplementary income.
 Abstract: In these hearings representatives of governmental programs and private individuals testify on current programs to provide adequate nutrition to the nation's elderly, and how or whether they are meeting these needs. Appendix item 1 consists of two letters from the Department of Health, Education and Welfare, with accompanying answers to Committee questions. Four items on food stamps, testimony on nutritional needs of the aging and administrative changes needed to implement recommendations, summary of nutrition panel findings of the White House Conference on Aging, and Policy statement and Position paper of the American Dietetic Association. Item 2 is a letter from a Heale on Health Organization and a table on increased cost of foods for a low-sodium anticholesterol diet. Item 3 contains a survey of preparedness of state agencies to implement Title VII, two tables on Progress of states in planning and need of elderly in each state, and two tables on financial assets and Percent distributions of aged units. For professional nutritionists, and managers of nursing homes and other institutions for the elderly.
- 1267-74**
MATERNAL, FETAL, AND INFANT NUTRITION--1973, HEARINGS, NINETY-THIRD CONGRESS, FIRST SESSION, PART 1--CONSEQUENCES OF MALNUTRITION.
 U.S., Congress, Senate, Select Committee on Nutrition and Human Needs
 Washington, GPO 120 p. 1973.
 KP26.5.H8 1973a Pt.1 P8H
 Fetal growth, Food programs, Hearings, Iron-deficiency anemia, Malnutrition, Maternal and child health, Maternal retardation, Professional education.
 Abstract: In these hearings physicians and nutritionists with research and practical experiences of the consequences of malnutrition in both mother and infant present their views on these problems. Effects of such malnutrition on child growth and consequent mental retardation are some of the points brought out. Appendix 1 is an article on maternal nutrition and the development of the offspring. Appendix 2 contains an article on nutritional correlates of child development in Tunisia, a statement on the government booklet, "Infant care," a report of iron deficiency in infants in the U.S., the pediatric aspects of the Ten-state nutrition survey, two policy statements of professional health groups on nutrition in pregnancy and supplemental feeding programs for mothers and infants, and a sequel article on a refeeding program carried out among severely malnourished poor children in the South. For nutrition professionals.
- 1268-74**
NUTRITION EDUCATION--1973, HEARINGS, NINETY-THIRD CONGRESS, FIRST SESSION, PART 5--TV ADVERTISING OF FOOD TO CHILDREN.
 U.S., Congress, Senate, Select Committee on Nutrition and Human Needs
 Washington, GPO p. 449-546. 1973.
 KP26.5.H8 1973 Pt.5 P8H
 Advertising, Breakfast cereals, Child nutrition, Dental caries, Hearings, Nutrition education, Professional education, Sugar, Television.
 Abstract: This publication presents the points of view of manufacturers of breakfast cereals before the Senate hearings on the effects of television advertising on children's food choices. The nutrients these cereals provide, and some of the nutrition education activities of the companies are included in the presentation. Item 1 in the Appendix is a statement of responsibility of cereal manufacturers regarding advertising, a bibliography of nutrition-related materials available from one such manufacturer, and manufacturer's view of food safety. Item 2 is an article on sugar as a possible cause of heart disease, and statements of policy of food manufacturers from consumer interest groups and the manufacturers. Item 3 has an article on the advertising point of view, and a newspaper article on sugar in the diet. For the professional nutritionist.
- 1269-74**
NUTRITION EDUCATION, 1972; HEARINGS ... NINETY-SECOND CONGRESS, SECOND SESSION ... DECEMBER 6, 1972.
 U.S., Congress, Senate, Select Committee on Nutrition and Human Needs
 Washington, U.S. Govt. Print. Off. 193-253 p. 1973.
 KP26.5.H8 1972 Pt.2A P8H
 Advertisements, Federal programs, Food prices, Hearings, Legislation, Nutrition education, Professional education, Weight control.
 Pt. 2a, Appendix. Series 72/NE2a.
 Abstract: This publication is a companion to Part 2, Overview. Item 1, submitted by witnesses, is a list with brief descriptions of nutrition and nutrition education programs in various parts of the country, supported by government funds. Item 2, submitted by other than witnesses is a list showing food cost increases caused by adherence to a low-sodium, anticholesterol diet, several pieces of advertising on weight control, and a school nurse's view of nutrition in education. Item 3 is Public Law 91-248, and Public Law 92-433, amendments to the National School Lunch Act and Child Nutrition Act.
- 1270-74**
FEDERAL FOOD PROGRAMS, 1973; HEARINGS ... NINETY-THIRD CONGRESS, FIRST SESSION ... APRIL 17, 1973.
 U.S., Congress, Senate, Select Committee on Nutrition and Human Needs
 Washington, U.S. Govt. Print. Off. 188 p. 1973.
 KP26.5.H8 1973 Pt. 1 P8H
 Dental health, Federal programs, Food programs, Hearings, Professional education, School food service, School lunch programs, Vending machines.
 Pt. 1, vending machine competition with the National School Lunch Program. Series 73/PFE1.
 Abstract: The hearings presented in this report were held to explore the impact of the congressional action removing the authority that regulated use of machines vending food in schools. Representatives of school food service administration, professional nutritionists and dentists testified to object to the increased availability of such snack foods in competition with the regular lunch program, and governmental representatives replied. Item 1 of the Appendix presents letters from parents, teachers, schools and other groups, studies and surveys, media paper of professional health groups, and vending contract management. Item 2 contains a journal article and four laws on the National School Lunch. Item three consists of correspondence from the Federal government on the subject. School food service administrators and interested nutrition educators will wish to be informed of the content of these hearings.
- 1271-74**
NUTRITION EDUCATION, 1972; HEARINGS ... NINETY-SECOND CONGRESS, SECOND SESSION ... DECEMBER 6, 1972.
 U.S., Congress, Senate, Select Committee on Nutrition and Human Needs
 Washington, U.S. Govt. Print. Off. p. 139-191. Dec 6, 1972.
 KP26.5.H8 1972 Pt. 2 P8H
 Child nutrition programs, Federal programs, Hearings, Legislation, Nutrition education, Professional education.
 Pt. 2, overview, the federal program. Series 72/NE2.
 Abstract: These hearings examine the role of the Federal government in nutrition education of children and adults, and review the various departmental activities that relate to nutrition education. For professional nutritionists and other educators.
- 1272-74**
HEAT AND POULTRY--LABELED FOR FCU. (SPA)
 U.S., Consumer and Marketing Service
 Washington, D.C. 59p. Apr 1972.

1273-74

TX371.053 P5H (U.S. Consumer and Marketing Service. Home and garden bulletin no. 172-s)
Consumer education, Food merchandising, Food selection, Labeling, Meat, Meat grades, Poultry.
Title of Original: Carne de res y de aves de corral--la etiqueta es su mejor consejero.
Abstract: Labels on meat and poultry products are important because they indicate the grade of meat and determine the price per pound. Packaged meat product labels (canned steaks, soups, variety meats, etc.) should be read carefully to determine the ingredients, the net weight, and the storing and cooking instructions.

1273-74

QUICK TIPS ON THE LABELING AND CARE OF MEAT AND POULTRY. (SFA)
U.S., Consumer and Marketing Service
Washington, D.C. single-sheet flyer printed front and back. 1972.

TX371.052 P5H

Consumer education, Cooking techniques, Food preparation, Home, Food merchandising, Food storage, Labeling, Meat, Meat grades, Poultry.

Title of Original: Avisos rápidos sobre la etiqueta y sobre el cuidado de la carne de vaca y de aves de corral.
Abstract: Labels on meat and poultry products should be read carefully before purchasing, and all meats should be frozen and well cooked before serving.

1274-74

STANDARDS FOR MEAT AND POULTRY PRODUCTS--A CONSUMER REFERENCE LIST. (SFA)

U.S., Dept. of Agriculture
Washington, D.C. 7 p. Mar 1972.

TX371.05 P5H

Canned foods, Consumer education, Food purchasing, Food selection, Food standards, Fresh foods, Frozen foods, Meat, Poultry.

Title of Original: Patrónes de Productos de carne de res y de aves de corral--lista de referencias de consumidor.
Abstract: To be labeled with a particular name, such as "beef with gravy" or "Chicken Stuff," a federally inspected meat or poultry product must be approved by the USDA as meeting specific product requirements. This is a list of products for which nomenclature of meat, poultry, or other products have been established.

1275-74

RECOMMENDATIONS TO THE COMMISSIONER FOR THE CONTROL OF FOODBORNE HUMAN SALMONELLOSIS: THE REPORT OF THE FDA SALMONELLA TASK FORCE.

U.S., Food and Drug Administration
[Washington] FDA Salmonella Task Force 31 p. 1973.

BA 647.P62 P5H

Food and Drug Administration, Food handling, Food poisoning, Salmonellosis, Statistical data.

Abstract: This is a report of the FDA Salmonella Task Force. It is divided into nine headings: 1) digest - purpose and findings; 2) the organism and its disease; 3) salmonellosis statistics; 4) FDA response to the problem of salmonella in foods; 5) effectiveness of FDA past and current activities; 6) recommendations; 7) finances; 8) tables; and 9) appendices. From the findings the task force concluded that the FDA's efforts had been effective in dealing with salmonella and control should continue to be a part of the agency's overall effort to arrest the microbiological contamination of food.

1276-74

AUTHORITATIONS AND RESTRICTIONS ON SOY PROTEINS IN FOODS IN THE U.S.

Virail O Kodick
Washington, Bureau of Foods, U.S. Food and Drug Administration 12 p. Nov 13, 1973.

TX558.5796 P5H

Food and Drug Administration, Food standards and legislation, Professional education, Proteins, Soybeans.

Paper given at World Soy Protein Conference, Munich.
Abstract: The Director of the Bureau of Foods of the Food and Drug Administration discusses current and pending legislation and standards as they apply to soybean products, especially when the latter are incorporated into other foods, or are made into products resembling other food items. Concern or special action rather than product ingredients are under consideration for soy protein products. Nutritional quality guidelines for such products would then be prescribed. If such a product is not nutritionally inferior to the food it resembles, the term "imitation" would no longer be required, providing strict composition was properly listed. For professional nutritionists, and those concerned with feeding programs.

MANAGEMENT AND ADMINISTRATION

1277-74

ASBO AND USDA BEGIN JOINT RECONCILING FOOD SERVICE AND HANDBOOK 11 ACCOUNTING.

Sch Bus Affairs 40 (10): 221-223. Oct 1974.

L11.53 P5H

Accounting, Food economics, Meetings, School food service, Training.

Abstract: A detailed account of a meeting to correlate both systems is supplied. A list of participants is accompanied by summaries of their recommendations.

1278-74

ASBO ENDORSES NUTRITION EDUCATION.

Sch Foodserv J 28 (3): 16-17. Mar 1974.

389.8 SCH6

Association of School Business Officials, Community programs, Nutrition education, School administration, School food service, State departments of education, Surveys.

Abstract: Results of a survey show that ASBO members support school food service and nutrition education programs. 50% indicate that state agencies require nutrition education in the public schools. A few school districts use commercial management companies to provide food service, and very few districts (80 out of the 1,218 total replies) participate in food programs for the elderly. From the survey findings it is recommended that ASBO (1) have nutrition education included at all school levels; (2) ensure that food service operates efficiently; (3) determine which states do not require nutrition education in the schools; (4) encourage use of school facilities for other feeding programs and adult recreation; (5) use food service facilities as a student nutrition education laboratory.

1279-74

AIRLINES CHART A CLEAR COURSE FOR FOODSERVICE.

Instit/vol Feeding 74 (5): 38-43. Mar 1, 1974.

TX1.155

Airline catering, Catering, Cooking equipment (Large), Cost effectiveness, Energy crisis, Food cost, Food preparation and distribution systems, Menu planning, Operating expenses.

Abstract: Airline catering has been badly hit by the simultaneous food and fuel crises. Soaring costs in both areas have forced the airlines to take a hard look at their food services to see if they are really operating them efficiently. The consensus among airline food service managers seems to be one of streamlining procedures and methods and applying better business practices. This article outlines some of the changes airlines are making to effect cost savings in food service.

1280-74

PEOPLE PROBLEMS.

Lawrence Allen

Personnel J 53 (11): 838-839. Nov 1974.

280.8 J824

Attitudes, Behavior, Job enrichment, Management education, Motivation, Performance, Personnel management, Self concept.

Extract: If most of the problems in business and industry today are, indeed, people-oriented, then providing opportunities for employee growth and development, and training supervisory personnel in why their people behave as they do, will go a long way toward providing solutions.

1281-74

THE DILEMMA OF LOWER LEVEL MANAGEMENT-FREEDOM VERSUS CONTROL.

S Millina Alper

Personnel J 53 (11): 804-808. Nov 1974.

280.8 J824

Communication (Thought transfer), Job enrichment, Job satisfaction, Management, Management development, Management education, Motivation, Personnel management.

Extract: There are those who believe a company will be more effective if lower level managers have reasonable flexibility in making decisions and developing creative approaches to problems. Others are equally firm in believing that to insure proper control of performance and productivity, decision-making belongs in the hands of upper management. Keeping a balance between control and freedom is no easy matter.

1282-74

FOOD SERVICE DATA PROCESSING SUPPORT: RECIPE DATA.

American Dietetic Association

Chicago, Ill. 28 p. 1971.

TX820.144 P5H

Computer applications, Data processing, Food preparation, Food service, Menu planning, Recipes.

Extract: This publication is designed to aid the dietitian in identifying and defining recipe data needed to establish computer support for a food service operation. The recipe data

- needed in any organization's file depends on both the objectives of the data processing project and the functions to be carried out. Therefore, this publication does not attempt to specify specific recipe file data or a specific recipe file format. It does present some of the data items which could be included in a food service data processing system for a variety of functions. Once the functions and desires of the system have been determined, the actual computer file in which the data are located can be decided upon. The dietitian must make his own selection of data items to be included and supply specific recipe data.
- 1283-74**
ESTIMATING FOOD COSTS BY COMPUTER.
 Janet Andreus
 Hospitals 43 (Oct 16, 1969): 107-108. Oct 16, 1969.
 RA960.H6 P88
 Computers, food cost, Purchasing.
 Abstract: The basic data requirements for a food item file to be used in a computer system are discussed in terms of their function or use. The basic data requirements for several methods of inventory processing are reviewed by the author. Information as to setting the cards for identification, purchasing, costing and control is given.
- 1284-74**
AS YOU WERE SAYING--HOW TO IMPROVE PERSONNEL COMMUNICATIONS THROUGH SLIDE/TAPE PROGRAMS.
 Personnel J 53 (5): 373-374. May 1974.
 280.8 J824
 Audiovisual aids, Communications, Educational programs, Industrial relations, Instructional materials, Management education, Personnel management, Slides/overhead.
 Abstract: The use of slide/tape programs is helping improve communications at an insurance company in Illinois. They are used for training courses and for simple communication on new company policies, procedures, and the like. Special slide shows are being developed for use by agents for presenting and explaining the company's services to prospective enrollees.
- 1285-74**
HOW TO WORK SMARTER--NOT HARDER.
 Arthur Avery
 Food Management 9 (9): 44-43, 58-59, 82-84. Sept 1974.
 TX341.P69
 Food service workers, Institutional feeding, Job enrichment, Job training, Personnel management, Work attitudes, Work flow, Work simplification.
 Abstract: During a period when wages, salaries and fringe benefits climbed to the highest level in United States history, there was a comparative decline in labor productivity accompanied by rising rates of worker absenteeism. Between 1960 and 1972, for example, the average annual rise in productivity was just over 3% (while the average annual increase in wages and fringe benefits from 1966 to 1972 was 7%). More than anything else it seems that worker alienation is the result of habitually defining workers in strictly utilitarian terms. The time is ripe to advance the demographics of industrial life and to bring to the workers' roles the principles of equity and individual worth on which this Republic was founded.
- 1286-74**
PROFITABLE CATERING.
 Bruce H. Anler
 Indianapolis, ITT Educational Publishing 123 p. 1974.
 TX943.A5
 Administration, Advertising, Catering, Equipment, Food purchasing, Food service management, Menu planning, Profit.
 Abstract: While catering operations can range from the sale of an occasional takeout party platter to a commitment to prepare and serve 10,000 meals a day, certain concepts of management, food production, organization, and marketing are basic to all catering. This book offers concrete guidance in these areas to both the foodservice operator and the health-care administrator catering operations. In addition, this book profiles the total catering market, pinpoints the profit opportunities, and outlines even the experienced caterer to realize these.
- 1287-74**
MINIMUM WAGE: HIGHER RATES AND MORE PAID WORK.
 John F. Sakon
 Restaurant Bus 73 (6): 65-68. June 1974.
 389.2538 P82 P88
 Allocation, Budgeting, Employment practices, Food service management, Food service workers, Labor economics, Labor force, Operating expenses, Wages.
 Abstract: The new minimum wage rates, with no youth differential, will result in more pressure on wages to work and more pressure on owners to get second jobs. The rates will also put pressure on food service operators to cut labor costs through use of more automated equipment. More people will be hired for shift work, rather than be paid overtime. Soon there will be pressure for medical plans, advance working hours, paid vacations, and a lot of other benefits for hourly employees. The result will be a lot more paperwork for food service managers whose time spent on such paperwork can't be written off as another personnel operating expense.
- 1288-74**
ENERGY: CRISIS, CRUNCH, OR COSTLY?
 John F. Sakon
 Restaurant Bus 73 (6): 63-64. June 1974.
 389.2538 P82 P88
 Air conditioning, Commercial food service, Conservation, Energy, Energy crisis, Food service management, Operating expenses, Temperature.
 Abstract: The energy crisis is not over. Energy costs are high and will remain so for some considerable time to come. Energy conservation is essential. One way to conserve is to keep air conditioning temperatures at a comfortable minimum. Clean filters on air conditioners at least once a month, and consider installing an air system that recycles cool air from the dining room to the kitchen. Dr. J. Lisle Reed of the Federal Energy Office foresees no major energy restrictions on businesses and individual consumers. However, the less energy used, the better. People should impose upon themselves restrictions on energy use.
- 1289-74**
PRINTED AND MICROGRAPHED FORMS.
 Baltimore, Public Schools
 [Baltimore] 1 v. (unpaged). 1973.
 HF5371.H3 P88
 Baltimore, Food service management, Recordkeeping, Records (Forms), School food service.
 Abstract: This is a book containing all the printed and micrographed forms needed for school food service recordkeeping in the Baltimore, Maryland, public school system.
- 1290-74**
NUTRITION.
 Alan Berg, Peter Muscat
 In Proceedings of the Eastern Hemisphere Nutrition Congress II
 Miami Beach, Fla., Sept. 2, 1971 p. 318-323. 1972.
 TX345.H4 P88
 Economic influences, Food stamp programs, Food supply, Malnutrition.
 Abstract: The authors point out that for a poor nation to develop economically, one problem that will have to be solved is the problem of malnutrition. The cycle of low-income and inadequate nutrition leading to low productivity must be broken. There are many different options that exist to help hasten the benefit of national growth. These different methods and approaches to raise the nutritional standards of the population are discussed. Money transfer is compared to food transfer as a form of income redistribution, along with some needed forms of nutrition education, to help raise the food habits of the population.
- 1291-74**
TELL IT LIKE IT IS.
 Jerome Berkman
 Food Management 9 (2): 29-30. Feb 1974.
 TX341.P69
 Evaluation, Hospital food service, Industrial relations, Management, Management systems, Performance, Performance criteria, Personnel management.
 Abstract: Evaluating an employee's work and telling his honestly when he or she has not performed well is one of the most crucial but most difficult managerial tasks. Management by objectives (MBO) offers a successful method for objectively evaluating an employee's work and allowing the employee to participate in evaluating himself. The idea is for the supervisor and the employee to decide together the goals toward which the employee should strive, and then together to evaluate the success the employee has attained in reaching those goals.
- 1292-74**
BEST SELLERS.
 Institutional Feeding 74 (7): 56-65. Apr 1, 1974.
 TX1.I55
 Consumer economics, Food preferences, Food selection, Food service management, Menu planning, Surveys.
 Abstract: The best-selling menu items from various categories (entrees, desserts, etc.) are listed here. These statistics are based on a 1973 survey of 13,100 U.S. food service operators.
- 1293-74**
WHAT EVERY SUPERVISOR SHOULD KNOW. 3d ed.
 Lester E. Hittel
 New York: McGraw-Hill, Inc. 756 p. (illus.). 1974.
 HF5549.H5 1974 P88
 Decision making, Human relations, Leadership, Management philosophy, Office management, Personnel management, Problem solving, Supervision, Supervisors.
 Abstract: Problems of supervisor constantly change. They demand new techniques and new tools to achieve management goals. The industrial organization in which the supervisor works, the management methods and procedures available, the employee supervised, differ markedly from decade to decade. This book is devoted to the integration of these changing variables for the supervisor's guidance. While the new techniques in supervision are good, they aren't always as good as the old. Consequently, what appears in these pages is here for its own sake--not because of its age. Answers to questions, therefore, are in the main based upon the author's experience with the success or failure of various supervisory principles when judged against the harsh occurrence of practice. In short, this book

BIBLIOGRAPHY

1294-74

attempts to collect in one place all the important information a supervisor needs to know about the job of dealing with people, money, machines, material, and himself.

1294-74

HOW TO IMPROVE COMMUNICATIONS.

James H. Black
Searthorn, Assignments in Management 3" x 5" unpagged booklet 1971.

WP5549.5.C685 F5N

Communication (Thought transfer), Communication skills, Management, Management development, Personnel management.

Extract: Communications is the key to successful management. The American Management Association has estimated that a manager spends approximately 90 percent of his time communicating; in fact it is the only way that he can get his job done. For example, a supervisor communicates when he gives job instructions, when he trains, when he handles an employee's grievance. The appraisal of an employee's performance is an exercise in communications, just as are all other types of interviewing.

1295-74

THE FRONT-LINE MANAGER'S PROBLEM-SOLVER.

James Harrison Black, Virginia Todd Black
New York: McGraw-Hill, Inc. 292 p. 1967.

E5549.B52 F6N

Counseling, Individual characteristics, Industrial relations, Job analysis, Job satisfaction, Job training, Personal, Personnel management.

Extract: This book deals with day-to-day problems supervisors and operating managers must face in accomplishing their jobs successfully. It is practical, direct, and covers every phase of a manager's personnel accountability to his employer. Each chapter is a separate unit in itself which not only identifies specific difficulties that challenge a supervisor's judgment, initiative, and stamina, but also offers down-to-earth advice on how such difficulties may be overcome. Each chapter is concluded with a carefully drawn-up check list on the subject it discusses.

1296-74

CHILDREN'S NEEDS--FOR UNIVERSAL FOOD SERVICES AND NUTRITION.

George B. Brison
Washington, D.C., Educational Resources Information Center 11 p. Aug 4, 1971.

TE361.C5P7 F5N

Malnutrition, Nutrients, Nutrition, School children (6-11 years), School food services.

Available from: Linnac Information Products, Inc., 4827 Rugby Avenue, Bethesda, Maryland 20814; EDRS Price MF-\$0.65; HC-\$3.29; ERIC Report No. ED 057 461.

Abstract: Good nutrition and adequate nutritious food are not only essential to good health but also represent the difference between life and death. Nutrition is the world's number one problem today. Good nutrition means providing all 45 essential nutrients in adequate amounts to each child. School food service personnel should work in their communities to get the nutritional message to all school children and to convince citizens of the need in every district for free school food services and knowledgeable nutrition consultants.

1297-74

MANAGING RESTAURANT PERSONNEL: A HANDBOOK FOR FOOD SERVICE OPERATORS.

John R. Bryan
New York, Chain Store Age Books 164 p. 1974.

TI911.J3.P487 F6N

Food preparation, Food service management, Food service training, Food service workers, Handbooks, Job analysis, Job training, Personnel management.

Extract: This book is designed to offer practical information about how to handle employees in any restaurant function area efficiently. The models for various management tools provided in this book are aimed at increasing operations volume and, more immediately, net profits. They also aim to minimize the amount of time the operator spends in the office so that more energy can be devoted to improving personnel training, service, and production. These tools are intended to help evaluate personnel activities and prevent cost problems before they occur.

1298-74

HOW TO UP YOUR PROFITS AND PRODUCTIVITY WITH INVENTORY MANAGEMENT: PART 3.

Robert D. Buchanan
Food Serv 36 (10): 60-67. Oct 1974.

389.2538 F732

Customer applications, Inventories, Management, Prediction, Profit, Purchasing.

Extract: The objectives of inventory control are to prevent shortages, purchase food at minimum cost, minimize material losses, keep investment in inventories at the minimum point consistent with production requirements, and develop meaningful cost analysis.

1299-74

HOW TO UP YOUR PROFITS AND PRODUCTIVITY WITH INVENTORY MANAGEMENT--PART 2.

Robert D. Buchanan
Food Technol 36 (9): 55-60. Sept 1974.

389.B F739B

Food cost, Food service management, Inventories, Profit.

Extract: Inventory controls must be designed and applied with care. Inventory stocks must be carefully matched to customer demands. And, inventory-related costs (to buy and hold inventory) must be balanced and controlled. Integration of activities must be carefully controlled as well, since many people are involved.

1300-74

A QUALITY EVALUATION SYSTEM FOR PREPARED FOODS: PART 1.

Robert D. Buchanan
Food Serv 36 (1): 58,60-61. Jan 1974.

389.2538 F732

Evaluation methods, Food preferences, Food purchasing, Food selection, Food service management, Menu planning, Palatability ratings, Prepared foods, Surveys.

Abstract: Many complex factors combine to influence customer preferences, not the least among these being the characteristics of the food itself. The items are not live up to expectations in terms of price, quality, quantity, and/or visual impact. Cultural patterns and familiarity of food determine selection, as do religious laws, status values, and diet or health problems. A dish may not be selected because it is badly cooked or lacks dependable quality in terms of the last time it was served. Customers' reactions to food's sensory properties (appearance, aroma, taste, texture, temperature, and digestibility) play a large role in food selection. It is up to the food service operator to make the best of those variables within his control, namely food quality and appearance and the atmosphere in which the food is served.

1301-74

A QUALITY EVALUATION SYSTEM FOR PREPARED FOODS: PART 2.

Robert D. Buchanan
Food Serv 36 (2): 72,74,76,92. Feb 1974.

389.2538 F732

Evaluation methods, Food preferences, Food purchasing, Food selection, Food service management, Menu planning, Palatability ratings, Prepared foods, Surveys.

Abstract: Here are some suggestions for conducting customer surveys to determine food preferences that will be helpful to food service operators in determining which prepared foods to buy.

1302-74

THE MARKET STUDIES REVEAL CONVENIENCE FOOD ATTITUDES AND USAGE: PART I.

Robert D. Buchanan
Food Serv 36 (3): 51-56. Mar 1974.

389.2538 F732

Attitudes, Convenience foods, Cost effectiveness, Food preferences, Food purchasing, Food service, Marketing, Prepared foods, Surveys.

Extract: Two recent studies described in this article shed some light on the attitudes of food service operators toward convenience and prepared food systems by investigating and comparing concepts and uses of convenience foods in two markets. For these studies, college and university food directors and hospital dietitians were queried on three major areas of concern: (1) their objections to convenience foods; (2) their feelings of what convenience foods are and what they ought to be; (3) the degree of use of convenience foods by food category; and (4) the effect of convenience foods on labor hours. Comments were made based on the problems of the food service industry and in light of current challenges.

1303-74

THE MARKET STUDIES REVEAL CONVENIENCE FOOD ATTITUDES AND USAGE: PART II.

Robert D. Buchanan
Food Serv 36 (4): 51-52, 55-60. Apr 1974.

389.2538 F732

Attitudes, Convenience foods, Food preferences, Food purchasing, Food service, Prepared foods, Surveys.

Extract: Two recent studies described in this article show the attitudes of food service operators toward convenience and prepared food systems by investigating and comparing concepts and uses of convenience foods in two markets. For these studies, college and university food directors and hospital dietitians were queried on three major areas of concern: (1) their objections to convenience foods; (2) their feelings of what convenience foods are and what they ought to be; (3) the degree of use of convenience foods by food category; and (4) the effect of convenience foods on labor hours. Comments were made based on the problems of the food service industry and in light of current challenges.

1304-74

MOVING UP: GUIDELINES FOR THE ASPIRING EXECUTIVE.

Irving Karatiner
Personnel J 53 (12): B76-B80. Dec 1974.

280.B J824

Administration, Attitudes, Career ladders, Careers, Communication (Thought transfer), Industrial relations, Management, Psychological aspects.

Extract: Few people who work for a living are content with a status quo job for very long. Not many of them either don't know how to get ahead, or are struggling against a handicap--real or imagined--which they don't know how to overcome. There are many ways in which any ambitious person can become more effective and of more value to his organization. Here are a few of the more important ones.

- 1305-74
A HUMAN SYSTEMS APPROACH TO COPING WITH FUTURE SHOCK.
Gary E Carlson
Personnel J 53 (8): 618-622. Aug 1974.
280.8 J824
Career ladders, Industrial relations, Job enrichment, Job satisfaction, Motivation, Personnel management, Transactional analysis.
Extract: Change surrounds us on all sides, and nowhere is it more apparent than in the attitudes and values of today's employees. For any organization to succeed or remain competitive and provide incentive and fulfillment for the people who work there, management must be flexible and open to change and the needs of its employees. That is where a human resources system, consistent with motivational techniques, comes in.
- 1306-74
ACHIEVING CHANGE IN PEOPLE: SOME APPLICATIONS OF GROUP DYNAMICS THEORY.
D Cartwright
Human Relations 4: 381-392. 1951.
EY636.A1M8
Behavior change, Change agents, Cultural factors, Group dynamics, Leadership, Motivation, Psychological aspects, Social factors.
Extract: Change is threatening. For a group to change, its members must have a strong sense of belonging, and the change must be attractive to them. The more prestige the member has, the more influential he will be in initiating change. Strong pressure for change can come from a shared perception within the group of the need for change.
- 1307-74
CHALLENGE '74: EFFECTIVE FOOD SERVICE MANAGEMENT.
Food Serv 36 (6): 46-52. June 1974.
389.2538 P732
Financial management, Food purchasing, Food service management, Management, Marketing, Merchandising, Productivity.
Extract: Managing a successful food service organization has never been easy, but sometimes it is much harder than at other times. This is one of those tougher times, and management can respond in one of three ways: (1) roll over, whisper, let events control destiny, and sigh; (2) tighten ship, keep the nose into the wind, and concentrate on moving solidly into the future; (3) adopt strategy number two, but also rethink the total business, target in on real opportunities, make major changes by plan, and move aggressively now. Organizations that survive and prosper are those that look to their consumer marketplace for guidance and then actively adopt a realistic total marketing concept. In this article, we present and describe some reasonable assumptions about the present and future national scene which should be considered by management when selecting and following a strategy for survival. We also offer some specific suggestions for action by top management which affect the very heart of "the business of the business."
- 1308-74
NUMBER ONE FAILURE FACTOR: LOST TIME AND LOW PRODUCTIVITY GO HAND IN HAND.
Harold L Christensen
Instit/vol Feeding 74 (5): 15-17. Mar 1, 1974.
TX1.155
Cost effectiveness, Food preparation and distribution systems, Food service management, Organization, Personnel management, Productivity, Scheduling, School food service, Work flow.
Abstract: In the food service business, lost time means low productivity. Management's most expensive time expenditures are (1) waiting (for assignments, work stations, deliveries, maintenance, etc.), (2) poor work methods, (3) poor communications, (4) unbalanced work loads and production lines, and (5) poor planning and follow-up. In most foodservice operations it is not usually one cause but rather a multiplicity of lost time causes which leak from several if not all of the functional elements of a foodservice operation. When the various elements of a foodservice operation are planned and controlled not as separate and extricable entities but as one system with sub-systems, and when costs are related to time values, management will find itself moving in the right direction to gain the necessary control to manage effectively.
- 1309-74
MOTIVATION FOR MANAGERS (CASSETTE AUDIOTAPES).
Clove Productions, Inc.
Fort Myers Beach, Fla. 4 cassettes, full track, 25 min. each
cassettes 1 and 2. [n.d.].
HF5549.5.H62C5 Y6M AV
Industrial relations, Job satisfaction, Management, Management development, Management education, Motivation, Performance, Psychological aspects.
With one student answer sheet per cassette.
Abstract: In dramatic and narrative form, this set of tapes illustrates and discusses the problems of motivating employees on the job. Much depends on one's view of "human nature"—all people are selfish and only care for themselves; humans are too complex to understand; people are sheep; and so on. These assumptions decidedly affect a manager's relations with his subordinates. All supervisory personnel must honestly look at their own behavior and find out what their true assumptions are about other people. Then it is imperative to evaluate the assumptions in light of effective management and what will best motivate one's subordinates. The adequacy of one's assumptions determines the adequacy of one's management of others.
- 1310-74
COLLEGES: SHORTAGES, HIGH PRICES, BUT A HAPPY ENDING.
Instit/vol Feeding 74 (11): 61. Jan 1974.
TX1.255
Costs, Food service management, Food service workers, Marketing, Menu planning.
Abstract: Recommendations to help offset inflation in costs include ideas for menu changes, kitchen procedures, service, marketing, and staff.
- 1311-74
COMMUNITIES LEARN ABOUT SCHOOL LUNCH.
Food Nutr 4 (4): 7. Aug 1974.
HT341.P615
Exhibits, Nutrition education, Public relations, School lunch program.
Abstract: Outreach is a combined effort of federal, state, and local agencies to acquaint the public with facts and programs involving child nutrition. Exhibits at shopping centers help to put across awareness of various programs, including school lunches.
- 1312-74
CONTRACT FOOD MAINTENANCE VS. SELF OPERATION--ONE FIRM'S VIEW.
Sch Bus Affairs 40 (8): 194-197. Aug 1974.
L11.53 F6W
Commercial food service, Contract feeding, Dietetic interns, Food purchasing, Food quality, Food service management, Food service workers, School food service.
Extract: The usual debate on the subject of contract food management vs. self-operation is a discussion between the professional food service organization and the food service director who has a job to protect against what he/she sees as a threat. The discussion for the most part stems from a frequent lack of understanding as to what each other is all about...the goals and objectives of both the food management company and the food service manager employed by a school district often become secondary in the discussion.
- 1313-74
THE ABC'S OF DECISION MAKING (ACTION PICTURE).
Creative Media
Des Moines, Iowa 30 min., sd., color, 16 mm. 1974.
HF5549.A2 F6W AV
Decision making, Management, Personnel management, Prediction, Problem solving.
Abstract: This training film stresses the tough-minded approach to managerial decision-making. Decision areas include problem solving and opportunity type. In problem decisions, it is necessary not to confuse symptoms with the actual problem and this requires facts, basically, who; what; where; when; why. Opportunity decisions, on the other hand, may hinge on past experience or educated intuition. In both types the following rules should be observed: analysis of alternatives, benefits balance forecast, and contingency calculation.
- 1314-74
APPLICATION OF THE INDEX OF RELEVANCE TO PERSONNEL MANAGEMENT.
Thomas H Daugherty
Personnel J 53 (4): 273-276. Apr 1974.
280.8 J824
Computer applications, Employment practices, Information sources, Job analysis, Job placement, Management systems, Personnel management.
Abstract: Experience to date has shown the Index of Relevance (IOR) to be a valuable tool for personnel management in large organizations, particularly when used in conjunction with effective information systems. With computers, a manager can request a thorough search of the relatively up-to-date records of all employees to determine those best qualified for a new position or special assignment. The IOR search technique is based on the assumption that no individual is a perfect match to a job, but that some people, because of their profile, skills, and performance, are more relevant to a particular job than are others. The IOR permits each individual to be compared to the job requirements and then classified in relation to other individuals. The most qualified persons can then be identified in order of preference.
- 1315-74
DAY OF DISASTER: XENIA, OHIO APRIL 3, 1974 4:40 PM.
Food Management 9 (7): 34-40, 72-73. July 1974.
TX341.Y69
Emergency feeding, Food service management, Natural disasters, Ohio.
Abstract: Foodservice employees worked unceasingly after the tragic near-destruction of Xenia, serving thousands of meals to survivors and volunteers. With most equipment destroyed and deliveries of food unpredictable, they nevertheless forged ahead, making do, and so one went hungry, or lost the energy necessary for rescue operations. Volunteers had to be trained daily, making for chaotic conditions, but the main purpose of the work, preparing and serving food to the homeless, was accomplished.
- 1316-74
THE NAKED MANAGER.
Ernest Lichter
Boston, Caneva Books 156 p. 1974.
HF5548.8.D5 F6W
Attitudes, Behavior, Management, Management philosophies, Psychological aspects.

1317-74

Extract: Many of the success stories in this book may first appear to be unrepeatable. Some indeed are, but many others have already been applied in practice and some, in line with the new philosophy of intuitive management permitting people to begin and end their work day at different times, beautify offices and factories and thus achieving new environments more conducive to work happiness--have already proven themselves. One of the success stories in this book--to have language courses installed on computer trains--is in operation in Denmark.

1317-74

MOTIVATING HUMAN BEHAVIOR.
Ernst Dichter
New York, McGraw Hill 253 p. 1971.
87643.05 Y63
Attitudes, Behavior, Behavior change, Behavioral objectives, Human relations, Motivation, Personnel management, Psychological aspects, Resistance to change.
Bibliography: p. 243-246.

Extract: In this volume, a leading authority in motivational psychology explains, and illustrates the psychological methods of activation. Based on research facts, behavioral experiments, and actual experiences, this volume is useful to those involved in motivating the behavior, thinking, and reactions of other people. Putting special emphasis on practical relations, Dr. Dichter has organized the material in general categories, with appropriate examples clearly showing how to use this knowledge to use in concrete situations, such as how to help people draw the conclusions you want drawn; how to get people to change their behavior; how to use body language as a way of motivating others; how to communicate with young people on their own level; and how to effectively oppose an idea by drawing it out to its absurd conclusions.

1318-74

JOB EVALUATION'S ROLE IN EMPLOYEE RELATIONS.
Arthur H. Dick
Personnel J 53 (3): 176-179. Mar 1974.
280.8 J824
Evaluation, Human relations, Industrial relations, Job analysis, Job satisfaction, Management, Performance, Performance criteria, Personnel management.
Extract: Successful employee relations are based upon good communications. This is true of wage and salary administration and of job evaluation. Job ranking, grading or job classification, factor comparison, the Point method, and direct pricing are five methods discussed here to be used either separately or in combination in the actual formal job evaluation program.

1319-74

THE ILLNESS: MORE ISN'T ENOUGH!
Instit/vol Finding 74 (11): 65-67, 78. June 1974.
TI1155
Commercial food service, Disinfection, Food sanitation, Food service industry, Food service management, Marketing, Recycling, Waste disposal.
Extract: Despite the fact that prices, shortages and delivery times, foodservice operators are continuing their search for more and more service products. At the same time, they're searching for ways to cut waste and for new types of disposables. The results of a survey of 1000 operators are presented.

1320-74

HOW TO DEFEND AGAINST INFLATION.
Alhart Noble
Food Management 9 (3): 19-20. Mar 1974.
TX341.769
Accounting, Budgeting, Students, College food service, Financial management, Food prices, Performance, Recordkeeping.
Abstract: The best defense for a proposed increase in board rates is a well-prepared budget. A good accounting system is necessary, as well as ability to justify the reasonableness of financial data revealed through the accounting system. To assure results of this reasonableness, adjustment of accounting figures upward or downward should be explained in terms of three factors: demand, inflation, and efficiency.

1321-74

HOW MANAGERS MOTIVATE: THE IMPACTS OF SUPERVISION.
William J. Dowling, Leonard Sayles
New York, McGraw Hill 436 p. [1971].
HF5549.D6 P84
Administration, Administrator role, Communication skills, Management, Management development, Motivation, Personnel management, Supervision, Supervisors.
Extract: The authors introduce the student to the world of organizations as seen from the perspective of a man who is always indispensable but generally overlooked--the first-level manager. Simultaneously, their book provides the supervisor with pertinent, pragmatic advice on how to solve many pressing behavioral problems. All the concepts in the book are buttressed by extensive case illustrations drawn from actual situations. Each chapter, in addition, contains a selection from the ideas of a classic management thinker on the subject matter discussed in the chapter, together with a capsule appraisal of his overall significance.

1322-74

THE EFFECT OF MISDIRECTED INCENTIVES ON EMPLOYEE BEHAVIOR.
Edwin C. Duerr
Personnel J 53 (12): 890-893. Dec 1974.

280.8 J824
Behavior, Management, Motivation, Performance, Personnel, Personnel management.

Extract: The causes of poor performance are many and not always easy to uncover. One such cause can be traced to incentive set up by management's control and evaluation methods which have been designed to achieve certain purposes but which result in actions far different from their intent. Such unintended incentives can be expensive in terms of higher costs, decreased efficiency and lowered employee morale.

1323-74

THE PSYCHOLOGICAL CONTRACT: A CONCEPTUAL STRUCTURE FOR MANAGEMENT/EMPLOYEE RELATIONS.
Michael H. Dunabee, Lawrence A. Mangler
Personnel J 53 (7): 518-526, 548. July 1974.

280.8 J824
Behavior, Communication (Thought transfer), Personnel, Personnel management, Psychological aspects, Work attitudes.
Extract: Several key elements to a psychological contract are, briefly: a well structured job with clear job responsibilities; continuous feedback between parties; continuing emphasis on the man and the job; and relevance of the contract to the "bottom line." The psychological contract may be patterned after the union contract, but it is a strictly individual agreement between employer and employee. In everyday life, psychological contracts exist between husband and wife, student and teacher, and the employee and his peer group.

1324-74

WATCH OUT FOR THE NOTHING MAN.
Thomas F. Dwyer
Personnel J 53 (10): 733-735. Oct 1974.

280.8 J824
Management, Motivation, Personnel, Personnel management.
Extract: Individual apathy can be found at every level in business and industry today, and the organization that doesn't have noncontributors in supervisory or management positions is fortunate indeed. If not detected--and this is often the case due to administrative indifference or carelessness--a "Nothing Man" can be expensive.

1325-74

MOTIVATION (SLIDES/CASSETTES).
Educside, Inc.
Sudbury, Mass. 80 slides, 2"x2", col. 2 cassette tapes. [n.d.].
HF5549.H6 P82 AV

Behavior, Human relations, Individual characteristics, Motivation, Reinforcement, Sensitivity training.
Abstract: To develop good workers, a supervisor needs a basic understanding of motivation and how it affects behavior. Individuals have three requirements, survival, security, and social needs, and these differ by degree (such as a personal situation). Reinforcing good behavior can be accomplished through appropriate rewards, either money, or abstract reinforcements such as praise, privilege, or recognition. Whichever, the reinforcer selected must satisfy the individual's personal situation.

1326-74

20 MILLION FOR LUNCH.
Education Facilities Laboratories, Inc.
New York, N.Y. 61 p. 1969.
LM3479.05E3 P8W (Educational Facilities Laboratories Technical Report No. 3)
Facilities planning and layout, Food preparation and distribution systems, Food serving methods, History, Menu planning, Program evaluation, Program planning, School food service, School lunch program.

Abstract: This report is designed to aid school administrators in the planning and evaluation of their food service facilities. It should help them make the most intelligent use of the funds available. Recent developments, especially in food processing and handling, open up new options for school lunch and breakfast programs. Despite rising food costs, there are ways and means to keep lunch programs up to par. This report offers no panacea, but does bring together useful information that school administrators can apply to their specific food service operations.

1327-74

EFFICIENT ENERGY MANAGEMENT: CONVENIENCE FOODS & SYSTEMS THINKING.
Food Serv 36 (6): 14. June 1974.
389.2538 F732

Conservation, Convenience foods, Energy, Food service management, Systems approach.
Extract: Systems thinking is the most logical and expedient route to simplification of operation, cost control, labor management, and importantly, efficient energy management. The integration of convenience foods usage and efficient equipment systems leads to an increase in productivity while reducing energy usage, employee training time, labor time, and size of the food preparation area.

1328-74

FOOD PREFERENCES OF COLLEGE STUDENTS AND NUTRITIONAL IMPLICATIONS.
Margery A. Einstein, Irvin Horowitz
J Food Sci 35 (4): 429-436. July/Aug 1970.
389.8 F7322

PAGE 116

- College students. Food Preference ratings, Food preferences, Nutrients.
- Abstract:** The food preferences of approximately 50,000 college students in the U.S. were analyzed during the 1966-1967 school year. Responses were collected on a rational basis, and were ranked in terms of percent liked, disliked and do not know. Two hundred seven food items were surveyed, and the relationships between food preferences and nutritional values of foods were analyzed. The results indicate that based solely on food preference, most students would be deficient in vitamins A. The relationship between food preference and possible vitamins C and calcium deficiencies was not clear-cut. Except for liver, there was little evidence that food preferences discriminated against foods containing significant amounts of iron.
- 1329-74**
CAREER MANAGEMENT PROGRAMS.
 Jack E Epstein
 Personnel J 53 (3): 191-195. Mar 1974.
 280.8 J824
 Career education, Career planning, Educational programs, Management, Management development, Management education, Program design, Program evaluation.
Abstract: Organizations which have or are contemplating development career programs might well undertake comprehensive studies of their current situations. The validity of the concepts under which these programs were or are being designed, implemented, and operated should be explored. The effectiveness of these programs in terms of meeting objectives should also be investigated. The group conducting the study should include representatives for all levels of the organization, together with authorities in the area of career choice, development, and shifting from one career to another. The recommendations resulting from such a study should be implemented, at least on an experimental basis. All employees should be given the opportunity to comment on proposed career programs affecting them before such programs are finalized. Organizations implementing career programs should make sure that the content are reviewed for effectiveness, adequacy, and utility on a three-to-five-year cycle.
- 1330-74**
EMPLOYEE SURVEYS.
 Paul L Erdos
 Personnel J 53 (4): 294-301. Apr 1974.
 280.8 J824
 Attitudes, Feedback, Industrial relations, Information needs, Job satisfaction, Personnel management, Questionnaires, Surveys.
Abstract: In very large corporations, the periodic person-to-person talk between worker and management is a physical impossibility. To keep up-to-date on employee interests, attitudes, problems, and concerns, management might well take advantage of the employee survey. With appropriate preparation, wording of questions, and follow-up procedures, it is possible to obtain good, reliable employee feedback, and at the same time give employees themselves a voice in the company's operation.
- 1331-74**
HANDBOOK OF INFORMATION RELEVANT TO MANPOWER AGENCIES: A COMPARISON OF PRACTICE PRINCIPLES AND STRATEGIES FOR MANPOWER OPERATIONS.
 John C Erfurt, Louis A Peraan, Patricia A Strauch
 Institute of Labor and Industrial Relations
 Springfield, Va., National Technical Information Service 323 p. Sept 1972.
 HF5549.E7 P6W
 Disadvantaged youth, Employment practices, Industrial relations, Job placement, Job satisfaction, Job training, Occupational guidance, Personnel management.
 Available from: National Technical Information Service, Springfield, Va. 22151; no. PB 214-394.
Abstract: A compilation of recommended operational objectives, policy guidelines, and practice principles in internal agency structure and operations, agency-cooperating relations, and agency-employee relations. These prescriptive statements of desirable practices and operations were derived from the major data themes and underlying research findings. Each set of specific prescriptions is presented in considerable detail--indicating what needs to be done, and by whom; how these activities should be carried out; and what kinds of structures and resources are needed to facilitate these activities. This document was designed and written for manpower agency staff at the operational level, as well as for those at higher agency levels; and with an emphasis on the practical application of well-documented operational principles.
- 1332-74**
FOOD SERVICE TRENDS.
 Charles E Bahbach
 Books, Cahners Books 326 p. 1974.
 TR983.E8 P6W
 Engineered foods, Food service customers, Food service industry, Food service management, Food service training, Food standards, Institutional feeding, Nutrition, School food services.
Abstract: Thirty five articles selected from Publications of the Society for the Advancement of Food Service Research cover six areas of interest: changes in the food service industry; employee motivation and productivity through training and education; changes in systems, products and services; engineered foods; school and institutional feeding; standards, quality, and consumers.
- 1333-74**
HANDBOOK OF MODERN PERSONNEL ADMINISTRATION.
 Joseph J Paolero
 New York, McGraw-Hill 1268 p. 1972.
 HF5549.P2 P6W
 Administration, Industrial relations, Job analysis, Job enrichment, Job satisfaction, Personnel management, Training, Working conditions.
Abstract: The goal of this handbook is to provide comprehensive, authoritative, and understandable information on all aspects of modern personnel administration. When the user of this handbook finds himself confronted with a personnel problem, he can reach for the handbook and find an answer or at least guidance toward an answer in its pages. This handbook is replete with practical how-to-do-it information as any handbook should be.
- 1334-74**
WATCHING AN UNCONVENTIONAL PRODUCT TO TRADITIONAL TASTE PREFERENCES.
 Melvin Farmer
 Food Prod Dev 8 (1): 26,28. Feb 1974.
 SD9000.1 P64
 Evaluation methods, Food preferences, Marketing, New foods, Nutritional labeling, Palatability ratings, Product development, Taste, Textured vegetable proteins.
Abstract: A seamless chili containing textured vegetable protein was tested for consumer acceptance by using a combination of informal evaluations and structured taste panel data. The tests yielded valuable information that helped in final product formulation and generated data that indicated market potential for a type of product so different that no comparable marketing data existed. Once the formulation was settled, the cost time-consuming activity was interpreting the FDA nutrient labeling regulations for protein-fortified products and for products not containing an ingredient normally present.
- 1335-74**
FEEDING PROBLEM CHILDREN.
 Tom Farr
 Food Management 9 (6): 34-40, 61, 68. June 1974.
 TX341.F69
 Cost effectiveness, Food service management, Mentally handicapped, Therapeutic and special diets.
Abstract: Techniques in the feeding of mentally retarded children at two institutions, one state-operated and the other private, large and small respectively, are described. Special problems in the care of exceptional children are treated. As exceptions, hyperkinetic children require higher caloric intake, and others have insatiable appetite while some can be fed only baby foods or require bottle feeding. While the state institution cares for children with a full spectrum of disabilities, the private facility imposes restrictions for admission. Costs of feeding are compared and resident/staff ratios noted.
- 1336-74**
FEEDING DELINQUENTS.
 Food Management 9 (6): 42-45, 68. June 1974.
 TX341.F69
 Age groups, Corrective institutions, Costs, Food service management, Food service workers, Institutional feeding.
Abstract: Proper nutrition and tasty, well-prepared meals are of prime importance in a facility for delinquents ranging in age from 10 to 17. A major factor in prison unrest is bad food. At this camp, housing 90 inmates, meals average thirty seven cents each. Menus are varied and ethnic dishes are often used and well-received. Inmates assist in the kitchen and those showing aptitude for food service work often are assisted in getting jobs as cooks after release.
- 1337-74**
SEVEN EXCUSES FOR INDECISION.
 Mortimer R Feinberg
 Food Prod 73 (4): 44-47, 50, 52. Apr 1974.
 389.2538 P82 P6W
 Administration policies, Administrator role, Decision making, Food service management, Industrial relations, Leadership, Personnel management, Problem solving, Psychological aspects.
Abstract: In times of anxiety or pressure, managers who feel insecure often avoid making decisions. This can be disastrous for business. The most common equivocal tactics are: (1) to deny a problem exists; (2) to go strictly "by the book"; (3) to reverse tradition over and over needed change; (4) to convince oneself that a problem is not important enough to do anything about; (5) to deny that the facts surrounding a problem exist, and then to fire the individuals who have brought those facts to light; (6) to idealize an issue by forcing reality to fit an overall theory or scheme; and (7) to bring in consultants or to continually make studies of problems to avoid coming to a decision about anything.
- 1338-74**
THE FIVE PAGES OF POWER.
 Mortimer R Feinberg
 Food Prod 73 (4): 34-36. Mar 1974.
 389.2538 P82 P6W
 Conflict, Industrial relations, Management, Motivation, Personnel management, Psychological aspects.
Abstract: The author discusses 5 types of managerial power:

1339-74

(1) exploitative (one person the tool of another); (2) manipulative (power over another, usually with deception); (3) competitive, (many people pursuing the same limited opportunities); (4) nutrient (power exercised for the good of another); and (5) integrative (power exercised with another, abetting the other's influence). Managers must not judge an employee wholly on his performance under crisis situations. A person who breaks down under pressure needs closer consultation, reassurance, specific priorities, additional resources, deadlines, and "all-clear" signals from management to let him know when a crisis is over.

1339-74

MANAGEMENT PSYCHOLOGY: EXPLOSIVE CHANGE VERSUS GRADUAL CHANGE. Mortimer R Feinberg
Restaurant Bus 73 (6): 86-88. June 1974.
389.2538 F82 P6N
Administrator role, Change agents, Decision making, Innovation, Management, Objectives, Organization, Resistance to change.

Abstract: Throughout the life span of an organization, gradual change encroaches even when no change is instigated by management. Small quantitative changes over time are eventually revealed as qualitative changes. Managers who study their businesses from time of inception to the present will find perhaps unnoticed changes that have occurred in the composition of the work force, the market, the suppliers, and the community. For this reason, it becomes imperative for managers to continuously examine their organizations' objectives to be sure they are still viable, to make changes where necessary, and to keep the organization on the road toward attaining them.

1340-74

SELF-DISCOVERY FOR THE MANAGER (AUDIO-CASSETTES).

Mortimer R Feinberg
New York, AMACON 3 audiocassettes, 37 min, 41 min, and 35 min. 1973.
HF55H9.54 F6N 1V
Emotional development, Human relations, Independent study, Individual characteristics, Management, Management education, Mental health, Personnel management, Self concept.
With accompanying informational booklet stating the purpose of the tapes and providing a selected reading list.
Abstract: A manager, in getting things done through people, must coordinate his or her thinking and activities with those of peers and associates; must learn to work effectively with, through, and for the boss; and must relate satisfactorily to family and friends. These taped lessons seek to make the manager aware of the defenses he erects so that he may arrive at a balanced, objective view of his individual strengths and weaknesses and profit from this improved self-knowledge. The first tape deals with criticism--how to give it and take it. The second tape helps managers look at themselves objectively--isolating the contradictory images and filtering out the distortions. The last tape discusses maturity and emotional health--ways of evaluating progress toward these goals.

1341-74

HUMANPOWER VALUE PLANNING.

Fred F Fifield
Personnel J 53 (4): 264-272. Apr 1974.
280.8 J824
Job analysis, Job satisfaction, Management systems, Manpower needs, Objectives, Organization, Performance, Personnel management, Planning.
Abstract: In the years ahead, few management efforts will be of more value than those concerned with utilizing human resources and planning for change. Managers will need new techniques to determine both the functions and purpose of the groups they direct. Manpower Value Planning is one such technique that can be applied successfully to both staff and line groups, and is as applicable to government, hospitals, and educational institutions as it is to industry.

1342-74

FUNCTIONAL JOB ANALYSIS: AN APPROACH TO A TECHNOLOGY FOR HUMANPOWER PLANNING.

Sidney A Pine
Personnel J 53 (11): 813-818. Nov 1974.
280.8 J824
Career ladders, Counseling, Job analysis, Job satisfaction, Performance criteria, Personnel management, Planning, Self concept, Work attitudes.
Abstract: A relatively new, but widely used approach to job analysis is proving its value now that today's better educated, more sophisticated employees require that job placement and counseling be based on a technology of job and worker analysis that regards workers as people capable of growth and self-determination, and not just numbers on the payroll.

1343-74

FROZEN CONVENIENCE FOODS WORK 'MIRACLE' AT MERCY HOSPITAL.

Tom Finnegan
Quick Frozen Foods 36 (8): 26-29. Mar 1974.
389.8 04
Buffalo, New York, Convenience foods, Food preparation, Quantity, Food serving methods, Food workers, Frozen foods, Hospital food service, Institutional feeding.
Abstract: An unusual combination of frozen convenience foods, microwave cookery, and a differential heating container concept in a Buffalo, N. Y., hospital is delivering one of the

most efficient and economical patient/personnel food service systems in the United States. The advantages of this three-man system are: (1) patient complaints about cold, tasteless foods have been reduced; (2) nurses, doctors, and other personnel report a significant improvement in the quality and preparation of the foods; (3) the switch to frozen convenience foods made it possible to eliminate a full time kitchen shift, resulting in a reduction of the labor force by 33%; (4) use of frozen foods brought a savings of 44% in preparation equipment purchases; and (5) the kitchen area now occupies 50% less hospital space than previously.

1344-74

HELP!

Tom Finnegan
Food Management 9 (3): 32-39, 50, 85. Mar 1974.
TX341.F69
Food service management, Food service occupations, Food service workers, Hospital food service, Human relations, Industrial relations, Institutional feeding, Personnel management.
Abstract: Institutional food service workers have become a disgruntled lot, unhappy primarily with the low pay they receive. Their discontent is reflected in heavy rates of absenteeism. Food service directors, in retaliation, are redesigning kitchen work systems so that labor has less impact on operations. An exception to all this rancor is the food service operation at the Little Company of Mary Hospital in Evergreen Park, Illinois, that has managed to make greater use of convenience foods, install automated equipment, and train workers to become interchangeable in their jobs. All this was done without laying off personnel (jobs decreased by attrition). Workers have a system for immediate redress of grievances and a director who takes time to listen to workers' ideas and complaints. In such an atmosphere, mutual respect is engendered and workers can be depended on in times of trouble.

1345-74

FOOD SERVICE COST SYSTEM.

Sch Bus Affairs 40 (10): 241. Oct 1974.
L11.33 Y6W
Accounting, Administration, Food service management, School food service.
Abstract: Suggestions for affective negotiation of indirect school food service costs are supplied, along with an illustrative table and source references.

1346-74

FOOD SERVICE 1984.

Food Management 9 (1): 32-45, (2), 76-87. Jan 1974.
TX341.F69
Automation, Computer applications, Food preparation, Food service management, Institutional feeding, New foods, Nutrition, Prediction, School food service.
Abstract: What will be the shape of the institutional, school, and contract food service business in 1984? This article probes ahead in time to estimate the amount and kinds of probable changes in (1) U.S. economics and general technology, (2) the world food supply, (3) farm productivity, (4) protein sources, (5) new foods, (6) food preparation, (7) human nutrition and the nutrient quality of food, (8) computer applications for food production, food science, and food service, (9) automation and kitchen equipment, (10) energy supplies, (11) pollution, (12) the labor force, (13) school and college food service, (14) the contract food business, (15) hospital food service, and (16) serving home food service.

1347-74

SOME ADMINISTRATIVE PROBLEMS OF THE HIGH SCHOOL CAFETERIA.

B S Ford
New York, Columbia University 147 p. 1972.
TX945.F6 1972 F6N (Teachers College, Columbia University contribution to education, no. 238)
Accounting, Administration, Cafeterias, Equipment, Nutrition education, School food service.
Reprint of 1926 edition.
Abstract: The various aspects discussed include: history and development, statement of the problem and the methods of procedure, prediction of the number of student patrons, building provisions, equipment requirements, control and management, proposed system of accounting, and education opportunities offered by high school cafeterias.

1348-74

MANAGE OR BE MANAGED! A GUIDE TO MANAGERIAL EFFECTIVENESS.

Don Fuller
Boston, Mass.: Industrial Education Institute 319 p. 1970.
HF5500.F8 F6N
Administrator role, Decision making, Human relations, Leadership, Management, Motivation, Performance, Personnel management, Productivity.
Abstract: Up to a certain point in a man's career his progress will be measured by his increasing competence in a specialized field. That recognition he receives will be based upon his aptitudes and his output--measured in terms of quality and quantity. But this is only up to a point. It is reached when the only promotion possible for the specialist is to a position of managerial responsibility. Then his whole outlook must change. What he does is no longer measured by the fustler yardstick of technical know-how. The new criterion of his value is managerial competence. Formerly the company was vitally concerned with how much he himself knew and what he himself could do; now it must worry about his ability to get other

- people to do things, few specialists are themselves prepared for this radical shift in the nature of their work and this new emphasis on the nature of their responsibilities. This book offers a practical, developmental view of managerial duties and how to conduct them effectively.
- 1349-74**
GALLUP HIGHLIGHTS: THE HAINLAND HABIT FOR POLYNESIAN FOODS.
 Food Serv 36 (6): 39-40. June 1974.
 389.2538 F732
 Cookery, Polynesians, Food preferences, Marketing, Surveys.
 Abstract: In surveys dating from 1967, The Gallup Organization has shown that mainland Americans enjoy Polynesian foods and are ordering them in increasing numbers. The favorites are steak teriyaki, sweet-and-sour entrees, fried rice dishes, and fresh fruit concoctions.
- 1350-74**
GALLUP SHOWS BREAKFAST PROFIT POTENTIAL.
 Food Technol 36 (9): 35, 38. Sept 1974.
 389.8 F7398
 Breakfast, Breakfast cereals, College students, Food preferences, Cereal, Juice, Bananae.
 Abstract: Surveys show favorite foods in the morning breakfast trade to be bananae, orange juice and cereal-based cereals. Data are given showing food preferences among age groups. A special poll describes breakfast preferences of college students.
- 1351-74**
GALLUP SHOWS SURGE IN MEXICAN FAST FOOD POPULARITY.
 Food Serv 36 (2): 43-44. Feb 1974.
 389.2538 F732
 Cookery, Mexican, Ethnic foods, Food preferences, Surveys.
 Abstract: The Gallup poll has found that Mexican foods are gaining in popularity in the U.S. In 1970, Mexican fare ranked 12th out of a possible 13 preferred take-out choices. In 1973, its popularity had increased twofold and the trend seems likely to continue, the most popular Mexican dishes in rank order are: chili con carne (chili with meat), arroz con pollo (chicken with rice), Mexican rice (also called "Spanish rice"), and tacos. Also very popular is the serving of lines with beverages such as teas and ras drinks.
- 1352-74**
GALLUP STUDIES "SANDWICHRY": TOP FAVORITES, TOP HATS.
 Food Serv 36 (8): 39-42. Aug 1974.
 389.2538 F732
 Commercial food service, Food preferences, Sandwiches, Socio-economic status.
 Abstract: The most popular sandwiches are listed and types related to socioeconomic status of consumers. Combination meals such as soup and sandwiches, French fries, or potatoes are listed in the same manner.
- 1353-74**
GALLUP: AMERICA'S FAST FOOD FAVORITES.
 Food Serv 36 (3): 33-34. Mar 1974.
 389.2538 F732
 Fast foods, Food preferences, Food selection, Menu planning, Surveys.
 Abstract: A Gallup poll of fast food preferences has found that hamburgers are the favorite, with pizza ranking a very close second. Third place is shared equally by two fried "cone" items--fish and chips, and shrimp and French fries. Shrimp popularity increases with annual income, whereas fried chicken is more popular with lower income persons. Milk shakes and ice cream maintain a consistently high rating as America's favorite snack food.
- 1354-74**
MOTIVATION AND PRODUCTIVITY.
 Saul S Gellerman
 New York, N.Y.: American Management Association, Inc. 304 p. 1963.
 H755a8.8.84 P58
 Human relations, Leadership, Management, Management philosophy, Motivation, Performance, Personnel management, Productivity, Psychological aspects.
 Extract: Action is the backbone of everything. In business as in every other human activity, nothing of any consequence happens until an individual wants to act. What he accomplishes depends to a considerable extent on how such, and on why, he wants to act. All men have purposes, and these purposes affect the way they work. This book draws together the most significant achievements in the study of work motivation; presents a theory that puts a lot of this research into a simple, understandable perspective; and shows the practical implications of all this research and theory for management policy.
- 1355-74**
THE GOOD FIGHT: GRAVE NEW FIRES IN THE FACE OF FOOD/ENERGY PINCH.
 Inst/vel Feeding 78 (9): 85. May 1, 1974.
 TR1.155
 Conservation, Cost effectiveness, Energy, Equipment, Food preparation, Food service management, Menu planning, Operating expenses, School food service.
 Extract: Food and energy costs and shortages are forcing school lunch directors across the country to make wide changes in products, operations, and plans. Many report revamping menus and using protein additives. They are having trouble getting deliveries, especially of plastic disposables. They are taking steps to cut waste in food, in their own transportation, and in kitchen energy use. Some are suspending their upgrading and expansion plans.
- 1356-74**
OPERATIONS MANAGEMENT: "THE NEGATIVE FACTOR" (24 DAYS TO GO BROKE).
 Leon Gottlieb
 Restaurant Bus 73 (5): 138-144. May 1974.
 389.2538 F82 F58
 Attitudes, Environmental factors, Food quality, Food service customers, Food service management, Food service workers, Human relations, Merchandising, Sanitation.
 Abstract: The best way to get broke in the food service business is to ignore or become defensive over the demands and/or well-founded complaints of customers. Here are 24 of the most-often-heard complaints of customers about food service. Each complaint is by itself enough to keep customers away and give a restaurant a bad reputation.
- 1357-74**
THREE TIPS ON STEERING A PROFIT COURSE.
 Leon Gottlieb
 Restaurant Bus 73 (10): 118-125. Oct 1974.
 389.2538 F82 F58
 Food service management, Food service workers, Management philosophies, Profit.
 Abstract: The economics of foodservice management are discussed along with executive responsibility and response to pressures. Personnel problems and solutions are examined. The manager's role in operations and decision making are examined.
- 1358-74**
GROCERIES AND GARBAGE.
 Sch Foodserv J 28 (3): 38. Mar 1974.
 389.8 S64
 College food service, Conservation, Food cost, Food habits, Food preparation, Food service management, Food supply, Food waste, Plate waste.
 Extract: Since the Depression, we have gotten fat in ever so many ways. Bulging pocketbooks begat excess. Just look at our market shelves, grocery bags, dinner tables, marathon eating habits, disposal systems, and waitlines. The current market situation is a reminder to reevaluate our priorities. Our bodies simply do not need the huge quantities of food that have produced generations of giants afflicted with ailing y incurable diseases. The monster of waste on college campuses was created by overzealous foodservice management eager to satisfy its customers in an economy of constant and inexpensive food, unlimited portions because commonplace, and with that, no portioning at all--just volume. America's capacity to feed the world is not seriously challenged if we become educated and discerning consumers. Heavily laden trays are no longer necessary to satisfy today's sophisticated student. Education, stabilized values, and common sense make it obvious to everyone that there is money in that garbage can!
- 1359-74**
GUIDES FOR DAY CARE LICENSING.
 Washington, Dept. of Health, Education, and Welfare 59 p. 1973.
 HV55A.G22 F58
 Certification, Child development centers, Day care programs, Day care services, Organization, Planning.
 Abstract: Practical guidance for state and local authorities responsible for child care is provided in this booklet. Its scope includes administration of day care licensing, requirements concerning program and staffing, health and sanitation, fire and safety, and zoning. The section "Health and sanitation requirements," although only part of the booklet, provides a useful framework in setting up programs and safeguards relating to health and nutrition. Topics covered in the section are personal health of children--including physical health, nutrition, mental health and emotional well-being, personal health of adult staff, and environmental sanitation.
- 1360-74**
THE REMUNERATION RIDDLE.
 Thomas L Gattarie, Robert H Peterson, Edwin C Leonard
 Personnel J 53 (4): 253-257. Apr 1974.
 280.8 J82a
 Administrative policies, Budgeting, Financial management, Job satisfaction, Payroll records, Performance, Personnel management, Salaries, Wages.
 Abstract: There has been such talk about the idea that money alone does not motivate, and it is often forgotten that insufficient money creates dissatisfaction. Equal pay for equal work is now the legal standard. To determine "equal work," salary differentials should be supported by objective appraisals concerning performance. This article describes a method for establishing, through the use of computer resources, a compensation program that is objective, fair, and relatively easy to administer.
- 1361-74**
HOW TO GET RESULTS FROM JOB ENRICHMENT.
 David A Hallowell
 Training and Dev J 28 (7): 38-41. July 1974.
 LC1041.77 F58
 Behavior, Individual characteristics, Job analysis, Job placement, Job satisfaction, Personnel management.
 Extract: Many behaviorists have said that job enrichment

1362-74

is a good answer, if not "the answer" to today's pressing problems in productivity and worker alienation. Their claims are often supported by hard data showing real improvements in productivity, decreased absenteeism and turnover, error rate improvement and other gains. The need for the behavioralist's case is doubly impressive when viewed in light of the make-up of today's younger work force, which is generally quite talented and frequently underutilized.

1362-74

DELEGATION: KEY TO INVOLVEMENT.

Merion E. Maynes
Personnel J 53 (6): 454-456. June 1974.
280.8 J824
Job satisfaction, Management, Motivation, Performance, Personnel, Personnel management, Productivity, Responsibility.
Extract: What better recommendation can a responsible manager receive than that he is one who motivates his staff to peak performance? by involving staff members in decision making, both productivity and employee satisfaction are increased, delegation is an important tool for management use, but as a principle of management, delegation is being used far below its full potential. Many managers have erroneous ideas about the hazards of delegation and the author offers some helpful suggestions.

1363-74

IDENTIFYING THE FUNCTIONING DISTURBED EXECUTIVE.

Robert Hereshay
Personnel J 53 (5): 349-352, 337. May 1974.
280.8 J824
Administrative personnel, Clinical diagnosis, Management, Mental disorders, Mental health, Personnel policy, Psychological aspects.
Extract: How do you identify the "functioning disturbed" executive? for management concerned about identifying good executive material and improving the performance of present managers, this is a serious question. Appraisal by peer ratings among managers may become politicized. Ratings by subordinates offer a sounder approach, but as such ratings are turned in to company personnel, their confidentiality is suspect. The best approach lies in contracting for the services of an outside professional--a consulting psychologist, or an attorney, or a management consultant.

1364-74

POSITIVE PERSONAL MOTIVATION: THE MANAGER'S GUIDE TO INFLUENCING OTHERS.

Raymond L. Hildert
Personnel J 53 (11): 832-834. Nov 1974.
280.8 J824
Attitudes, Behavior, Individual characteristics, Management development, Management philosophy, Motivation, Personnel management, Self concept.
Abstract: Negativism in industry and other group situations can be largely offset by the manager's adoption of a positive attitude towards work, employees, and themselves. Ten suggestions for strengthening positive attitudes are given. It is noted that management stress is real but can be alleviated somewhat through a Positive Philosophy.

1365-74

NUTRITION COMMITTEES AND NUTRITION EDUCATION.

M. H. Hill
J Nutr Educ 1 (1): 14-15. Summer 1969.
TX341.J6
Committees, Community programs, Diet improvement, Information dissemination, Leadership, Motivation, Nutrition education.
Extract: Nutrition committees (local, state, and national) can serve many useful roles of leadership and coordination for all groups who wish to motivate people to use nutrition information beneficially.

1366-74

NUTRITION COMMITTEES AND THEIR ROLE IN COMMUNITY ACTION PROGRAMS.

M. H. Hill
Nutr Program News 4 p. Jan/Feb 1964.
1.982 A2N955
Committees, Community programs, Information dissemination, Information sources, Nutrition education, Nutrition programs, Program design, Program planning.
Extract: Nutrition committees have a great potential for promoting nutritional fitness for all. Being made up of members from different disciplines and agencies, the combined approach yields superior results. Some of their objectives and the fields in which they are active are described.

1367-74

IMPLEMENTING MANAGEMENT BY OBJECTIVES.

Charles O. Hopkins
An Vocational J 49 (2): 36-38. Feb 1974.
HF5381.5.V6 P69
Decision making, Evaluation, Management, Management development, Management systems, Objectives, Performance.
Abstract: Management by objectives (MBO) is a system that allows an organization to concentrate its efforts on a set of priorities which have been actually determined and broadly accepted. All persons contributing to the accomplishment of goals must be consulted in the planning stage when the objectives and means of reaching these are decided. Once goals and performance objectives are set, staff members participate in

performance evaluations to determine how well previously established objectives have been accomplished. This provides feedback and ensures accountability. An MBO program cannot work without consultants by top administrators to support the system and themselves participate in it.

1368-74

CHILD DEVELOPMENT - DAY CARE - NO. 7, ADMINISTRATION.

Malcolm S. West, Pearl B. Weller
U.S., Office of Child Development
Washington, GPO 167 p. 1971.
HV721.H6 P6M (Day care, no. 7)
Administration, Child care workers, Day care programs, Day care services, Management, Training.
Abstract: Communities and organizations wishing to start a day care program will find in this booklet complete instructions on how to go about it, from selection of a board of directors to business management. Objectives sought and services to be provided are described, and outlines of duties and skills expected of staff are included. Food service is performed by a cook, cook aide and housekeeper, in this hypothetical annual.

1369-74

NOW AN INVESTMENT IN PEOPLE INCREASES PROFIT.

Food Serv 36 (11): 70. Nov 1974.
389.2538 F732
Career ladders, Food service workers, Job satisfaction, Job training, Personnel management.
Extract: One key point that is essential to a successful career-development system is that the principles of filling vacancies from within whatever system possible must be rigorously applied. A second key idea is that career ladders can link together, logically, jobs which use similar skills and knowledge. Career ladders must also provide for the acquisition of new skills and knowledge by the employees who want to advance into a higher-level job.

1370-74

NOW DO YOU GET THE MOST NUTRITION FOR THE LEAST MONEY?

Inetit/vol Feeding 74 (2): 51-53. Jan 15, 1974.
TX1.155
Computer applications, Computers, Cost effectiveness, Food selection, Food service management, Information services, Menu planning, Nutrient content determination, Nutritional adequacy.
Extract: Nutritional care can be made responsive to cost effectiveness, according to a program developed by Pennsylvania State University's College of Human Development. Their electronic data processing system for use in Pennsylvania's various state institutions was adapted from USDA's Moderate Cost Food Plan. Each institution supplies an initial inventory and monthly transaction data--food quantities received, their total dollar value and the amount for a given month. This information is used to maintain a perpetual food inventory and that inventory's dollar value. The data also provides input for the nutritional audit. Each institution supplies a "population breakdown" according to age and sex, plus the total meal count served monthly. The data is used in conjunction with a nutrient data base which lists 1300 items commonly used in Pennsylvania, including convenience foods. Generating from this is the total nutritional content of the monthly food issues. Cost figures, determined on a food group basis, provide institutional administrators with definitive figures for their dietary department costs.

1371-74

HOW TO CONSERVE ENERGY ENERGY.

Food Management 9 (4): 57. Apr 1974.
TX341.P69
Food service workers, Hospital food service, Manpower needs, Scheduling, Work attitudes, Working conditions.
Abstract: Hospital food service workers spend a lot of time standing, and their work can be quite repetitive. To keep morale and energy levels high, managers should consider using the four-days-on, two-days-off work schedule. Workers are scheduled into six-week cycles in which they work 40 hours a week. The schedule provides two stress work days left over at the end of each six-week phase. These days can be used for training purposes and in the summer be held open for workers to replace others on vacation.

1372-74

HOW TO CUT FOOD COSTS TO THE BONE.

Food Management 9 (2): 52-54, 60, 77-78. Feb 1974.
TX341.P69
Baltimore, Butchering, Cooking technique, Cost effectiveness, Food cost, Food preparation, Quantity, Hospital food service, Institutional feeding, Portion control.
Abstract: At a 300-bed hospital in Baltimore, Maryland, a fully equipped butcher shop works to trim the excess off the budget by practicing butchering a wide variety of meats and practicing the strictest portion control. Nearly every part of the carcass is used. Meat scraps left over from butchering are saved to be used in soups and to add meaty flavor to stews and casseroles. These and other techniques for cutting costs are described here.

1373-74

HOW TO HANDLE FOODSERVICE EMERGENCIES.

Food Management 9 (4): 59. Apr 1974.
TX341.P69
Commercial food service, Employee practices, Food service

- workers, labor force.
Abstract: A reserve labor force is essential for food service emergency situations. Reserve workers can substitute when regular staff members are sick or on vacation. They can be called in when customer patronage is extraordinarily high, or to help out for special occasions such as board of directors luncheons, award banquets, and so on.
- 1374-74
HOW TO MOTIVATE EMPLOYEES.
Food Management 9 (3): 71. Mar 1974.
TX341.F69
Career opportunities, Career planning, Food service management, Food service training, Human relations, Job placement, Motivation, Personnel assessment.
Abstract: Careers in food service can be exactly that--careers--and not just dead-end jobs as floor-scrubber. Obviously not every dishwasher will end up as food service director, but those who have ability and motivation to advance through the ranks should be allowed to do so. There should be a commitment on the part of management to recognize and train potentially qualified employees. When other workers witness the success of those who advance by attaining new skills, they too know that the dishwashing job is not the beginning and the end of their careers.
- 1375-74
HOW TO REDUCE PERSONNEL COSTS.
Food Management 9 (2): 67. Feb 1974.
TX341.F69
Central kitchen, Cost effectiveness, Costs, Food service management, Food service workers, Hospital food service, Institutional feeding, Labor force, Operating expenses.
Extract: How does a hospital reduce its food service costs? For Lancaster General Hospital, Lancaster, Pa., it's a centralized kitchen. In converting from a decentralized operation into a centralized one, it has reduced its personnel from 150 full and part-timers to 98. The savings in labor is just one of the factors the hospital has benefited from through the centralized kitchen operation. Patients are served more quickly, and their hot foods are hotter. The hospital has also been able to provide them with a more diversified menu, and the overall cost of operation is considered to be the lowest and most efficient in the area.
- 1376-74
HOW TO UP YOUR PROFITS AND PRODUCTIVITY WITH INVENTORY MANAGEMENT: PART I.
Food Serv 36 (8): 58-64. Aug 1974.
369.2538 F732
Commercial food service, Cost effectiveness, Food production, Inventories, Menu planning.
Abstract: The key elements in production control systems are discussed. They include menu forecast, planning, and control. The objectives are maximum customer satisfaction, minimum inventory investment, and efficient, low cost operation. Each of the factors are discussed in detail.
- 1377-74
HOSPITAL FOOD SERVICE ADAPTS TO SYSTEMS APPROACH AND INDUSTRIAL METHODS.
Nechal M Hubbard
Hospitals 44 (Apr 1970): 87, 90-92. Apr 1970.
HA960.H6 F68
Administration policies, Audiovisual instruction, Cooperative, Hospital food service, Management, Systems approach.
Abstract: Dr. Hubbard discusses some of the changes that are taking place in the food service industry. The administrator has many options before him to make sure food production and service is of the highest level, while keeping prices reasonable. Use of the systems approach in the dietary department is the initial step in analyzing current procedure and determining which are feasible for computer assistance. This article shows the different ways the hospital dietitian, or other food administrator can get the best utilization from her labor staff.
- 1378-74
CHILD DEVELOPMENT - DAY CARE - NC. 2, SERVING INFANTS.
Dorothy S Huntington, Sally Pricanza, Ronald K Parker
U.S., Office of Child Development
Washington, GPO 87 a. 1971.
HV721.H6 F68 (Day care, no. 2)
Child care workers, Child development, Child nutrition, Day care programs, Day care services, Infants (To 2 years), Preschool children (2-5 years).
Based on a Day Care Workshop, held in Virginia, July 10-21, 1970.
Abstract: This booklet for day care center managers, teachers, and other personnel gives guidelines on organizing a day care center for infants and children to 3 years of age, and offers suggestions on daily planning for the needs and activities of these children which will accord with their development. There is a section on feeding these children, and one on their nutritional needs.
- 1379-74
IN 1974, IT TASTES GREAT IF THE PRICE IS RIGHT: WHAT SELLS? HOW MUCH? WHERE? AND AT WHAT PRICE?
Inst/col Feedina 74 (7): 47-55. Apr 1, 1974.
TX1.155
Consumer economics, Food preferences, Food selection, Food service management, Menu planning, Surveys.
Abstract: In a survey of 13,100 U.S. food service operators, it was found that the favorite menu items are soup (all kinds), apple pie, French fries, fried chicken, lasagna, orange juice, chocolate cake, pancakes, and spaghetti. Throughout 1973, the determining factor in choosing menu items was money. Pared-down menus gave operators the resources to do more efficient purchasing. The result was seen in overall menu prices increases of under 16%. This article presents the entire story in a series of charts that show the data based on demographic factors such as geographical region, food items, type of food service, and so on.
- 1380-74
MATCHING THE SCARCEST RESOURCE: A MANAGER'S TIME.
John B Jackson, Roger L Hyman
Personnel J 53 (10): 752-756. Oct 1974.
280.8 JN24
Management, Management development, Motivation, Personnel management, Work attitudes, Work simplification.
Extract: Time waits for no one, and even those who don't realize--or won't admit--that they waste it should analyze just how efficiently they use this valuable commodity. One key to managerial effectiveness lies in the elimination or at least the reduction to a minimum of all nonessential activities.
- 1381-74
PROGRAM EVALUATION AS AN OPERATIONAL TOOL.
E M Jones
J Nutr Educ 2 (1): 19-22. Summer 1970.
TX341.J6
Educational objectives, Educational progress, Evaluation methods, Expanded food and nutrition education program, Measurement, Nutrition education, Program evaluation.
Extract: Local use of evaluation of data collected is a valuable, economical way to improve a program. The Expanded Food and Nutrition Program is used as an example of such a national program. Evaluation should be used as an adaptive control, altering objectives as they are achieved. One way to measure attainment of goals is for program ideas to question client families about the benefits they have or have not received from the program and any suggestions they may have for improvement.
- 1382-74
FOOD SERVICE ON A BUDGET.
Billiss L Kahrl
Boston, Mass.: Cahners Books 198 p. 1974.
TX943.K32 F68
Budgeting, Buildings, Corrective institutions, Food service industry, Food service management, Hospital food service, Nursing homes, Planning, School food service.
Extract: The book is based on the author's belief that good planning combined with a knowledge of the newest equipment and systems is the key to increasing productivity in noncommercial foodservice. Part I considers problems and issues common to all noncommercial foodservice operations, such as "the captive concept," direction and growth improvements in design and equipment, the problem of control, the importance of productivity, new foods, improving existing facilities, management and operating systems, research, and training and guidance. Part II of the book considers each of the seven areas individually.
- 1383-74
THE RESPONSIBILITIES OF THE SCHOOL BUSINESS ADMINISTRATOR IN SMALL SCHOOL DISTRICTS: A RESEARCH REPORT.
Dale E Kaier, O Glenn Wabb
Chicago, Ill.: Research Corporation of the Association of School Business Officials 42 p. 1974.
LH2826.K3 F68 (Research Corporation of the Association of School Business Officials. Research bulletin no. 16)
Administrator education, Administrator role, Buildings, Educational administration, Management, Professionalism, School food service, Transportation.
Abstract: This concise history and report on the present status of school business administration was designed to add to extant information on the profession, through library research, professional growth analysis, and analysis of questionnaire data. Recommendations for training and professional development are supplied. A bibliography cites several unpublished studies and a sample of the questionnaire is provided. Areas covered include food service, transportation finance, buildings and grounds, management and administration.
- 1384-74
FROZEN FISH AND SEAFOOD 1974: 2. FOOD SERVICE NOW USES 61 PER CENT FROZEN FISH.
Araia Katz
Quick Frozen Foods 36 (6): 20-21, 24. Jan 1974.
389.B Q4
Fish, Food purchasing, Food service, Frozen foods, Seafood, Shellfish.
Extract: Frozen fish and seafood products are slowly but steadily supplanting fresh fish items in the kitchens and on the menus of food service and users. Nearly 61 per cent of the fish and seafood dishes served by food services in 1973 were made using frozen fish and seafood. This represented a 3.5 per cent increase over the amount of frozen fish and seafood utilized by restaurants in 1972. Frozen seafood entrées are now served by 13.3 per cent of the same serving market.

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PROFIT FISH AND SEAFOOD 1974: 1. PACKERS BROADEN PRODUCT LINES TO COMBAT SHORTAGES.

Arnie Kata
Quick Frozen Foods 36 (6): 18-20. Jan 1974.
389.8 04

Fish, Frozen foods, Marketing, Seafood, Shellfish, Surveys.
Abstract: The day of the one-item processor may be coming to an end, at least in the frozen fish and seafood field. Results of the annual survey of frozen fish and seafood packers conducted by this magazine indicate that these companies are producing a greater variety of frozen fish and shellfish items than was formerly the case. Companies are broadening their base by extending product lines as a hedge against the uncertain supply of raw material. The current weakness of the dollar in international commerce, which handicaps American firms bidding for fish stocks on the world market, has only served to aggravate the already existing tight supply situation. Obviously, a packer who only markets frozen peeled and deveined shrimp is at a greater disadvantage than one which offers other types of seafood when shrimp is hard to get.

1386-74

CONTROLLING AND ANALYZING COSTS IN FOOD SERVICE OPERATIONS.

James Kaleer, Elmer Kallio
New York, Wiley 291 p. [1974].
TX911.3.C65K4 P5W

Accounting, Budgeting, Cost effectiveness, Costs, Financial management, Food service management, Profit, Purchasing, Sales volume.

Abstract: No food service operation can survive without careful cost control and financial management. This book instructs managers on all the principles and procedures for controlling the costs of receiving, storing, and issuing food; controlling menu items; and controlling labor costs, food costs, preparation costs, utilities and equipment costs, and merchandising/advertising costs. A special chapter is devoted to the application of electronic data processing to food service operations.

1387-74

KITCHEN PROFIT--ITS NOT JUST IN THE FOOD.

Commercial Kitchen & Dining Room 14 (3): 6-8. Fall 1974.
TX946.C6 P5W

Breakfast, Commercial food service, Dinnerware, Dishwashers, Dishwashing, Profit.

Abstract: Whether a food service operation caters to discriminating bank executives or hungry college students, the recipe for a year-end profit must contain three ingredients - increased economies to reduce against rapidly rising food costs, efficient, happy employees and a fast, organized kitchen.

1388-74

COASTING BY MATERIALS: A JOB APPROACH.

Frank Korzan
Audiovisual Instruction 19 (4): 15-18. Aer 1974.
LH1045.49 P5W

Audiovisual aids, Audiovisual centers, Audiovisual equipment, Budgeting, Costs, Educational finance, Financial management, Instructional materials.

Abstract: This article describes a practical method for identify and assign costs of products and services in an instructional materials development center. Allocation of direct and indirect costs is discussed, and a rationale--indirect cost per direct labor hour--is presented for allocating indirect costs to center products and services.

1389-74

THE PUZZLING CASE OF THE MISSING MS.

Barbara Krohn
Nation's Schools 1 (3): 32-38. Nov 1974.
L82804.H3 P5W

Administration, Career opportunities, Educational progress, Employment practices, Payroll, Psychological aspects, School administration.

Abstract: This detailed study of the current status of women in administration discusses elementary principalships, once a stronghold for women, and now a field dominated by men, and sex-typed expectations and false role assumptions which dictate hiring practices. The work being done and progress being made by women's groups and through affirmative action are discussed.

1390-74

TURKEY TROTS TO TOP.

Lon LaPlante
Sch Foodserv J 28 (6): 42-44. June 1974.
J89.8 SC66

Food preferences, Menu planning, Poultry, School food service, School lunch, Surveys, Turkey.

Abstract: In a survey of all 50 state school lunch directors and a randomly selected sample of school district superintendents, a research firm tried to find out what diet most fits the needs of the school lunch program. The directors surveyed were asked about the diet forms they would prefer as well as size, shape, nutritional content, and other qualities of the ideal diet. When asked what form the perfect diet should be, the overwhelming first choice was a ground product containing 20 to 25 percent fat and available in bulk quantities. A product low in fat, medium in calories, and high in riboflavin, niacin, and protein, but low in cholesterol were other requirements the directors listed for the ideal diet. To the surprise of many who only eat turkey is the whole-bird form to be

prepared and eaten on holidays, the survey revealed that turkey is the diet that has the preferred qualities specified by these school lunch directors.

1391-74

THE EMPLOYEE PERFORMANCE SENSORY: IS IMPROVEMENT POSSIBLE?

Barry J Lanber
Personnel J 53 (12): 897-901. Dec 1974.
280.8 J824

Behavior, Motivation, Objectives, Performance, Personnel, Personnel management.

Abstract: Through precise definition of both organizational and personal goals, it is possible to realize improved employee performance. However, responsibility in terms of the results expected must be clearly set forth and the value systems of today's society, with their emphasis on individuality, must be respected if this is to be achieved.

1392-74

MODERN TECHNIQUES OF SUPERVISION.

Alfred Latsiner
Santa Barbara, Latsiner Publishing 207 p. 1968.
HF5549.L3 1974 P5W

Accident prevention, Morale, Personnel management, Psychological aspects, Supervision, Supervisors, Training, Work simplification.

Abstract: The emphasis in this supervision handbook is on dealing with people, both subordinates and management personnel. Obtain cooperation, improving morale, and maintaining discipline are areas which are covered. Other sections deal with accident control, training, work simplification, and problem solving. The supervisor's role as a manager is treated, and a self-appraisal checklist is supplied.

1393-74

MOTIVATION: GOOD THEORY--POOR APPLICATION.

Joel K Leidacher, James J Hall
Training and Dev J 28 (6): 3-7. June 1974.
L17041.17 P5W

Attitudes, Behavioral objectives, Individual characteristics, Job satisfaction, Motivations, Personnel management.

Abstract: After briefly reviewing several related motivation theories, the authors describe the ways in which the concepts are often poorly applied--if, indeed, more than "lip service" is paid to the concepts. The implications for managerial actions along three dimensions are discussed: problems concerning the nature of rewards and their relationship to goals; weaknesses exhibited in the relationships between performance, evaluation, and feedback; and misinterpretations concerning the process of enriching job content.

1394-74

PROFIT FROM FOODSERVICE: A QUESTION AND ANSWER APPROACH.

Pat Levine
Boston, Mass.; Cahners Publishing Company, Inc. 158 p. 1974.
TX945.L3 P5W AV

Commercial food service, Costs, Financial management, Food service management, Menu planning, Operating expenses, Performance criteria, Personnel management, Profit.

Abstract: Lacking the specialized staff and financial resources of a large business, the independent foodservice operator must learn to apply his business methods of control and economy on a scale appropriate to his operation. This book is designed to enable the owner or operator who cannot afford the services of a management expert to assess his own management consultant. It takes the operator step-by-step through every phase of his business, from his menu to the decision to expand or relocate. Part I asks the operator to analyze his costs, requirements, and administrative procedures. Part II focuses on the relationship among the various elements of the operation. In Part III, procedures are suggested for effecting changes, controlling costs, and increasing business volume.

1395-74

READINGS IN MAINTENANCE MANAGEMENT.

Bernard T Lewis, Leonard H Tow
Boston, Mass.; Cahners Publishing Company 215 p. 1973.
T5192. L4 P5W

Computer applications, Maintenance, Management, Management education, Measurement, Motivation, Performance, Performance criteria, Productivity.

Abstract: Maintenance management in private industry, government, and institutions is changing rapidly. High-speed computers, new mathematical and statistical tools, and data from the behavioral sciences are providing a "knowledge explosion" which is of inestimable value to the modern maintenance manager. Selections in this book, as well as its organization, reflect major revelations that have occurred in maintenance management over the last decade: emphasis on work measurement and sensitive methods, contributions of the behavioral sciences, and use of electronic data processing. The authors represented by the readings have contributed the results of their original thought and research. The eight chapters deal with modern maintenance management concepts: organization, planning, and scheduling; materials; costs control; preventive maintenance; utilities management and conservation; planning for the future; and electronic data processing.

1396-74

THE CONSISTENCY OF MANAGEMENT IN ORGANIZATIONAL CHANGE.

Jordan London
Personnel J 53 (5): 363-366. May 1974.

- 200.0 J024
Administration policies, Attitudes, Change, Leadership, Management, Organization, Resistance to change.
Abstract: Most of the literature involved in maintaining an organization remain with the manager, regardless of the organization's structure. The behavioral approach to organization has not received management's reasonable attention, only changed their form. Managers remain goal-oriented, reasonable, and accountable. Their time is spent their own, whether at work or at home, most especially at the management level. Personnel must be recruited, screened, and hired. Operations must be maintained. The public and superior must be satisfied. The power structure and speed and types of communication may change; information may be faster and more discreet; but the manager must still manage.
- 1397-74
A LOOK AT SINGLE SERVICE WAPE.
Food Serv 36 (8): 87-88. Apr 1974.
389.2538 P732
Attitudes, Disposable, Food service, Surveys.
Abstract: Gallup surveys assessing customer acceptance of single service ware consistently show that acceptance is keyed to the type of dining-out situation. There appears a positive correlation between the acceptance of single service ware and income, education, and occupational levels. Members of the non-labor force show the least acceptance toward being served with disposable products, while professional and business persons demonstrate the greatest acceptance. The widest discrepancy is seen among patrons of different educational levels, where college-educated people show single service ware acceptance by consistently wide margins over the acceptance levels seen among persons with a high school or grade school education. By annual income, there is an upper income bracket accept single service ware use in all situations more than do those in lower income brackets. Customers under 35 years of age show a higher acceptance of single service ware than their older counterparts in all dining-out situations. As the age of the customer increases, acceptance of disposable ware seems to decrease.
- 1398-74
THE MANAGEMENT OF PEOPLE IN HOTELS, RESTAURANTS, AND CLUBS.
3rd ed.
Donald E Lundberg, James P Arntsen
Dubuque, Wa C Brown Company 316 p. 1974.
TX911.L8 1974 P68
Attitudes, Food service management, Food service workers, Job satisfaction, Job training, Motivation, Personnel management, Psychological aspects.
Abstract: Traditionally, management in business has been said to deal with the five M's--men, materials, money, machines, and methods. By all odds the most important and most complicated of the M's is men, for they are thinking animals whose needs proliferate, whose desires change, whose moods fluctuate, whose feelings influence all behavior. The motivation of people has occupied the best minds since man emerged out of the lower animal state. All leaders of men are concerned with setting goals and motivating people to strive towards those goals. Hotel and restaurant managers are no exception. This book, then, is concerned with people management.
- 1399-74
HELPFUL TECHNIQUES HELPS SET ASPFA GOALS.
Fred Luthans, Thomas E Halka
Sch Foodserv J 20 (6): 40-41. June 1974.
389.8 J386
Administration policies, American School Food Service Association, Decision making, Management, Management systems, Objectives, Policy, Prediction.
Abstract: The ASPFA's Executive Board decided to have a look into the future and determine long-range goals for the association. In the early 1960's, a method of forecasting future events that systematically combined the collective judgment of experts under certain conditions became popular. This new method is called the Delphi technique. There are four basic steps in the Delphi process: (1) a panel of experts is selected; (2) each expert is asked to make anonymous predictions; (3) each specialist then gets a concise feedback of the way other experts answered the questions; and (4) based upon the feedback, new estimates are made and the process is repeated until a consensus is reached. Through participation in the Delphi approach, ASPFA's current and next executive board members and its home office staff have picked a list of 10 important long-range objectives that ASPFA will be using in assessing its future policies and actions.
- 1400-74
MANAGEMENT TRAINING BEATS HIGH COSTS.
Sch Foodserv J 20 (4): 65-67. Apr 1974.
389.8 J386
Conferences, Food service management, Management education, Marketing, Motivation, Operating expenses, Pennsylvania, School food service, Student participation.
Abstract: Managers of school food services in Pennsylvania had an opportunity to attend a seminar to learn some marketing techniques that would help increase student participation and involvement in school lunch programs and at the same time make food service operations more efficient. Here are the highlights of that seminar.
- 1401-74
ESTABLISH STANDARDS.
Josephine Martin
Food Management 9 (1): 19-20. Jan 1974.
TX341.P69
Administrator role, Attitudes, Evaluation, Food service management, Food service workers, Performance, Performance criteria, School food service, Student participation.
Abstract: Of the three school food service standards--acceptability, accountability, and adaptability--acceptability is the most important. It depends on proper food preparation, satisfying portions, an attractive setting, and pleasant service. Positive attitudes on the part of food service personnel and school administrators play a major role in acceptability, and in providing guidance to students on selection of nutritious foods.
- 1402-74
THE A'S HAVE IT!
Josephine Martin
Food Management 9 (6): 23-24. June 1974.
TX341.P69
Attitudes, Commodities, Food service management, Food service workers, Nutrition programs, School food service, Students.
Abstract: School food service managers must be aware of problems affecting school nutrition programs. These include food price increases, changes in the commodities program, and increasing labor costs. Even more important are food service personnel attitude, ability, and activity factors which have direct impact on the success of the program, and, of equal importance student attitude and reaction to services. Summer is an excellent time for taking stock and planning.
- 1403-74
THE HUMAN ELEMENT IN DECISION MAKING.
John P McDonnell
Personnel J 53 (3): 188-190. Mar 1974.
280.0 J024
Decision making, Environmental factors, Leadership, Management, Performance, Psychological aspects, Social influences.
Abstract: Rational decision-making to realize a stated, but evasive organizational objective is an ideal albeit not a completely attainable goal. The decision maker is biased by his own standards, his subjective appraisal of environmental influences, the perceived pressures from his superiors, and his sense of obligation to those superiors. The decision-making process cannot be rule bound. It calls for broad dimensions and varying speeds with judgment, imagination, evaluation, and at times, inspiration.
- 1404-74
A DAY IN THE LIFE OF A FOODSERVICE DIRECTOR.
Frances McGlone
Food Management 9 (7): 42-47, 73, 76. July 1974.
TX341.P69
Food service management, School food service.
Abstract: A foodservice director, responsible for serving over 6 million meals a year, and with a budget of 5 million dollars, describes her daily chores, which start at 7 A.M. Food quantities, deliveries, employee absenteeism, vandalism, burglaries, designs for a new building (which cost a earthquake-proof), a conference with dietetic interns, a directors meeting, a meeting with sales people, product tasting all must be dealt with, and then the mail. The director's remaining day's work is detailed. The facility is located in Oakland, California; the author supplies a brief biography.
- 1405-74
MENU FOR TODAY'S YOUTH MARKET (TAKEN FROM RECENT GALLUP SURVEYS).
Food Serv 36 (10): 22, 24. Oct 1974.
389.2538 P732
Age groups, Beverages, Breakfast, Commercial food service, Desserts, Food preference ratings, Main dishes, Snacks, Vegetables.
Abstract: Surveys of youth food preferences are shown in tables covering breakfast, beverages, spirits, snacks, vegetables, entrees, and desserts.
- 1406-74
DOWN WITH GARBAGE.
John Metz
Food Management 9 (4): 25-26. Apr 1974.
TX341.P69
Food preferences, Food service management, Food waste assessment, Hospital food service, Institutional feeding, Meal planning, Plate waste, Portion control, Waste disposal.
Abstract: A kitchen is overproducing when quantities of excess food is thrown away, and overproduction cuts deeply into the budget. To assess the right amounts of food needed for each meal, food service managers should (1) estimate plate waste--size of servings and type of food not eaten, (2) plan recipe store food that does accumulate.
- 1407-74
THE ROLE OF THE FOOD MANAGER.
John C Metz
Food Management 9 (3): 29-30. Mar 1974.
TX341.P69
Administrator role, Food service management, Management development, Management philosophies, Motivation, Organization,

1408-74

Performance.

Abstract: Current trends of top management in multi-unit organizations tend to over-organize the food service manager by providing him a set of rigid guidelines with little room for experimentation. Coherent managers should have the necessary latitude for operating their own units, within the general operating philosophy of the organization, he should be allowed to perform freely. The food service manager will motivate himself when allowed to use his job skills and individual creative talent to achieve the goals of the total organization.

1408-74

FOOD SERVICE GUIDE FOR HEALTH CARE FACILITIES.

Nichigan, Dept. of Public Health, Bureau of Health Facilities
M.n. 69p. (m.d.).
RA975.5.ZM5 P6N

Food service management, Guides, Hospital food service, Hospitals, Institutional feeding, Michigan, Nursing homes, Public health.

Abstract: Here are the state of Michigan's public health standards and guidelines for institutional food service organization and facilities. Chapters contain information on (1) management, (2) nutrition, (3) menu planning, (4) diet modifications, (5) patient feeding, (6) cost control, (7) food storage, (8) food safety and sanitation, (9) recordkeeping, and (10) an appendix of useful tables, charts, and reference materials.

1409-74

WHAT RESTAURANT OPERATORS THINK ABOUT CONVENIENCE FROZEN FOODS.

Stephen G Miller
Quick Frozen Foods 36 (10): 54-56. May 1974.
389.2 Q4

Attitudes, Convenience foods, Food service management, Frozen foods, Surveys.

Abstract: Among food service operators, there is much praise for frozen convenience products and also some complaints. Convenience, short cooking time, variety of foods available, and the improved taste of frozen products are some of the positive reactions. On the negative side, food service operators express concern over sanitation problems when foods are prepared in establishments outside their control. There are also complaints regarding PCR product handling prior to receipt and the ease with which some frozen food processors will pull their products off the market with no warning.

1410-74

WHO BENEFITS MOST FROM COMPUTERIZED CASH CONTROL?

Robert Millner
Fast food 73 (4): 126-136. Mar 1974.
389.2538 P82 P6N

Cash registers, Computer applications, Computers, Cost effectiveness, Financial management, Food service management, Money management, Surveys.

Abstract: Many food service businesses are now using a computer-controlled cash register system that helps speed up counter service while it reduces cashier errors. Restaurant managers are finding many other advantages to using electronic point-of-sale cash control units instead of standard mechanical registers. But before a restaurant operator invests anywhere from \$5,000 up to \$40,000 or more on one of these mini-computers, he should first understand what the system offers and how they can be used to increase profits. To determine the value and performance of these new sophisticated devices--now being tested in various restaurant chains--this magazine surveyed a number of manufacturers and end users. The results are described in this article.

1411-74

A NEW CONCEPT IN PERSONNEL DEVELOPMENT AND EMPLOYEE RELATIONS.

Richard A Mcrao
Personnel J 53 (8): 606-611. Aug 1974.
280.8 J824

Career ladders, Career planning, Individual characteristics, Industrial relations, Job analysis, Job enrichment, Job satisfaction, Occupational guidance.

Abstract: This article introduces a new personnel development concept and attempts to correct the notion that personnel development is merely a training function. Implicit in this author's notion is that by enhancing the utilization of existing manpower and providing opportunities for career development, we foster good employee relations and contribute to organizational goals.

1412-74

SUPERVISION AND MANAGEMENT OF QUANTITY FOOD PREPARATION: PRINCIPLES AND PROCEDURES.

Aillie J Norden
Berkeley, Calif.: McCutchan Publishing Corp. 380 p. 1974.
TX820.M62 P6N

Food cost, Food preparation, Food processing, Food sanitation, Food service management, Food storage, Menu planning, Personnel management, Sanitation.

Abstract: The major subjects have been divided into two parts: management-related materials and food preparation procedures and techniques. Materials of importance to the future supervisor or manager best by labor shortages and changing methods of purchasing and preparation are emphasized. The book should find its greatest application in lecture courses on principles and procedures that are accompanied by laboratory experiences, but it may also be used effectively in courses presented with-

out laboratory work.

1413-74

THE PROBLEMS OF 1974: PROCUREMENT, PRICING, PROFITS.

James P Myers
Cooking for Profit 43 (278): 25-27, 30, 32, 69. Feb 1974.
TX901.C65

Budgeting, Cost effectiveness, Costs, Energy crisis, Financial management, Food service management, Food service training, Prediction, Productivity.

Abstract: Rising prices, the energy "crisis," and problems with consumers have put food service operators in an economic bind such that they are forced to re-evaluate their operations. A survey of 267 food service executives shows that for 1974 there will be little recruitment of new labor, efforts will be made to reduce the number of employees, and training will be entirely on-the-job. Automated equipment will be instituted and greater use made of convenience foods. Menu prices will rise with the increases in food and labor costs. Institutional food services plan to use more prepared foods, cut employee hours and overtime, reduce food waste, add a la carte service, and expand self-service facilities.

1414-74

IMPLICATIONS OF THE BRD CONCEPT: BROADENING THE SCOPE OF TRAINING AND DEVELOPMENT.

Leonard Nadler
Training and Dev J 28 (5): 3-13. May 1974.
LC10N1.77 P6N

Educational objectives, Educational progress, Management, Management development, Management education, Management philosophy, Management systems, Personnel management, Training.

Abstract: All organizations face the necessity of using three basic types of resources: physical resources; financial resources; and human resources. Proper management of human resources determines the success of utilization of financial and physical resources. Human resource management is of two types: human resource utilization (HRU)--RECRUITMENT, placement, appraisal, and compensation; and human resource development (HRD)--LEARNING experiences contributing to individual and organizational effectiveness within the HRD function are three kinds of learning experiences: (1) job-related--designed so the employee will function more effectively as the job he is at the moment; (2) individual-related--designed to prepare the person for a future but fairly well-defined job; and (3) organization-related--designed to open the individual to new tasks and performance patterns based on the possible future directions of the organization.

1415-74

THE NATION'S MOST POPULAR MENU ITEMS.

Food Serv 36 (1): 35-36. Jan 1974.
389.2538 P732

Appetizers, Beef, Desserts, Food preferences, Marketing, Potatoes, Scups, Surveys, Vegetables.

Abstract: A Gallup poll has found that among U.S. diners, shrimp is by far the most popular appetizer, and the favorite soup is chicken noodle. Among beef entrees, prime rib comes out ahead of sirloin and T-bone steaks. Baked potato tops the list of preferred potato side dishes, and asparagus with Hollandaise sauce ranks first among green vegetables. For dessert, Americans prefer apple pie or ice cream.

1416-74

HANDLING MONEY (NOTION PICTURE).

National Educational Media Inc.
Sherman Oaks, Calif. 15 min., ed., col., 16 ea. 1974.
MG23G.M3 P6N AV

Cashiers, Crime, Theft, Training.

Abstract: This training film is aimed at anyone who handles cash. In money transfers, the customer's bill should be kept in sight and the change counted three times. Subtraction should never be used. Various attempts in the art of quick-change are depicted and the methods used to foil these attempts are dramatized. Following a standard operating procedure protects the cashier from losing money.

1417-74

HANDLING MONEY (FILM LOOP).

National Educational Media Inc.
Sherman Oaks, Calif. 1 cassette, super 8ea, ed., col., 15 min. 1974.

MG230.M3 P6N AV

Cashiers, Crime, Theft, Training.

For use in Fairchild cassette projector.
Abstract: This training film is aimed at anyone who handles cash. In money transfers, the customer's bill should be kept in sight and the change counted three times. Subtraction should never be used. Various attempts in the art of quick-change are depicted and the methods used to foil these attempts are dramatized. Following a standard operating procedure protects the cashier from losing money.

1418-74

FLIGHT PLAN (FILM LOOP).

National Educational Media, Inc.
Sherman Oaks, Calif. 1 cassette, super 8ea, ed., col., 14 min. 1974.

SD31.P5 P6N AV

Management, Management development, Planning.

For use in Fairchild cassette projector.
Abstract: The importance of planning as a management tool is

addressed in this training film. A manager helps a younger associate with job problems by describing his own and how he solved them. The solution is related to simulating his absence, for which a flight plan for each trip is necessary. He tells of the day when the realization struck that he could easily do the planning assignments to his job. He then pursues his idea and finds that his absence essentially has disappeared. He is in the flight plan, his work assignments achieved support from other managers, his objectives are laid out, contingencies can be dealt with, and alternate plans can be used. In essence, by communicating his intentions, he can develop a fail-safe program.

1419-74

DELEGATE--DON'T ABDICATE (FILM LOCF).

National Educational Media, Inc.
Sherman Oaks, Calif. 1 cassette, user 8 ea, ed., col., 16 min. 1974.
BD31.D4 P5N AV
Administration, Communication (Thought transfer), Leadership responsibility, Management, Management development, Management education.

For use in Fairchild cassette projector.
Abstract: Two types of managers are characterized in this training film on delegation of responsibilities. The first is "invisible", he delegates responsibilities to his three assistants, but in a haphazard, non-realistic manner, without defining objectives. He has a habit of setting impossible deadlines. He leaves on a trip, and criticisms of his technique is heard from the assistants. The second type of manager communicates, defines objectives and goals, makes himself available for consultation, even when on trips. He sets up guidelines, never deadlines.

1420-74

HANDLING COMPLAINTS (FILM LOCF).

National Educational Media, Inc.
Sherman Oaks, Calif. 1 cassette, user 8 ea, ed., col., 30 min. 1974.

BD5429.N3 P5N AV
Attitudes, Behavior, Consumer economics, Consumers, Management, Psychological aspects.
For use in Fairchild cassette projector.
Abstract: Customer complaints are often difficult to handle. Five points for providing satisfaction to customers are illustrated in this film: they include listening, agreeing and taking an interest in the problem, taking action, clarifying the complaint, projecting a cheerful attitude, and referring the customer to someone with greater authority, if necessary.

1421-74

DELEGATE--DON'T ABDICATE (NOTICE PICTURE).

National Educational Media, Inc.
Sherman Oaks, Calif. 16 min., ed., col., 16 ea. 1974.
BD31.D4 P5N AV
Administration, Communication (Thought transfer), Leadership responsibility, Management, Management development, Management education.

Abstract: Two types of managers are characterized in this training film on delegation of responsibilities. The first is "invisible", he delegates responsibilities to his three assistants, but in a haphazard, non-realistic manner, without defining objectives. He has a habit of setting impossible deadlines. He leaves on a trip, and criticisms of his technique is heard from the assistants. The second type of manager communicates, defines objectives and goals, makes himself available for consultation, even when on trips. He sets up guidelines, never deadlines.

1422-74

FLIGHT PLAN (NOTICE PICTURE).

National Educational Media, Inc.
Sherman Oaks, Calif. 14 min., ed., color, 16 ea. 1974.
BD31.D5 P5N AV
Management, Management development, Planning.
Abstract: The importance of planning as a management tool is addressed in this training film. A manager helps a younger associate with job problems by describing his own and how he solved them. The solution is related to simulating his absence, for which a flight plan for each trip is necessary. He tells of the day when the realization struck that he could easily do the planning assignments to his job. He then pursues his idea and finds that his absence essentially has disappeared. He is in the flight plan, his work assignments achieved support from other managers, his objectives are laid out, contingencies can be dealt with, and alternate plans can be used. In essence, by communicating his intentions, he can develop a fail-safe program.

1423-74

HANDLING COMPLAINTS (NOTICE PICTURE).

National Educational Media, Inc.
Sherman Oaks, Calif. 30 min., ed., color, 16 ea. 1974.
BD5429.N3 P5N AV
Attitudes, Behavior, Consumer economics, Consumers, Management, Psychological aspects.
Abstract: Customer complaints are often difficult to handle. Five points for providing satisfaction to customers are illustrated in this film: they include listening, agreeing and taking an interest in the problem, taking action, clarifying the complaint, projecting a cheerful attitude, and referring the customer to someone with greater authority, if necessary.

1424-74

HOW TO INVEST IN PEOPLE: A HANDBOOK ON CAREER LADDERS.

National Restaurant Association
Chicago, Ill.; National Restaurant Association 39 p. 1973.
BF5549.N6 Y6N
Career ladders, Food service workers, Job enrichment, Job satisfaction, Job training, Motivation, Personnel management.
Abstract: For several years, the National Restaurant Association has been engaged in a program of systematic research concerning the major manpower problems of the foodservice industry. Few industry leaders are surprised at what the research has found. Our overwhelmingly greatest problem is not obtaining employees; rather, it is training and retaining personnel who are (1) qualified for the jobs, (2) motivated to perform them well, and (3) interested in staying on the job.

1425-74

BOOKKEEPING PROCEDURES AND INSTRUCTIONS.

Baltimore, Public Schools
Robert B. Nicholson
Baltimore, Md. (various ages). 1972.
LB2630.N3 P5N
Bookkeeping, Financial management, Food service management, Instructions, Manuals, Recordkeeping, Records (Forms), School food service.
Abstract: "This annual has been compiled in the interest of establishing uniformity in the preparation of various forms and in the understanding of procedures and practices necessary in the operation of the public school cafeteria of Baltimore City". The main sections deal with procedures for (1) daily reports, (2) banking records, (3) placing orders, (4) keeping payroll records, and (5) miscellaneous items. Three more sections cover standards for portion and price control, work schedules, and special functions.

1426-74

NOTEBOOK ON SOY.

Berkeley, Calif., Society for Nutrition Education 26 (7): 51-84. July/Aug 1972.
SB205.5786 P5N
Engineered foods, New foods, Recipes, School food service, Soybean products, Textured vegetable proteins.
Abstract: In 1971 the USDA announced that textured vegetable protein products are acceptable for use in the school lunch program. This notebook is a compilation of different types of information to more easily allow the use of soybeans in planning the Type A lunches for the schools. Questions often asked about the products are answered, there is a fact sheet on 15 different brands of soybean product, and recipes are included to fulfill the 2 oz. protein requirement of the school lunch.

1427-74

HOW, ST. LOUIS GIVES EVERY KID A HOT LUNCH IN EVERY SCHOOL.

Instit/vol Feeding 74 (11): 36. June 1, 1974.
TX1.255
Central Kitchen, Food delivery systems, Food distribution programs, Food preparation and distribution systems, School food service, School lunch, School lunch programs.
Abstract: This article, of interest to school food service personnel, reports that the St. Louis elementary school system now offers a hot school lunch to every student. It is accomplished through a centralized kitchen which prepares and packages a hot food item (either a sandwich or a casserole), a cold tray and milk. Everything including utensils is disposable. Delivery efficiency has increased as more schools install refrigerators. Participation by students has grown considerably since the program was instituted.

1428-74

NUTRITION EDUCATION -- A CATALYST FOR CHANGE, NEW ORLEANS,

1973; AMERICAN SCHOOL FOOD SERVICE ASSOCIATION SEMINAR.
Nutrition Committee, American School Food Service Assn.
Denver, American School Food Service Assn. 85 p. [n.d.].
TX364.N87 P5N
Legislation, Nutrition education, School administration, School community relations, School food service.
Abstract: Proceedings of the 1973 American School Food Service Association's nutrition education seminar entitled "Nutrition education--catalyst for change", describes techniques for teaching nutrition to children, parents, community groups and school food service personnel. Emphasis is on the importance of reaching the teacher and administrator as well as the child and his parents with sound nutritional concepts. Eight task forces identify needed allies to involve in nutrition education support. For each designated issue, recommendations and activities are suggested.

1429-74

CHEESE PRODUCTS: PROTEIN, MOISTURE, FAT, AND ACCEPTANCE.

Annals J Bystrom, Joyce G Ostrander, Charlene S Hartness
J Am Diet Assoc 65 (1): 40-42. July 1974.
389.8 AB34
Cheese, Dietetic foods, Fat levels, Fat and oils, Moisture, Nutrient content determinations, Proteins, Taste panels.
Abstract: Seven cheese products, including three "diet" cheeses, were evaluated as to protein, moisture, and fat content, and consumer preference in three forms, including plain and salted. Cost per pound was computed and caloric content listed. The cheeses differed greatly in their analyzed nutrient contents. In general, fat content increased with caloric content and moisture content decreased. Higher protein cheeses

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1430-74

was more expensive. Preference of each cheese depended on the form in which it was served.

1430-74

HOW MANAGERS MAKE THINGS HAPPEN.

George S Odiorne
Englewood Cliffs, N.J.: Prentice-Hall, Inc. 216 p. 1961.
HE31.O3 P58
Administrator role, Decision making, Human relations, Leadership, Motivation, Performance, Personnel management, Productivity.

Abstract: In a corporate world become overwhelming with over-organization, red tape, complex controls, and powerful forces of inertia, it seems that there is a rising prelude on the manager who can make things happen. The purpose of this book is to describe the various ways in which such action-getting managers think, behave, and relate to their environment so that they set results where others do not. The prelude here is that many of the skills of getting things done have remained stable, the personal qualities of leadership and drive for goals is similar to those of classic leaders of past times. What is different however is the great change in the environment. The world in which today's manager must make things happen is wider in geographic scope, and his area of concern and responsibility is more complex than ever. The basic assumption is that management today is aimed at profits and growth, and that the achievement of these goals requires a variety of new methods which the old-style manager did not require. Essentially this management job is one of manipulating the environment, and most especially the people, in it.

1431-74

MANAGEMENT DECISIONS BY OBJECTIVES.

George S Odiorne
Englewood Cliffs, N.J.: Prentice-Hall, Inc. 252 p. 1969.
HD65.D4.O3 HD69.D4C3
Decision making, Management, Motivation, Objectives, Performance, Planning, Problem solving, Productivity, Systems approach.

Abstract: This book provides managers with tested, scientific methods to improve their decision-making and problem-solving ability. Emphasis is placed on making sophisticated mathematical and behavioral techniques intelligible and useful to working managers, and bringing these techniques to bear on the crucial areas of costing, sales, production, and planning--and apply the proven "Management by Objectives" system in doing it!

1432-74

MANAGEMENT BY OBJECTIVES: ANTIDOTE TO FUTURE SHOCK.

George S Odiorne
Personnel J 53 (4): 256-263. Apr 1974.
280.8 J824
Administration policies, Change agents, Evaluation, Management philosophy, Management systems, Objectives, Planning, Prediction, Resistance to change.

Abstract: The author contemplates that Murphy's Law--"Things fall apart at the seams"--is false. Things get worse because we don't start with reality when planning change. If we suffer from future shock, it is because somebody changed things badly. Change requires change. We must start with reality and define explicit goals of where we want to be by a specific time. "Things that do not change will remain the same," according to the author. Therefore, somebody has to make change happen by starting with reality and setting a goal. Management by Objectives is a method of controlling reality-based change. It is a conscious act of people, rather than an insalubrious tidal wave of outside forces. It involves (1) determining where we are now, (2) calculating where we would be at some future time if we make no changes, (3) deciding where we would like to be, and (4) choosing among the available courses of action.

1433-74

OPPORTUNITY OF CHALLENGE...CHECKLIST FOR ENERGY CONTROL AND CONSERVATION.

Cooking for Profit 43 (279): 52-53. Mar 1974.
TX901.C65
Conservation, Costs, Energy, Energy crisis, Food service management, Guidelines, Operating expenses.
Abstract: Here is a checklist of energy control and conservation measures, that has been distributed to members of the National Restaurant Association. The guidelines emphasize the following key points to energy conservation: (1) plug heat leaks; (2) insulate; (3) control heat and power usage; and (4) reduce heat, light, and power requirements, where possible.

1434-74

PARAGUAY!

Food Management 9 (3): 40-41, 56, 85. Mar 1974.
TR341.P69

Attitudes, Food service management, Food service workers, Hospital food service, Human relations, Minority groups, Personnel management, Productivity, Working conditions.
Abstract: Workers in institutional food service are a mixture of many ethnic types--whites, blacks, Chicanos, Asians, Puerto Ricans, Cuban exiles, American Indians, and all sorts of European nationalities. When working together, flare-ups occur, caused by racial tensions, that can result in work slowing up or coming to a screeching halt. The daily work stresses cause trouble enough among workers; race hatred only compounds the difficulties managers must face. There are no easy or magical solutions. Each incident must be handled separately.

rately.

1435-74

FOOD SERVICE.

Edward A Parry
School Hgt 18 (9): 11. Nov/Dec 1974.
LN3011.535 P58
Contract feeding, Contracts, School food service, School food service supervisors.
Abstract: The pros and cons of in-house programs versus outside contractors for school food service, and circumstances controlling the selection are discussed. The choice of a competent food service director is a factor of great importance. Criteria for choosing the ideal person are supplied.

1436-74

PERSPECTIVES 1974: UNUSUAL POSITIONS AND NEWER DIETETIC SPECIALTIES.

J Am Diet Assoc 64 (6): 649-659. June 1974.
389.2 AH34
Clinical nutrition, Dietary consultants, Diarrhea, Diets for special conditions, Food service occupations, Institutional feeding, Nutritionists.
Abstract: The diversity of positions now occupied by dietitians is illustrated by examples. Unusual and new specialties include nutrition coordination in universities, renal dietetics, general clinical dietetics in foreign countries, psychiatric divisions, and commercial business concerns. Consultant dietetics and ethnic and age group nutrition are other specialties coming into focus. In any setting, however, the dietitian's knowledge of nutrition and its practice of feeding people properly, remains in the spotlight.

1437-74

USE OF STATISTICAL ANALYSIS FOR PERFORMANCE REVIEW.

Howard Polstar, Harvey S Posan
Personnel J 53 (7): 498-506, 517. July 1974.
280.8 J824
Evaluation, Performance, Personnel, Personnel management, Statistical analysis.
Abstract: Unfortunately, in many companies, performance review information has been collected and filed away with little effort made to develop those evaluated and strengthen employee resources. From the Potential Evaluation Program described in this article, it is felt that a synopsis of organization trends and individual subordinates' growth can be charted. As a result the general over-all ability of the organization to foster its own growth potential can be assured.

1438-74

A GUIDE FOR FINANCING SCHOOL FOOD AND NUTRITION SERVICES.

Irene Y Fonti
American School Food Service Association, Association of School Business Officials
Chicago. Research Corporation of the Association of School Business Officials of the United States and Canada 1970.
LN3479.U5P6 P58
Financial management, Nutrition, Nutrition education, Planning, Program planning, School food service, Taxes.
Abstract: The importance of the school food service is restated, both to feed the child, and as a learning experience. With prices of foods and labor rising at such a fast clip, subsidies must be made available for school food service. Included in this book are the various sources for some of the sources and some projections for the 1980's. The ASPSA blueprint for school nutrition programs is included.

1439-74

THE PRICE IS RIGHT.

Instit/Vol Feeding 74 (4): 66-71. Apr 1, 1974.
TX1.I55
Consumer economics, Food preferences, Food prices, Food selection, Food service management, Menu planning, Surveys.
Abstract: According to a 1973 survey of 13,100 U.S. food service operators, menu prices reflect rising food and operational expenses. Depending on the item, 1973 menu prices were anywhere from 4.1% to 15.7% over 1972 prices.

1440-74

FIVE COUNTY FOOD MANAGEMENT IMPROVEMENT PROJECT (PROJECT ANSWER): FINAL REPORT.

Project ANSWER
DeLand, Fla.: Project ANSWER var. pag. Feb 1974.
TX945.5.S3575 P68
Child nutrition, Florida, Food cost, Food service management, Nutrition programs, Nutritional adequacy, Personnel management, Planning, School food service.
2 vols. With an accompanying 'executive summary' and five program element booklets.
Abstract: The Five-County Management Improvement Project (Project ANSWER) can best be described as a systematic search for ways and means to improve and expand school food services to children, to affect operational economies, while maintaining nutritional adequacy and program acceptability. This school food service developmental project was proposed by the Florida State Food and Nutrition Services and funded by the United States Department of Agriculture under Section 10 of the Child Nutrition Act of 1966. It involves five Florida counties--Flagler, Putnam, St. Johns, Seminole, and Volusia.

- 1441-74
EXECUTIVE ISOLATION: CAN IT BE PREVENTED?
 Christopher J. O'Quinn
 Personnel J 53 (12): 902-905. Dec 1974.
 280.8 J824
 Administrative personnel, Administrator responsibility, Administrator role, Behavior, Communication (Thought transfer), Management, Problem solving.
 Abstract: The effective executive knows that insulating himself from what is going on in his particular area of responsibility can spell trouble. To avoid this, he meets regularly with his people and listens to what they say, gets out from behind his desk and "onto the floor" to see what is happening in other parts of the organization and, most important, makes sure that he hears the bad news along with the good.
- 1442-74
SO YOU WANT TO BE A SUPERVISOR!
 Elton T. Reeves
 New York, N.Y.: American Management Association 133 p. 1971.
 HF5549.P4 P5H
 Career education, Career planning, Independent study, Management, Management development, Management education, Occupational guidance, Supervision, Supervisors.
 Abstract: There are thousands of employees who want to become members of management. Here is a developmental plan to help them achieve this goal. The step-by-step subordinate to supervisor involves tremendous differences that go beyond the job description. These differences are ones of perspective, basic concepts, emphasis, sources of job satisfaction, status, and relationships with others in the organization. Recognizing and accepting these differences is a major requirement of preparing to be a supervisor. Additional skills and abilities will be needed and new challenges must be faced. The program outlined here is one of self-education: designing a self-development plan; getting in shape for it; selecting projects that will further one's growth; achieving self-development goals; and finally, coping with these first critical months after promotion.
- 1443-74
SO YOU WANT TO BE A MANAGER!
 Elton T. Reeves
 New York, N.Y.: American Management Association 262 p. 1971.
 HF5500.2.R4 P5H
 Administrator role, Career planning, Job satisfaction, Leadership, Management, Management development, Management education, Occupational guidance.
 Abstract: A first-line supervisor who wishes to be promoted to middle management should first plan and implement a self-development program to prepare himself for such a crucial step. This involves analyzing oneself and one's present job to ascertain if more responsibility is really wanted or needed. Then the supervisor must study the duties and working environment of management to learn (1) how to manage other managers, (2) how to keep a balance between innovation and the status quo, (3) how to live with management politics, (4) how to get along with one's peers, (5) how to develop leadership potential and style, and (6) how to give evidence of one's own promotability.
- 1444-74
THE CONTEXT OF MANAGEMENT DEVELOPMENT.
 Thomas J. Field
 Personnel J 53 (4): 280-287. Apr 1974.
 280.8 J824
 Educational progress, Environmental factors, Evaluation, Management development, Management education, Organization, Personnel management, Program design, Training.
 Abstract: In the preparation and implementation of progress to develop managers for an organization, such programs are often finely tuned in terms of content, while the context in which the methods and theories are to be put into practice is given little attention. As a result the organizations involved may complain about a proliferation of continuous management which produces little change in terms of effectiveness. The position taken here is that an organization must exercise itself in order to create a management development function that will help achieve success within itself to meet its needs in the development of key personnel.
- 1445-74
HANDBOOK 11 ACCOUNTS FOR SCHOOL FOOD SERVICE INDIRECT COSTS.
 Charles T. Roberts
 Sch Bus Affairs 40 (10): 234-236. Oct 1974.
 L11.33 P5H
 Accounting, Food cost, Food economics, School food service.
 Abstract: This is a suggested method on including indirect costs as identified and defined in Handbook 11 into school food service cost-based accountability. Costs incurred by the several support responsibility areas of a school district in furnishing services, facilities, and incidental supplies to other support areas (cost objectives or cost centers) can be considered as indirect costs to school food service.
- 1446-74
THE MCKERB AND THE JCM: COPING WITH CHANGE.
 Jerome H. Bosow
 Englewood Cliffs, Prentice-Hall 208 p. 1974.
 HD8072.R6 P5H
 Change, Job enrichment, Job satisfaction, Personnel management, Sociocultural influences, Work attitudes, Working conditions, Working women.
 Abstract: Attitudes of workers and the conflict between rapidly changing society and a static workplace are explored in this collection of essays. Part one examines the cultural, sociological, and economic situation of the American worker. Part two looks at the causes of worker dissatisfaction and its economic consequence. In the concluding section, the future of work, and current steps being taken to solve some of the problems are reviewed.
- 1447-74
THE INNOVATOR AND THE RITUALIST: A STUDY IN CONFLICT.
 Thomas Fotondi
 Personnel J 53 (6): 439-444. June 1974.
 280.8 J824
 Attitudes, Conflict, Human relations, Individual characteristics, Job satisfaction, Motivation, Personnel, Personnel management, Psychological aspects.
 Abstract: The innovator facilitates creativity and change in organizations, whereas the ritualist emphasizes rationality and control. Such differences in orientation often produce conflict situations. By looking at and analyzing an organizational incident, several aspects associated with innovator-ritualist conflict are uncovered, and it is found that such conflict is related to the presence of internal competition and deficiencies in individual need fulfillment.
- 1448-74
PRINCIPLES OF SUPERVISION.
 Donald A. Rudkin, Fred D. Weil
 Philadelphia, Averbach 116 p. 1973.
 HF5549.P5 P5H
 Management, Management education, Motivation, Personnel management, Planning, Supervision, Supervisors.
 Abstract: This book was written for the managers in the first and second levels of supervision in an organization. The titles of their positions might be foreman, supervisor, shift superintendent, office manager, key punch supervisor, head teller, or some other designation; but for simplicity the title of supervisor is used generally throughout the book. The material in the book is based on seminars and classes conducted by the authors throughout the United States and Canada, which are generally attended by managers in these first two levels of supervision. The primary objective of the book is to give the student a better understanding of the supervisor's job and to show him some tools and techniques effectively used by supervisors.
- 1449-74
S.S. PIERCE MULTIPLIES SCHOOL LUNCH SALES 4 TIMES IN 2 YEARS.
 Instit Distrib 10 (7): 5C-62. July 1974.
 HD9001.I5 P5H
 Convenience foods, Food cost, Food economics, Food purchasing, Laws, Marketing, Massachusetts, School breakfast, School lunch.
 Abstract: Arithmetic is a strong subject at S. S. Pierce Co., Institutional Foods Service Division, Noburn Mass. School lunch sales have more than quadrupled in two years - from \$500,000 to \$2.4 million, or 17.3 per cent of the distributor's \$16 million volume this year. Pierce aggressively went after the school business, which in Massachusetts accounted to over 115 million lunches served in 1973-74. The Boston-area distributor now calls on 175 school systems of one to 17 schools each in Boston and its environs.
- 1450-74
FOOD MARKETING IN LATIN AMERICA: NEW LIFESTYLES, NEW EATING HABITS.
 William Suenz
 Food Prod Dev 8 (2): 66-70. 74. Mar 1974.
 HD9000.1.P64
 Central America, Economic influences, Food habits, Food production, Income, Life styles, Marketing, Social factors, South America.
 Abstract: Social conditions and traditions form a basic mold for understanding Latin America, but it is the population shifts and growth that foretell new lifestyles and food consumption patterns. Population increased 14.1 per cent during the last five years, and it continues to grow at about three per cent per year for the entire area. Like most other observations about Latin America, variations from the overall pattern are wide. Argentina doubles its inhabitants every 45 years, Venezuela does it in 20. The population explosion will affect business, creating opportunity as well as problems. Poor people will live on farms at a subsistence level, therefore, food marketers will face the challenge of providing food for more mouths. Limited funds available for food purchases will cause problems. Whether on a voluntary basis or under government pressure, developers will have to offer inexpensive mass-produced food products. Some plans are underway to defuse the population bomb, at least in the Caribbean. Population shifts to urban areas will continue at an accelerated rate.
- 1451-74
BEYOND THEORY I: THE CONTINGENCY APPROACH TO MANAGEMENT (NOTION PICTURE).
 Salenger Educational Media
 Santa Monica, Calif. 25 min., sd., col., 16 mm. 1974.
 HF5549.H42 P5H AV
 Behavior, Human relations, Management development, Management education, Management philosophies, Sensitivity training.
 With leader's guide, questionnaire, posters.

1452-74

Abstract: The nature of the job, and the nature of people, determine management's structuring of a company so as to get the best work from its employees and help the employees get the most from their work. Two approaches are discussed: the bureaucratic and the participative. In the first management is highly structured with clearly defined rules and lines of authority (people dislike work), and the second where shared decision making, self-direction and participation is assumed (people like work). Either approach or a combination of factors can be effective.

1452-74

THEORY X AND THEORY Y; TWO SETS OF ASSUMPTIONS IN MANAGERIAL BEHAVIOR (MOTION PICTURE).

Saleneer Educational Media

Santa Monica, Calif. 10 s.d., s.d., col., 16 aa, 1974.

HF5549.T4 P6N AV

Behavior, Human relations, Management development, Management education, Management philosophy, Sensitivity training. With leader's guide, questionnaire, posters.

Abstract: Management assumptions about human behavior tend to control managerial style. In theory X, the assumptions are that people dislike work, must be controlled, directed, and threatened, and prefer to avoid responsibility. In theory Y, the assumptions are that people like work, are self-controlled, committed to objectives, tend to seek responsibility, are creative, and, in industrial life, their talents are only partly utilized. However, X and Y tend to overlap and neither one is necessarily good or bad.

1453-74

LEARNING HOW TO LEAD.

Eric F Sanders

Training in Business and Industry 11 (5): 52-53. May 1974.

HF1101.T7 P6N

Administrator role, Communication skills, Decision making, Human relations, Leadership, Management development, Management education, Personnel management, Supervisors.

Abstract: The ability to activate others is not some inborn, genetically inherent trait that is given only to a chosen few. Rather it is a learnable and teachable concept, the strength of which is limited only to the degree that a learner is willing to be open and objective with himself and to become aware of others. The emphasis in training should be on strengthening human potential rather than specific job skills. From experience we know that individuals can effectively learn to tap the motivations and need systems of others if they are cognizant of these needs and motivations. However, it is necessary first for a person to become aware of and be able to tap the motivations and need systems within himself before he can effectively apply this knowledge.

1454-74

EQUAL EMPLOYMENT COMPLIANCE--THE CONCEPT OF PROBABLE OR REASONABLE CAUSE.

Roger W Savers

Personnel J 53 (5): 345-346. May 1974.

280.8 J824

Employment practices, Job discrimination, Legal problems, Legislation, Personnel management, Personnel policy, Recruitment.

Abstract: Equal employment opportunity is still a national goal of the Equal Employment Opportunity Commission (EEOC) state and local compliance agencies. The principal and most critical concept often misunderstood by employers relates to the facts that constitute probable or reasonable cause to believe an allegation of discrimination is true. Understanding this concept will provide the employer with (1) a true knowledge of what constitutes unlawful discrimination, (2) an identity of discriminatory practices that may exist within his institution, and (3) a sound ground to build any possible conciliation. It is general public knowledge that the federal EEOC, most states, and local agencies liberally interpret the provisions of Title VII to achieve the purpose of eradicating employment discrimination. In turn, they will also narrowly interpret any exemptions and exceptions under this law. Thus, it becomes paramount that employers become familiar with enforcement agencies' decisions and their theories on what constitutes reasonable or probable cause in order to understand the mechanics of complaint investigations.

1455-74

THIRTY-TWO ARGUMENTS AGAINST JOB ENRICHMENT.

Robert M Schadpe

Personnel J 53 (2): 116-123. Feb 1974.

280.8 J824

Administration policies, Industrial relations, Job enrichment, Job satisfaction, Motivation, Personnel management, Productivity, Resistance to change.

Abstract: Job enrichment is the redesign of a job to introduce a wider variety of tasks, creating the opportunity to achieve on the job. Companies with repetitive, production-line situations and rewards based solely on production have a high resistance to any form of job enrichment. Managers and labor leaders in such organizations see job enrichment (1) as incompatible with profits and too costly, (2) as an infringement of management prerogatives, (3) as "just another program," (4) as a benefit workers neither want, need, nor deserve, (5) as a contravention of union contracts, company policy, or employee job descriptions, (6) as a confusing, intangible program that cannot substitute for tangible rewards such as pay raises and holidays, and (7) as a subtle manipulative device that threat-

ens job security.

1456-74

AN INTANGIBLE PART OF BUSINESS: HIDDEN COSTS.

Wilbert E Scheer

Fast Food 73 (4): 163-166. Mar 1974.

389.2538 P82 P6N

Attitudes, Breakage, Costs, Employee theft, Financial management, Food service management, Food service training, Operating expenses, Safety.

Abstract: Good food service managers always know what their operating costs are; but hidden costs--those not taken into account during the course of business--can throw finances into the red. The most expensive of these hidden costs are (1) employee dishonesty, (2) accidents and injuries, (3) breakage costs, and (4) employee turnover. All such hidden costs can be alleviated by firm management policy, adequate training of workers, and a positive supervisory approach toward personnel.

1457-74

WAYS TO SHORT-CIRCUIT THE ENERGY CRISIS.

Wilbert E Scheer

Fast Food 73 (4): 188-191. Apr 1974.

389.2538 P82 P6N

Conservation, Cooking fuels, Cost effectiveness, Energy crisis, Financial management, Food service management, Menu planning, Operating expenses.

Abstract: Food service operators should consider taking the following steps in light of the energy crisis: (1) conserve energy without sacrificing service; (2) closely monitor the use of power for light, heat, and machine operation; (3) keep tabs on likely delivery problems faced by suppliers; and (4) develop alternative menu plans in case power shortages necessitate sudden adjustments.

1458-74

STRICTLY PERSONNEL: THE CARE AND FEEDING OF CAFETERIAS.

Wilbert E Scheer

Restaurant Bus 73 (5): 208-214. May 1974.

389.2538 P82 P6N

Cafeterias, Cost effectiveness, Food service customers, Food service management, Industrial food service, Job satisfaction, Personnel management.

Abstract: Installing a company food service facility is one of the best things management can do to create a better working environment and at the same time offer a fringe benefit for employees. A company cafeteria is rather easily managed, cost effective in terms of worker morale and job time, and provides a good chance for employees to have a say-so in management decision-making with regard to facilities, food, hours open, amount of automation, and so on.

1459-74

HIRING THE MENTALLY HANDICAPPED.

Wilbert E Scheer

Restaurant Bus 73 (11): 118-125. Nov 1974.

389.2538 P82 P6N

Food service workers, Mentally handicapped, Personnel management, Personnel policy.

Abstract: The mentally retarded often have skills that business is constantly seeking. They are overlooked while lesser-skilled jobs remain unfilled. They should be given a chance to prove themselves. Those who are employable enjoy a satisfaction that no amount of dependent care or institutional therapy can ever hope to equal.

1460-74

SCHOOL BREAKFAST ANNUAL POTENTIAL SET AT 20 MILLION GALLONS FCOJ.

Quick Frozen Foods 37 (4): 26-28. 57. Nov 1974.

389.6 Q4

Concentrates, Florida, Orange juice, School breakfast, School food service, Sealiners.

Abstract: A goal of 10 to 20 million gallons added sales annually of frozen orange concentrate is projected by the Florida Department of Citrus, Lakeland, Florida, as a result of a series of new, unusual and creative programs to increase the consumption of that product in U.S. schools.

1461-74

SCHOOL BUSING: IS IT AFFECTING SCHOOL FOODSERVICE?

Sch Foodserv J 20 (10): 54-59. Nov/dec 1974.

389.6 SCH6

Boston, Bus transportation, Denver, School food service.

Abstract: School busing today seems forced school desegregation. Boston and Denver are two major cities now facing integration by busing. Their school foodservice directors tell how they meet the problems, make adjustments and keep school lunches rolling.

1462-74

CONFLICTING IMPACTS OF PAY ON EMPLOYEE MOTIVATION AND SATISFACTION.

Donald F Schwab

Personnel J 53 (3): 196-200. Mar 1974.

280.8 J824

Industrial relations, Job satisfaction, Motivation, Performance, Personnel management, Productivity, Salaries, Wages.

Abstract: Research shows that incentive pay systems frequently have a positive impact on employee performance but a negative effect on employee job satisfaction. Incentive pay systems disrupt the organizational social system and lead to dissatisfaction.

- faction. Thus, businesses are confronted with this basic question: To what extent is the organization willing to trade off decreased employee satisfaction for higher motivation to perform?
- 1463-74**
VOLUME FEEDING AND OPERATION INDEPENDENCE.
 Elizabeth B See
 Instit/vol Feeding 74 (6): 13-25. Mar 15, 1974.
 TX1.155
 Conservation, Cost effectiveness, Energy, Financial management, Food service management, Guidelines, Legislation, Operating expenses, Voluntary feeding.
 Abstract: It is possible to drastically curtail energy waste in food service and institutional feeding with minimal layoffs and effective cost control. This article presents suggestions and checklists to help food service managers start thinking and taking action about energy use in their operations.
- 1464-74**
CASHIERING.
 Sar-Yo-Tal Institute
 Boston, Cahners Books 94 p. 1974.
 TX911.3.C3C3 P6M (Foodservice Career Education Series no. P51A)
 Attitudes, Cash registers, Food service occupations, Food service workers, Responsibility.
 Abstract: This is one of a series of learning units for instruction in food service careers. Personal appearance, behavior and attitude of the cashier are covered. Both manual and computer registers are introduced.
- 1465-74**
CUSTOMER/EMPLOYEE DYNAMICS.
 Sar-Yo-Tal Institute
 Boston, Cahners Books 120 p. 1974.
 TX911.3.C3C3 P6M (Foodservice Career Education Series no. P509)
 Behavior, Food service occupations, Instructional materials, Psychological aspects, Public relations.
 Abstract: This is one of a series of learning units for instruction in food service careers. Types of patrons are described and methods for handling difficult situations are given.
- 1466-74**
PERSONNEL PRACTICES-REVIEW: A PERSONNEL AUDIT ACTIVITY.
 Paul Shaibar
 Personnel J 53 (3): 211-215, 217. Mar 1974.
 280.8 J824
 Administration policies, Attitudes, Employment practices, Industrial relations, Management, Personnel management, Supervision, Supervisors.
 Abstract: The personnel review system instituted at Citibank was set up in order to secure information regarding deviations from personnel policy and take remedial action at the operating level. It also uncovered a need for changes in personnel policies and reported employee reaction to personnel policies and work environment. The focus here is on the detailed method of analyzing the extent to which supervisors comply with personnel policies and practices, and on how to assist such supervisors when necessary.
- 1467-74**
MODIFICATION OF WORK BEHAVIOR.
 Theodore J Sialoff
 Personnel J 53 (7): 513-517. July 1974.
 280.8 J824
 Behavior change, Motivation, Personnel, Personnel management, Work attitudes.
 Abstract: The results of a Prentice-Hall survey among a number of employers, show that all of the employers surveyed were apparently trained to use "tough talk" to control employees, and the employees are trained to "act busy and hide loafing." but in an experimental case, which is the subject of this report, it is shown that through the application of behavioral technology to business problems, there can be a tremendous payoff to the employer.
- 1468-74**
WHAT'S HAPPENED TO EMPLOYEE COMMITMENT?
 Norman B Sigmond
 Personnel J 53 (2): 131-135. Feb 1974.
 280.8 J824
 Administration policies, Communication (Thought transfer), Feedback, Industrial relations, Job satisfaction, Management, Personnel management.
 Abstract: Executives are concerned with the lack of employee commitment, increasing worker alienation, and individual search for recognition in the large corporate milieu. An uncommitted employee will not do the kind of job that results in recognition, which in turn leads to alienation which in itself leads to still less commitment, and so on. The solution lies in effective, sincere management/employee communication in a climate of trust and credibility. Management must first establish policies on communication and then practice those policies consistently. Informed employees are usually satisfied employees. There must be an honest belief on the part of management that employees are as interested in the activities, progress, problems, and growth of the firm as is management. Open communication gives employees the recognition they need, helps secure commitment, and eliminates alienation.
- 1469-74**
WHY WON'T SOME TEENAGERS EAT?
 Anna Skaaback
 Sch Food Serv J 28 (1): 52-55. Jan 1974.
 389.8 SCH6
 Adolescents (12-19 years), Attitudes, High school students, High schools, Program evaluation, School lunch programs, Student involvement, Student participation, Surveys.
 Abstract: Providing children with a nutritious meal and getting them to eat it are often two different things. Participation figures seem to get worse as the age of the student increases. School foodservice personnel often feel they have to buck enough without going to all the effort that such an approach requires. But when such an effort is made to improve the quality of the food, cater to student preferences, provide pleasant surroundings, and make the food more attractive, the results always show a rise in participation--sometimes to a level that is unbelievable. This special feature section clearly makes that point--extra effort means more food sold and eaten, and as a final result happier students, faculty, and community.
- 1470-74**
ATLANTA: MERCHANDISING THE AMERICAN WAY.
 Bruce Smith
 Food Serv 36 (3): 20-23. Mar 1974.
 389.2538 P732
 Atlanta, Georgia, Commercial food service, Food service management, Marketing, Menu planning, Merchandising, Restaurants, Sales volume.
 Abstract: While tourists and business people represent a major food service market in Atlanta, Georgia, local residents also provide a distinct market of their own. Interestingly, this market has spawned many of Atlanta's most exciting food service operations. To symbolize these twin markets and their representative food service facilities, this article describes The Midnight Sun, a fine example of a merchandising approach directed to the out-of-towner, and Gena E Gaban's, an operation uniquely tailored to the dining-out considerations of Atlantans. Emphasis is directed toward the marketing strategies of these two restaurants and the success of their merchandising techniques.
- 1471-74**
SAN DIEGO: SALADS, SANDWICHES, SEAFOOD.
 Bruce Smith
 Food Serv 36 (8): 24-30. Aug 1974.
 389.2538 P732
 California, Commercial food service, Ethnic foods, Fish, Marketing, Recipes.
 Abstract: Tourist and dynamic local market requires the wide variety of menus offered in San Diego. Many types of fast serve operations service the city's population, Mexican-style outlets are popular, as are French, Italian and Serbian. The major marketing thrust is fish and seafood.
- 1472-74**
A SYSTEMS APPROACH TO MANAGEMENT DEVELOPMENT.
 James D Somerville
 Personnel J 53 (5): 367-371. May 1974.
 280.8 J824
 Administration policies, Management development, Management education, Management systems, Organization, Personnel management, Personnel policy, Systems approach.
 Abstract: Living as we do in a systems-oriented society, it follows that a well-planned management development system with continuity and relevance both to today and tomorrow--warrants consideration as an integral part of business planning. It is the contention here that management development activities should be collected in a system that ties the entire business cycle together, if the company's investment in human resources is to pay off and if the company is to become and/or remain successful.
- 1473-74**
NATURITY AND ORGANIZATIONAL GROWTH PAINS.
 Brad Spencer
 Personnel J 53 (9): 696-698, 709. Oct 1974.
 280.8 J824
 Attitudes, Behavior, Management, Personnel management, Personnel policy, Training.
 Abstract: The growth cycles and growing pains of organizations, like people, often result in "practical neurosis"; which adversely affects the ability of the organization to behave rationally in times of crisis when rational behavior is most needed. A check list is provided here which compares the attitudes and behaviors of mature and immature individuals and organizations.
- 1474-74**
TASK DEFINITION AND EXPOSITION: THE CATALYST IN THE MATCHING PROCESS.
 Hollister Spencer
 Personnel J 53 (6): 428-434. Jun 1974.
 280.8 J824
 Cost effectiveness, Employment practices, Job analysis, Job placement, Job satisfaction, Personnel management.
 Abstract: Management pays a substantial price for failure to adequately define and explain the screamed job applicant the tasks he will face, the personal content of the job and the extent and types of relationships between his job and others, both inside and outside the organization. Organizational costs

BIBLIOGRAPHY

1475-74

in the failure to present multiperspective task descriptions and exposition are found in increased turnover and in the resultant additional screening, hiring, and training. In the long run, the cost to the organization lies in less qualified people from which to choose top managers.

1475-74

CONTEMPORARY APPROACHES TO EDUCATIONAL EVALUATION AND THEIR IMPLICATIONS FOR EVALUATING PROGRAMS FOR DISADVANTAGED ADULTS.

Sara M Steals

Washington, D.C.: Education Resources Division Capitol Publications, Inc. 257 p. [n.d.].

LC5015.S7 F2N

Adult education, Disadvantaged groups, Educational programs, Evaluation methods, Feedback, Measurement, Objectives, Program evaluation.

Abstract: Designed as a reference to contemporary evaluation approaches, this monograph brings together a variety of old and new frameworks and ideas about evaluation and shows how they are related to one another. Section I provides an overview of the contemporary evaluation scene. Section III presents summaries of over 50 approaches to evaluation from a variety of social fields, some preliminary sketches and others extensively developed. The middle section provides guidelines on how to sort these out—how to choose and use evaluation approaches. Appendices give condensed contemporary program evaluation approaches, evaluation approaches categorized by field of origin, and a try at developing a taxonomy of program evaluation. There is an extensive bibliography, an index of authors, and an index of approaches.

1476-74

THE EFFECTIVE MANAGEMENT DEVELOPMENT FACILITATOR: 26 CHARACTERISTICS, TECHNIQUES AND APPROACHES.

Frank H Starnar

Training and Dev J 26 (6): 8-11. June 1974.

LC1041.T7 F2N

Attitudes, Behavior, Individual characteristics, Personnel management, Training techniques.

Abstract: Observation of hundreds of management development professionals has resulted in a list of 26 characteristics, techniques, and approaches which can be used to rate their job performances.

1477-74

STRIKE!

Food Management 9 (3): 42-43, 63, 92. Mar 1974.

TX341.F69

Attitudes, Food service management, Food service workers, Hospital food service, Industrial relations, Labor unions, Motivation, Personnel management, Productivity.

Abstract: Union organization of institutional food service workers is now common in big cities and the trend will soon spread to suburban and rural areas. The strike threat is a powerful weapon against a hospital management that must keep facilities running at all costs. Food service directors generally agree that workers need more pay, but criticize the unions for stressing salary over benefits and job satisfaction. The unions deny this attitude, maintaining that their goal is to fuse the solution of economic problems with progress in achieving human rights. The unions offer many side benefits (scholarships, educational programs, social services, etc.) that hospital employers are unable to provide. These, along with union job rules and arbitration procedures, are seen as a boon to workers, but as a distinct threat to directors who have in the past always underrated the unions' power.

1478-74

A STUDENT BREAKFAST SURVEY.

Forecast Home Econ 20 (1): f-130-f-131. Sept 1974.

321.6 H752

Breakfast, Nutrition education, Nutritional surveys, Student involvement.

Abstract: Questionnaires filled in by 600 students in high schools in New York showed that breakfast was the most neglected meal of the day, and that student knowledge of nutrition is in need of improvement. Suggestions are given for involving students in nutrition discussions through keeping daily records of their breakfast habits.

1479-74

PERSONNEL MANAGEMENT: A T/A PERSPECTIVE.

A J Tascia

Personnel J 53 (11): 846-848. Nov 1974.

280.8 J824

Behavior, Industrial relations, Management, Management philosophies, Objectives, Personnel management, Problem solving, Skills.

Abstract: Many of the functions associated with personnel management have always been part of the business scene. Recently, however, personnel executives and their staffs are being asked and expected to help management solve an increasing number of human resource and business problems. This means that personnel management must assume a new role, take on added responsibilities, acquire new skills and come up with creative approaches if it is to realize its full potential.

1480-74

TEXTURED PROTEIN TRIMS COST OF FROZEN MEAT PATTIES.

Quick Frozen Foods 36 (8): 36, 78. Mar 1974.

389.6 Q4

Cost effectiveness, Food cost, Frozen foods, Ground beef,

Plant Protein, School lunch program, Soybean products, Textured vegetable proteins.

Abstract: The high cost of meat and the development of school lunch programs have served to create an enormous demand for textured soy protein. Restaurants and institutions are using protein-fortified meat patties in place of the customary all-meat hamburgers to keep costs under control, and the retail market is growing steadily in both frozen patties and fresh ground meat extended with textured protein. Processors of frozen prepared foods are now using soy protein in dinners, spaghetti sauces, meat loaf, in Mexican specialties and pizza rolls, soups, casseroles, and pre-broiled and pre-cooked patties. It is also being used as an extender in chicken and turkey rolls.

1481-74

TODAY'S POOR CUSTOMER: PROBLEMS ACCLAIMED BY RICH, POOR ALIKE.

Quick Frozen Foods 36 (7): 24-26. Feb 1974.

389.6 Q4

Consumer economics, Food purchasing, Food selection, Frozen foods, Income groups, Surveys.

Abstract: A 17-city survey by income group of customer attitudes toward frozen foods shows that both poor people (annual income under \$5,000) and affluent people (annual income over \$15,000) share a higher-than-normal rate of frozen food consumption. Middle-income shoppers buy large quantities of frozen foods too, but it is those at the extreme ends of the economic spectrum that purchase the widest range of frozen foods on a regular basis. A product-by-product breakdown indicates that various segments of the frozen food industry cater to the various economic strata.

1482-74

SENSORY, CHEMICAL, AND MARKETABILITY EVALUATION OF FLAVOR SECRETS RECIPES.

R B Tosa, M I Curry

Food Prod Dev 8 (3): 42-46. Apr 1974.

HD9000.1.F64

Evaluation, Evaluation methods, Food analysis, International foods, Marketing, Recipes, Sensory appraisal.

Abstract: A regular feature of this magazine has been a section entitled "Flavor Secrets from Foreign Lands" in which the cooking techniques and spices used in various foreign countries have been described and recipes provided. Twenty-two of these recipes were singled out for chemical analysis, taste appraisal, and marketability evaluation. Results of the chemical analysis and estimated nutritive value did not correlate. Correlation did appear between sensory evaluation and market acceptance. The results of this study should be useful for prefabricated food manufacturers who seek new, interesting, and nutritious products.

1483-74

MANAGING TRAINING AND DEVELOPMENT SYSTEMS.

William R Tracey

New York, AMACON 480 p. 1974.

HF549.5.T7T6 F2N

Job analysis, Job enrichment, Job satisfaction, Learning behavior, Management, Personnel management, Planning, Psychological aspects, Training.

Abstract: The book is constructed around the five basic managerial functions of planning, organizing, staffing, directing, and controlling. Those functions are successively considered. Under each function the most critical tasks of the training manager are described in terms of what he must do, the conditions under which he should do it, and the standard of acceptable performance. In that way, the full dimensions of the training manager's job are defined, described, analyzed, and internalized.

1484-74

TRAINING STARTS WITH DAY-TO-DAY MOTIVATION.

Instit/vol Reading 74 (9): 65. May 1, 1974.

TX1.155

Communication skills, Food service management, Food service training, Food service workers, Job satisfaction, Motivation, Performance, Personnel management, Productivity.

Abstract: Good employee motivation can be managed right on the job, according to this food service training director. All it takes, basically, is a real interest in the employee and the job he does. A manager can talk with individual employees about their work, problems they may be having on the job, and ways to solve them. Several such sessions should convince workers that their jobs and how they perform them are really essential. It is then that employees will seek out training because they understand how such training applies to the work they do.

1485-74

A CASE STUDY OF A UNION-MANAGEMENT LEARNING ENCOUNTER IN INDUSTRY.

Stanley D Truskia

Personnel J 53 (4): 277-279. Apr 1974.

280.8 J824

Educational program, Industrial relations, Labor force, Labor unions, Management, Program design.

Abstract: This article describes an innovative approach to improved labor/management relations. The Engineering Works Division of the Dravo Corporation established a joint human relations program as part of its 3-year labor contract signed in 1971. The important point of this case study lies in the fact that union and management personnel can join in an exten-

give learning experience to discuss substantive, job-related issues and problems to the mutual benefit of both groups.

1486-74

MANAGING TUNE TESTERS.

Charles L Tatt
Sch Foodserv J 28 (5): 29-33. May 1974.
389.8 SC86

Committees, Dearborn, Michigan, Evaluation, Evaluation methods, Food grades, Food purchasing, Food selection, New foods, School food service.
Abstract: A food selection committee, representing all levels of school food service, is used by a Dearborn, Michigan, supervisor to evaluate new products. When samples are received, labels are removed and packages are given a code number. Each item is opened and drained through identical strainers for two minutes, then immediately weighed. The items are put into pans for display, and a small portion of each vegetable item is cooked and displayed. The committee members then rate the products against USDA'S Guide for Grades fruits and vegetables. By vote, the committee selects a first choice and an alternate.

1487-74

URBAN SCHOOL FEEDING SURVEY.

U.S., Food and Nutrition Service
Washington, United States Department of Agriculture 36 p. 14
Sept 1972.

TR945.5.535.U5 F6H

Low income groups, Milk programs, National School Breakfast Program, National School Lunch Program, School food service, Student participation.

Abstract: This report covers the status of school food service in 150 cities with populations of 100,000 and over. It is made up of six sections, each group of tables giving the information needed. There are 14 tables giving general information as to the school population, and the type of food service available at the schools. Information on school participation in the school lunch program, breakfast program and the special milk program is given. Schools in low income areas are surveyed as to rural participation and there is also included a table that gives information on schools where there is no food service available to the students.

1488-74

BALANCED CREATIVITY.

John P Van De Hater
J Am Diet Assoc 65 (5): 519-524. Nov 1974.
389.8 AH34

Management development, Management philosophies, Planning, Problem solving, Self concept.

Abstract: Creativity--finding a more productive way, technically and aesthetically--in the cutting edge of being a manager. To manage others well, a manager must be a self-manager. Creative breakthroughs can occur through innovation, synthesis, intuition, instead discovery, serendipity, intuition.

1489-74

SCHOOL FOODSERVICE.

Dorothy Van Hoesend
Westport, Conn.: AVI Publishing Company, Inc. 408 p. 1974.
TX945.V3 F6H

Equipment, Facilities planning and layout, Food service management, Legislation, Menu planning, Personnel management, Purchasing, Sanitation, School food service.

Abstract: A detailed presentation of the practical approach to school food service begins with a survey of historical and present aspects. Management (both organizational and personnel) is covered, as is work planning. A section on activities is followed by chapters on menu planning, purchasing, food preparation, and sanitation. Cost management, the food service management company, systems, and facilities are covered thoroughly, as are the problems of equipment selection. Several appendices cover pertinent legislation and a sample of bidding request specifications is given. The work is intended as a basic information source for use by career oriented students.

1490-74

DYNAMICS OF MANAGERIAL LEADERSHIP.

George T Vardavas
Philadelphia, Luerbach Publishers 151 p. 1973.
HD31.V3 F6H

Management development, Management education, Management philosophies, Motivations.

Abstract: This book presents fundamental concepts, principles, and practices, which, when used with sound judgment, give the modern manager bases for successful leadership in any type of organization--private, public, or professional; small, medium, or large in size.

1491-74

ELEMENTS OF AN EMPLOYEE MOTIVATION PROGRAM.

Ernest B Ward
Personnel J 53 (3): 205-208. Mar 1974.
280.8 J824

Attitudes, Decision making, Evaluation, Industrial relations, Management, Motivations, Performance, Personnel management, Productivity.

Abstract: There are ten elements that should be present in any employee motivation program to bring about stronger and more widespread acceptance of organizational goals and greater employee desire to work toward them. (1) Let employees partic-

ipate when possible in decisions affecting their work. (2) Measure performance. (3) Give recognition where it is due. (4) Let the employee know how well he is doing. (5) Keep track of employee attitudes objectively, systematically, and periodically and make policy adjustments where needed. (6) Establish good communications between employee and top management. (7) Publicize company and employee achievements. (8) Set up a work-assignment system that inures that employee capabilities match job requirements. (9) Conduct research to find the best tools and procedures for doing particular kinds of work. (10) Educate supervisors and management in the factors and practices that enhance employee activation.

1492-74

ORGANIZATIONAL REACTION TO THE DISADVANTAGED WORKER.

Charles H Weaver
Personnel J 53 (6): 435-438. June 1974.
280.8 J824

Disadvantaged groups, Employment practices, Industry role, Labor force, Personnel management.

Abstract: Integrating the disadvantaged into the work force and enabling them to become contributing members of society has not with considerable success in recent years. Although partly due to legislation designed to increase the employment of this group, the business community has done and is doing a great deal to meet its responsibilities in this area.

1493-74

CONSUMERS' PREFERENCES, USES, AND BUYING PRACTICES FOR SELECTED VEGETABLES: A NATIONAL SURVEY.

U.S., Dept. of Agriculture, Economic Research Service
Jon Heiler, Patricia Stevens
Washington, D.C. 115 p. Apr 1974.

TR356.055 F6H (U.S. Dept. of Agriculture Economic Research Service. Marketing research report no. 1019)

Canned foods, Consumer economics, Convenience foods, Food preferences, Frozen foods, Labeling, New foods, Vegetables.
Abstract: Taste is most important in consumer-vegetable selection. Preferences are not related to nutrient content. Lists of preferred and disliked foods are given and preferences in fresh, frozen, or canned foods reviewed. Labeling showing end dates and calories per serving were such desired but not often found. Convenience of preparation was high or the preference list. Canned tomatoes and juice are very well thought of. Questions on reception of new foods showed a 50/50 reaction.

1494-74

WHAT COUNTS MOST IN YOUR OFFHATION? (ANSWER: PEOPLE).

Fast Food 73 (4): 112, 114. Apr 1974.

389.2538 F62 F6H

Commercial food service, Food service management, Food service workers, Human relations, Job satisfaction, Personnel management, Public relations.

Abstract: The most important characteristic of a successful food service operation is people--caring about them and caring to it that they are well treated. Customers are a restaurant's most precious asset. If they are treated properly, they will tell their friends and return again. Food service workers are also very important people. If they too are treated properly, they will remain loyal, dedicated workers. Food service managers constitute a third group of important people whose investments of time, money, and hard work are keys to food service success.

1495-74

UNDERSTANDING FRUSTRATION-INSTIGATED BEHAVIOR.

Paul L Wilkins, Joel B Haynes
Personnel J 53 (10): 770-774. Oct 1974.
280.8 J824

Behavior, Job enrichment, Job satisfaction, Management, Motivation, Psychological aspects.

Abstract: To begin with, the manager who is faced with disruptive behavior on the part of an employee must recognize that frustration-instigated behavior is exhibited by all people on various occasions. In trying to eliminate frustration-instigated behavior, the manager must identify the barrier which blocks the subordinate's way. This article studies some ways in which the barriers are recognized and removed.

1496-74

THE 15 GOLDEN RULES FOR SUCCESS AS A MANAGER.

Flora I Williams
J Home Econ 66 (6): 30-33. Sept 1974.
321.8 J82

Individual characteristics, Management development, Management philosophies.

Abstract: Successful management is the organizer that lets you get the most value from the resources you have at your disposal. By mastering your ability to manage human relations, your work, and your leisure, you will achieve the power to develop your human potential to its greatest extent.

1497-74

YEAR-ROUND SCHOOL MEANS MORE MONEY FOR FOODSERVICE.

Sch Foodserv J 29 (8): 46-45. Sept 1974.

389.8 SC86

Food economics, Food service management, Food service workers, Illinois, School food service, Year round schools.

Abstract: Year-round school brings gratifying from many in food-service who are faced with the prospect of a full work year, but reaction among those already working under the concept is just the reverse. What changes the grasses to cheer is so-

1498-74

sev. within those school districts throughout the country that have gone to the 12-month plan, foodservice employees are making more because more hours of work are available to them.

1498-74

101 EATING YOUNG CHAINS.
Instit/vol feeding 74 (1): 33-71. Jan 1, 1974.
TX1.755

Central Kitchen, Commercial food service, Fast-food chains, Food preparation and distribution systems, Franchises, Hospital food service, Nutrition education, Restaurants, School food service.

Abstract: Food service chains are doing a booming business despite the energy and economic crises. Part of the secret lies in their expansion into new and unusual markets. This article describes several of these food service chains--their activities and successes--and highlights the work some are doing in the fields of school, hospital, and institutional food service as well as in the traditional commercial markets.

1499-74

1971 NUTRITIONAL AWARENESS CAMPAIGN.
Supermarketing 74 p., illus. July 1971.
TX364.N5 P5N

Adults, Advertising, Consumer education, Food industry, Labeling, Nutrition education.

Abstract: As a result of the increased awareness that many Americans are awakened due to lack of income, interest, or education, the Food Distribution and Marketing Panel of the White House Conference on Food, Nutrition and Health, in the winter of 1969, recommended the reestablishment of the Food Council of America. The major responsibility of the council is to create and conduct national consumer education campaigns each year for the industry. It is felt that the campaigns offer the industry an opportunity to say that they are in business to make money, but are interested in the public as human beings too. This booklet gives background information on the campaign and what some companies have done.

1503-74

A DENTAL HEALTH EDUCATION PROGRAM IN THE OPEN CLASSROOM: REPORT OF A FIELD STUDY.

Tullio Albertini, Joseph Boffa, Norma Kaplin
J Sch Health 43 (9): 566-571. Nov 1973.

LD34C1.J6 P5N

Dental health, Educational games, Educational methods, Educational programs, Teeth.

Abstract: The purpose of this study was to demonstrate short term and long term changes in the oral hygiene behavior in the child-centered approach of the open classroom. Various approaches for changing behavior are discussed. Children who showed positive inclinations toward behavior change were given the responsibility of activating their friends. Those exposed to the program showed significant behavior modification compared with a control class. Conclusions and remarks on this program are given including the point that the regular teacher and not the visit by the health professional inspires and continues to guide behavior change.

1504-74

LIFE SCRIPT AWARENESS IN CAREER DEVELOPMENT: HUMAN BEHAVIOR OBSERVED THROUGH TRANSACTIONAL ANALYSIS.

Joe Alexander

Training and Dev J 28 (5): 30-34. May 1974.

LC1041.77 P5N

Behavior, Behavior change, Career planning, Human relations, Occupational guidance, Personnel management, Psychological aspects, Transactional analysis.

Abstract: Transactional analysis (TA) training for managers and supervisors is an excellent tool for identifying nonproductive and self-abasing or self-destructing behavior in employees and then helping them change these behavior patterns to ones more beneficial to the person and to the organization. To do this, managers must gain a personal awareness of the TA life script and its importance in career development. Presented here is a brief explanation of life script, comments on books of value in understanding life script, and suggestions on how to obtain experiential education in life script awareness.

1505-74

ALL YOU NEED TO KNOW ABOUT ETHNIC.

An Metric J 2 (1): 37-38. Jan/Feb 1974.

QC91.A12A P5N

Conversation, Education, Measurement, Metric system, Physical measurements, South Africa, Teaching techniques.

Abstract: South Africa has converted to the International (SI) Metric System with a time table and a well organized system of conversion. The process has been orderly and the public is kept well informed. They have encountered little resistance and from all indications almost everyone prefers metric to the old inch/pound method of measurement. The information presented here is provided for the consumer and industry by the South African Bureau of Standards. This is what they have found necessary to teach the public and it has been most successful.

1506-74

THE USE OF MASS MEDIA IN NUTRITION AND HEALTH EDUCATION.

Juan Allwood-Paredes

In Proceedings of the Eastern Hemisphere Nutrition Congress II Miami Beach, Fla., Sept. 2, 1971 p. 169-172. 1972.

TX345.W4 P5N

Communication skills, Developing nations, Health education, Media selection, Nutrition education.

Abstract: Dr. Allwood-Paredes speaks to the nutrition and health educators in this article. Traditionally, this type of education was done on a one to one basis. The need now is so great, that the time cannot be taken to use such a slow method to change and improve health habits. This article concerns itself with what mass media can do, and what it can not do, in changing the health habits of great masses of people. Some suggestions are made for further study into the actual methods of learning and teaching processes.

1507-74

A VISIT TO THE DENTIST.

American Dental Association

Chicago, American Dental Assn. n.p., illus. 1967.

NK61.A45 P5N

Dental caries, Dental health.

Abstract: We follow Johnny and Judy's visit to the dentist where they learn how to brush their teeth properly, not to eat too many sweets, and to return for frequent checkups.

1508-74

THE CAREER GAME (MOTION PICTURE).

American Dietetic Association

Chicago, American Dietetic Assn. 1 reel, 16mm, ad, col., [n.d.].

NP53B1.C3 P5N AV

Adolescents (12-19 years), American Dietetic Association, Career choice, Dietitians, Occupational guidance.

Abstract: Directed to the high school student undecided about a career, this film discusses the various subdisciplines of dietetics. It tells how administrative jobs are suited to those with a flair for business management; how a clinical or therapeutic role appeals to those who like working for people; how one can teach dietetics to other health professionals and future dietitians; and how one can also work in university level research or international agencies. Routes one can take

EDUCATION AND TRAINING

1500-74

AV-EASED MANAGEMENT TRAINING.

Training in Business and Industry 11 (1): 24-25. Jan 1974.

NP1101.17 P5N

Audiovisual aids, Audiovisual instruction, Management development, Management education, Teaching techniques, Training.

Abstract: Phillips Petroleum Co. discovered that the success of a service station was not dependent simply on the mechanical dexterity of the individual dealer, but rather on his managerial knowledge and ability. The company's marketing department then devised a training course that would emphasize management skills and be economical to reproduce and operate in the field. The result was an audiovisually oriented course based on slide transparencies, films, and reading materials all designed to literally show service station dealers what is involved in effective management.

1501-74

DO YOU KNOW HOW YOU GROW? INSIDE (SECOND).

Isabel Abrams, Roxana Alaberg

New York, Folkways Records and Service Corp. 1 record, 10", 1966.

OH511.D6 P5N AV

Digestion, Food intake, Meals per day.

Narrator: Joseph G. Moore; Vocalist: Roxana Alaberg.

Abstract: Night scenes sung by Roxana Alaberg and a children's chorus, with the explanations done by Joseph G. Moore. The scenes follow the child from birth, when he was a tiny tot, to the age he is now. The importance of correct food and digestion and the part that blood plays in the body are the themes of the songs.

1502-74

HEALTH CLASSES FOR MIGRANT WORKERS' FAMILIES.

L E Ipek, J Hickey

In J Nursing 72 (7): 1296-1298. July 1972.

AB5.N AN323

Arizona, Diet improvement, Ethnic groups, Food preferences, Health education, Migrant workers, Nutrition education, Program design, Public health programs.

Abstract: To improve the health of migrant workers' families in Arizona, classes were organized for the migrant workers, including Indian, Mexican, Negro, and Anglo ethnic groups. Taught by public health nurses, the classes included food preparation techniques using commodity foods. There was consideration of cultural food preferences when planning nutritious discussions.

after high school are mentioned briefly: science emphasis in colleges followed by an internship, or a coordinated undergraduate-distant program.

- 1509-74
ASPSA CERTIFICATION HANDBOOK; A CERTIFICATION PLAN FOR MEMBERS OF THE AMERICAN SCHOOL FOOD SERVICE ASSOCIATION AND SUGGESTED PROCEDURES FOR IMPLEMENTATION.
 American School Food Service Association
 Denver 31 p. 1974.
 HD8C39.N8A8 V5H
 Academic achievement, American School Food Service Association. Certification, Employment practices, Food service training, Food service workers, Job analysis, Records (Forms), School food service supervisors.
 Abstract: This booklet contains the certification plan presently being implemented by ASPSA and the procedures suggested for program implementation. These implementation procedures are intended as a guide primarily to state certification committees as they initiate the program.
- 1510-74
REALIE INSTRUCTION: SUGGESTIONS FOR TEACHERS. Rev. ed.
 American School Health Association
 Ksat, Ohio: American School Health Assn. 90p. May 1969.
 HA84C.3.U5A4 1969 P5H
 Basic nutrition facts, Curricula guides, Elementary grades, Health education, Research materials, Secondary grades.
 Abstract: This supplement to the Journal of School Health contains a report issued by Study Committee of the American School Health Association. It is organized in the form of suggestions categorized into various health content areas and which are listed concepts, suggested learning experiences or activities and evaluation. Nutrition is listed as a health area in the outlines of content for preschool, grades 1, 2, and 3, grades 4, 5 and 6, junior high school and senior high school.
- 1511-74
NUTRITIONAL EXPERIMENTS FOR SCIENCE PROJECTS AND DEMONSTRATIONS.
 I R Arrington
 Gainesville 6 1. Jan 1974.
 TX551.A7 P5H (Florida, Agricultural Experiment Station.
 Animal science abstract report no. AN64-9)
 Basic nutrition facts, Demonstrations (Animal), Proteins.
 Abstract: The leaflet gives procedures for carrying out 2 experiments using rats for demonstration of nutritional needs. Some animal guidelines and suggestions are made for conducting other nutritional experiments using animals. The 2 experiments deal with Proteins quality or quantity.
- 1512-74
CHILDREN'S TELEVISION ADVERTISING GUIDELINES.
 Association of National Advertisers
 New York, Assn. of National Advertisers, Inc. 6 p. foldout.
 May 31, 1972.
 HF5827.A8 P5H
 Adults, Advertising, Children, Teachers, Television.
 Abstract: TV is a major force in shaping values and judgments of children, as are their parents, school and church. This folder gives guiding principles for responsible television advertising to children, and interprets these principles as they relate to presentation of an advertisement. Of interest to parents and teachers, especially of young children.
- 1513-74
AT-RHY-JOB TRAINING.
 Sch Foodserv J 28 (3): 50-51. Mar 1974.
 JH9.L8C6H
 Educational programs, Food service training, Food service workers, Inservice courses, Inservice education, Job satisfaction, Job training, Maryland, School food services.
 Abstract: In Prince George's County, Maryland, short formalized courses are given to small groups of school food service workers at their job sites to improve food service operations and enhance employee morale and competence. The course series begins with sanitation followed by demonstrations on safety and public relations. Training on specific jobs, such as dishwashing operation, reading recipes, hamburger cookery, etc., is then used to increase productivity and improve techniques.
- 1514-74
DIETARY CLINIC TELEVIEWED "LIVE" FOR PATIENTS.
 F Atkinson
 Hospitals 43 (23): 92-93. Dec 1969.
 HA960.H6 P5H
 Diet counseling, Diet information, Hospitals, Nutrition education, Patient care, Televised instruction.
 Abstract: A Maryland hospital uses live, closed-circuit television to teach patients and their families about diet and nutrition. One program showed student nurses answering questions about diet. This served to build the student nurses' morale and the patients' confidence in them. Program possibilities are nearly limitless.
- 1515-74
NATION-WIDE MASS MEDIA EDUCATION.
 Antonio Bacigalupe
 In Proceedings of the Western Hemisphere Nutrition Congress II
 Miami Beach, Fla., Sept. 2, 1971 p. 176-184. 1972.
 TX345.W4 P5H
 Communications, Instructional materials, Media selection, Nutrients, Nutrition education.
 Abstract: The author discusses the use of various forms of media in teaching the masses of illiterates in Latin America nutritional knowledge, hopefully leading to better food habits. So far, radio has proven far superior to either the press or TV in reaching the public. Mr. Bacigalupe speaks of Requisito, a new graphic model developed to aid in showing how such of each different nutrient is needed by dissimilar people. The information Requisito conveys is comprehensive, simple, dramatic and interesting, and is important to nutrition educators.
- 1516-74
TEACHING AIDS - SOUND MOTION PICTURE SYSTEMS.
 R Robert Barnard
 J Chan Educ 51 (9): 624-626. Sept 1974.
 JH1 J826
 Audiovisual aids, Audiovisual equipment, Films, Instructional aids, Instructional materials.
 Abstract: This article, of interest to educators, discusses sound motion picture systems. Information is presented on various types of equipment including their manufacturers, their specific features, possible drawbacks, and suggestions for use. A summary of available equipment is given in table form.
- 1517-74
THE USE OF NUTRITION AND HOME ECONOMICS AIDES IN MATERNITY AND INFANT CARE AND CHILDREN AND YOUTH PROJECTS.
 W S Earnay
 J Home Econ 62: 114-115. Feb 1970.
 J21.E J82
 Aides, Behavior change, Health care, Health occupations, Home economics, Maternal and child health, Program planning, Training.
 Abstract: This article presents the results of a survey of the work of nutrition and home economics aides in three health care projects of the Maternal and Child Health Service. Behavioral change had taken place in both the families worked with and the aides themselves. Some factors which say limit use of aides are listed, such as "educating out" and need for adequate, quality supervision.
- 1518-74
OPPORTUNITIES IN SERVICE OCCUPATIONS.
 Nichole Bartolosso
 Forecast Home Econ 19 (7): f40-f42. Mar 1974.
 J21.E H752
 Career choice, Career opportunities, Career planning, Employment opportunities, Food service occupations, Service industries.
 Abstract: In 1970, more than 9.7 million Americans were employed in service occupations, and 2.7 of them were in some area of food service. Training for service jobs varies, but for many positions, personality traits and special talents are as important as formal schooling. Here is a chart outlining the types of service jobs available in hotel/housekeeping, airlines work, cosmetology, private household work, and food service. The nature of the work, the necessary training or education, the potential earnings, and the employment outlook are described for each field.
- 1519-74
NETRICATION AND THE HOME ECONOMIST.
 Olive M Hatcher, Louise A Yung
 J Home Econ 66 (2): 28-31. Feb 1974.
 J21.E J82
 Class activities, Consumer education, Food preparation, Food purchasing, Foods instruction, Home economics education, Labeling, Metric systems, Teaching techniques.
 Abstract: Quick mastery of the metric system is highly desirable because the numbers of occasions at work, play, and home that require some use or understanding of measurements is astounding. Home economics teachers must begin now to instruct their students in the use of metric units. Specifically, instruction should cover household equipment, clothing and textiles, and food weights and measures. Accompanying this article are suggested classroom activities designed to provide experience with the metric system.
- 1520-74
HARD TO REACH--FACT OR FICTION.
 I Baevars
 Ext Serv Nav U S Dep Agric 35 (3): 36-37. Mar 1964.
 J 1 H8922X
 Activity learning, Diet counseling, Low income groups, Nutrition education, Psychological aspects, Socioeconomic influences, Teaching methods, Teaching techniques.
 Abstract: Low-income families must be approached in a face-to-face setting, by methods adapted to their needs. Adults will learn only what they feel a need to learn. They learn by doing, in an informal environment, with learning centered on realistic problems. They want guidance and need praise.
- 1521-74
THE MICROPROGRAM.
 Mike Berger
 Training in Business and Industry 11 (5): 34. May 1974.
 HF1101.T7 P5H
 Educational objectives, Effective teaching, Learning behavior, Microteaching, Programmed instruction, Teaching techniques, Training.

BIBLIOGRAPHY

1522-74

Abstract: The author has developed microprogram training lessons of not more than 25 frames each that have been affectively used to explain such things as employee benefits, time card preparation, safety rules, and the like. The advantages of these microprograms are their brevity (assuring high completion rates), their novelty (catching and holding the trainee's attention), and their simplicity (requiring very little time and effort to prepare).

1522-74

TRAIN THROUGH EXPERIENCE.

Joe Blair

Food Management 9 (5): 19-20. May 1974.

TX341.F69

College food service, Food service management, Food service training, Human relations, Management development, Management education, Personnel management.

Abstract: The management training program at Oklahoma State University is a self-paced instructional program designed for completion in two to four months. The objective of this program is to prepare the prospective manager for responsibilities that his new staff position will place upon him. In order to meet this objective, training includes two essential phases--production mechanics and administration management skills. Learning is aided both phases, via hope to create a positive learning atmosphere and to provide resources the trainee needs in order to gain a thorough understanding of: (1) residence halls foodservice operations; (2) policies and procedures in residence halls foodservice; (3) rules and regulations at Oklahoma State University; and (4) sound management practices.

1523-74

TRAINING DIETETIC TECHNICIANS IN PRESCHOOL CHILD NUTRITION.

Halan Blank, Sarah H Wilder

J Nutr Educ 6 (1): 15-17. Jan/Mar 1974.

TX341.J6

Child care centers, On the job training, Paraprofessional training, Preschool children (2-5 years), School food service supervisors.

Abstract: Food service personnel are going to school thousands to become dietary technicians capable of assisting dietitians and nutritionists to upgrade nutrition services in health care institutions from day care centers for preschool children to community nutrition programs for the aged. In addition to classroom, on-the-job training in supervising food service operations, and in giving nutrition education to children, mothers and staffs of day care centers, for example, are expected of the student. The two-year program encourages other teaching experiences, and participation as nutrition advocates in the community. School food service supervisors and college administrators should find the article of interest.

1524-74

THE MINICOURSE.

E Parker Plouffe, Robert P Delascogna

Training in Business and Industry 11 (5): 37-38. May 1974.

HF1101.T7 P6N

Educational objectives, Educational programs, Learning behavior, Microteaching, Program design, Programmed instruction, Teaching methods, Teaching techniques, Training.

Abstract: A minicourse is long enough to cover the subject, but short enough to be interesting. An emerging instructional device operates upon the same principle as the minicourse. Appropriately enough it is called "minicourse." In this article we will define a minicourse, discuss the principles of instructional design appropriate for minicourse development, and finally give examples of implementing the minicourse for training purposes.

1525-74

SCIENCE-YESTERDAY, TODAY, AND TOMORROW.

Fred Blusenfeld

Today Educ 63 (3): 86-89. Sept/Oct 1974.

Z75.9 H21J

Educational methods, Individual instruction, Individualized instruction, Instructional aids, Instructional innovation, Scientific methodology.

Abstract: This article discusses the teaching of science and recommends several avenues for change. Science should be taught as a unified discipline that is integrated and/or coordinated with other disciplines so that students gain a more complete understanding of the total setting of a problem or system under study. As with other curriculums, individualized instruction that is teacher centered instead of teacher oriented is needed. The problem is not as acute with students heading for a scientific career but technicians must particularly be found to teach those interested in a general education so that an informed citizenry results. Open and inquiry rather than the didactic is imperative. Anyone involved in program planning or actual teaching of science disciplines should find this article of interest.

1526-74

A PERT CASE STUDY.

Richard Booker

Training in Business and Industry 11 (4): 41, 42. Apr 1974.

HF1101.T7 P6N

Educational programs, Evaluation methods, Management, Program evaluation, Program planning, Resources, Scheduling, Training.

Abstract: PERT is an acronym for Program Evaluation and Review Technique. It has evident value in organizing training programs but is not extensively used. PERT planning provides a

scientific approach to project management. It provides an estimate of the completion time and identifies the critical activities. It gives management a basis for reviewing and controlling the project and for resource allocation, and it can serve as a valuable planning and scheduling tool.

1527-74

TELEVISION HEALTH LESSONS IN SCHOOL.

H H Borgers

Am J Nursing 63 (6): 96-98. June 1963.

489.4 AH32J

Educational programs, Health education, Nutrition education, Primary grades, Program design, School children (6-11 years), Television instruction.

Abstract: A school nurse became a television producer, teaching lessons on health and nutrition for primary school children. She describes how such programs were organized and presented.

1528-74

EAST BULLETIN BOARDS -- NUMBER 2.

Malvyn K Kovars

Natchez, M.J., The Scarecrow Press 209 p. 1974.

LB1045.B6 P6N

Audiovisual aids, Instructional materials, School children (6-11 years).

Abstract: This is a "how-to" book on preparing bulletin boards that are easy to make for the teacher. Instructions are given for the tools necessary to prepare attractive boards. Most of the boards are designed for use in the library, but there are two that can be used to teach foods. All designs can be quickly and easily completed and require materials that are easily obtained.

1529-74

A GUIDE FOR TEACHING NUTRITION, GRADES ONE THROUGH SEVEN.

Fannie Lee Boyd

Athens, Ga., Georgia Department of Education and University of Georgia 53 p. Sept 1969.

TX348.B6 P6N

Basic nutrition facts, Curriculum guides, Nutrition education, School children (6-11 years).

On title page: "A resource guide for use in teaching nutrition grades one through seven".

Abstract: The material in this publication is grouped with one section for grades 1 and 2, another for grades 3 and 4, and a third for grades 5, 6, and 7. Objectives, generalizations, and learning opportunities are given for each section. The sections on working with the school food service manager illustrate ways in which managers can cooperate with teachers. In addition to listing resource materials, an appraisal device is included for teachers.

1530-74

THE WORKBOOK/CASSETTE: WHEN AND HOW TO USE IT.

Gary Bragg

Training 11 (10): 42-44, 55. Oct 1974.

HF1101.T7 P6N

Audiovisual aids, Management development, Training, Training techniques.

Abstract: The combination in low cost and effective as a teaching device, especially in moderate to highly technical areas. Instructions for setting up a program are provided and an example is supplied.

1531-74

WRITING FOR "POOR FOLKS".

J Brand

Ext Serv Rev U S Dep Agric 27 (5): 10-11. Sept 1966.

1 H1692EX

Communication skills, Instructional materials, Low income groups, Writing.

Abstract: One common characteristic of the poor is a low level of education. Therefore, writing for them must be at their level of understanding. The author gives some special pointers written at the eighth grade level. Learn how they talk, then write that way. Pictures that is important to them. Tell them what's in it for them. Use short, easy, familiar words in short sentences with active verbs and personal words. How it looks matters too. Use drawings whenever you can.

1532-74

TRAINING FOR WORK WITH LOW-INCOME GROUPS.

E J Hranman

Ext Serv Rev U S Dep Agric 35 (12): 214-215. Dec 1964.

1 H1692EX

Educational programs, Effective teaching, Extension education, Low income groups, Program planning, Psychological aspects, Self concept, Socioeconomic influences, Teaching techniques.

Abstract: Some of the problems in working with low-income people were explored in an Extension workshop. Culturally and psychologically the disadvantaged are different from the middle-class people who work with them. They are more dependent and insecure outside of their own environment. They have limited command over resources and a low self-concept. Many of their buying choices are emotionally based. There is a need for practical knowledge when working with low-income groups. New techniques need to be developed.

1533-74

TV COMMERCIALS CAN TEACH NUTRITION.

Catherine Brant

J Home Econ 66 (3): 21-23. Mar 1974.

PAGE 134

- 321.8 J82
 Advertisine, Consumer education, Diet information, Educational progress, Mass media, Nutrition education, Teaching methods, Television instruction, Televisive.
 Abstract: Nutrition education TV "spot" commercials are shown as a public service on many California stations. They are prepared in running time of 60 and 30 seconds in both English and Spanish. The ads relay useful information to target audiences on the basic food groups, the value of milk, the functions of nutrients, and the easy assessment questions that often arise before there is real interest in nutrition itself.
- 1534-74
METRICS, STUDENTS, AND YOU!
 George B. Bright
 Instructor 83 (2): 60-66. Oct 1973.
 L11.15 P68
 Adolescents (12-19 years), Instructional materials, Measurement, Metric system, School children (6-11 years), Teachers.
 Abstract: With the U.S. going to the metric system, teachers at all grade levels should find articles such as this suggestive of ways to teach use of this new method of measurement. The article offers illustrative ways to visualize the conversion for children at various ages, and includes a table of the metric system units.
- 1535-74
COMMUNICATION WITH LOW-INCOME FAMILIES.
 B. Brill
 J Home Econ 58 (8): 631-635. Oct 1966.
 321.8 J82
 Attitudes, Behavior, Communication (Thought transfer), Counseling, Human relations, Individual characteristics, Low income groups, Motivation, Reciprocal communication.
 Abstract: Successful communication involves similarity of values, of behavior, and acceptance of the other as he is. Language differences are not serious barriers to understanding; but the problems of working with low-income families are those of communication. They affect the professional trying to help as well as the individual being helped. Suggestions offered include helping people to help themselves, recognizing that all individuals are different and worthwhile, and that causes for behavior are recognizable and understandable. Communication is as much a matter of attitude as words.
- 1536-74
NUTRITION EDUCATION FOR ILLITERATE EDUCATION MAJORS.
 B. C. Eritin
 J Nutr Educ 3 (2): 73. Fall 1971.
 TX341.J6
 College students, Elementary education, Nutrition education, Teacher education, Texas.
 Abstract: It was proposed that elementary education majors at Texas Tech take a basic course in food and nutrition as one of their required laboratory science courses. The content of this course is described and the rationale for requiring it is explained.
- 1537-74
...TRAINING THE TRAINERS.
 Martin H. Broadwell
 Training in Business and Industry 11 (6): 24-25. June 1974.
 BP1101.27 P68
 Effective teaching, Learning, Learning behavior, Teacher education, Teaching techniques, Training.
 Abstract: Learning is a self-activity. That means that the learners control the learning process. If they don't want it, they won't get it, no matter what kind of show the instructor puts on. Many new instructors, and some older ones, do all the work--lecturing, explaining, repeating, urging, motivating, deconcentrating, drawing all the conclusions for the learner, handling all the power, doing all the writing on the board, telling the learner what to do next, then telling where to look so that page and what they will find there. Some students may feel frustrated over not being able to get into the act. Others may be lulled to apathy, while still others may feel a strong sense of security in having this person relieve them of any worry over what the course is all about. The more the instructor does for the learner, the less the learner will take home.
- 1538-74
BULLETIN BOARD BOBBER.
 Forecast Home Econ 20 (4): f15-f25. Dec 1974.
 321.8 B752
 Audiovisual aids, Bulletin boards, Construction (Process), Nutrition education, Student involvement.
 Abstract: The first step in developing an effective bulletin board is finding something important to say. The most interesting bulletin boards are informative. When you look at them, you learn something from them. Start planning your bulletin board by deciding what it is that you want viewers to learn. Think about a particular lesson or unit you are going to teach. How might you visually communicate the basic ideas? Illustrations in magazines and books may provide suggestions. Many examples are supplied.
- 1539-74
CREATING INSTRUCTIONAL MATERIALS.
 Robert V. Bullock
 Columbus, Ohio, Merrill 260 p. illus. [1974].
- LB1C43.28 P6V
 Audiovisual aids, Educational resources, Instructional materials, Instructional media, Material development, Merchandise information, Resource materials, Teacher developed materials, Teaching techniques.
 Abstract: Generally speaking, the equipment employed in the utilization of teaching materials is referred to as the "hardware," while the materials themselves are thought of as "software." The hardware transcends the message, while the software has the message built into it. The software constitutes one of the indispensable elements in any educational system. It consists of the messages in some kind of coded form. The ability of the receiver to decipher the code will depend in large part on how successfully the software has been designed. The principal objective of this book is to furnish the educator, or potential educator, with a basic knowledge of fundamental visual design techniques that will be useful in the production of software, a second objective is to acquaint the educator with some pertinent information related to the rationale behind media usage. Additionally, a chapter on equipment operation is included so that once the software is acquired or created it may be adequately utilized. A final section, entitled Materials and Equipment Sources, lists manufacturers of both hardware and software.
- 1540-74
THE BPP TRAINING DIRECTOR'S HANDBOOK.
 Bureau of Business Practice, Inc.
 Waterford, Conn.; Bureau of Business Practice, Inc. 192 p. 1970.
 RP5549.28 P6V
 Cost effectiveness, Health, Human relations, Management development, Quality control, Safety education, Supervision, Training, Training techniques.
 Abstract: Subjects covered include training methods, supervisory training, management development, safety and health, human relations, cost reduction, and quality control. The handbook is intended for reference and as a source of ideas for employee training.
- 1541-74
TEACHING NUTRITION--AN IMPORTANT PART OF DIETITIAN'S JOB.
 J. P. Buzzert
 Southern Hospitals 31 (12): 42-44. Dec 1963.
 RA960.56 P68
 Counseling, Dietitians, Effective teaching, Health needs, Nutrient intake, Nutrition education, Patient care, Teaching methods.
 Abstract: Teaching implies an ability to select and organize materials into learning experiences through various means of communication and to evaluate and check student development. The greatest need is to help patients appreciate the relationship of nutrition to good health.
- 1542-74
KNOXVILLE HOSPITAL SPONSORS A CLINIC ON DIABETIC FOODS.
 J. P. Buzzert
 Southern Hospitals 31 (8): 42-45. Aug 1963.
 RA960.56 P68
 Diabetes mellitus, Diabetic diets, Diet counselling, Educational progress, Hospitals, Knoxville, Tennessee, Nutrition education, Patient care, Therapeutic nutrition.
 Abstract: The Dietetic Association of Knoxville sponsored a series of classes for diabetics and their families to help patients accept their diets as important to their health, to teach good nutrition and meal planning, and to describe the relationship of diet to metabolic needs. Written approval from one's physician was the only requirement for participation.
- 1543-74
LEARNING-PRINCIPLES, PRACTICES, AND PEANUTS.
 T. M. Rutterworth
 J Am Diet Assoc 49: 15-19. July 1966.
 389.8 AH34
 Applied nutrition, Cartoons, Effective teaching, Health education, Instructional materials, Learning, Nutrition education, Teaching methods, Teaching techniques.
 Abstract: A health educator utilizes a comic strip and its characters to point up certain principles of teaching and learning: ask the right questions, listen to the answers, involve the learner in the learning process, work from the learner's knowledge of the problem at hand, be sure what is taught is useful to the learner, appraise free time to time what he learned and if he put any of it into practice.
- 1544-74
LESSONS FOR VOLUNTEER LEADERS. (SPA)
 E. Hugo de Reig
 Mio Piedras, P.R. ver. pag. Apr 15, 1968.
 TX364.28 P68
 Breakfast, Cooking techniques, Food preparation, Nutrition education, Recipes, Teachers, Teaching guides, Volunteers.
 Title of Original: Lecciones para líderes voluntarios. Includes 4 line drawings for use as visual aids.
 Abstract: These are teaching guides for volunteer instructors. Directives on how to conduct a class are given almost verbatim. The three lessons include: (1) Importancia del buen desayuno (The Importance of a Good Breakfast); (2) Como medir los ingredientes (How to Measure Ingredients); and (3) Interpretación de recetas (Interpretation of Recipes).

BIBLIOGRAPHY

1545-74

1545-74

TEACH US WHAT WE WANT TO KNOW.
Ruth V. Evlar, Gertrude M. Lewis, Ruth J. Tietzen
Connecticut, Board of Education
New York, Mental Health Materials Center, Inc. 180 p. 1969.
NA440.9.B9 F6N
Adolescents (12-19 years), Children, Health education, Program evaluation, Program planning, School children (6-11 years), Surveys.
Abstract: This is a report of a survey on health interests, concerns and problems of 5,000 students in selected schools from kindergarten through grade 12. The report gives in considerable detail the responses of the students at the different grade levels. There are sections of responses relating to nutrition.

1546-74

NUTRITION IN THE CLASSROOM. Rev. ed.
California, Dept. of Education
Sacramento 48 s. 1971.
TX364.C33 1971 F6N
Educational aids, Basic nutrition facts, Curriculum guides, Educational methods, Food groups, Nutrition education, Resources materials, School children (6-11 years), School lunch.
Abstract: This publication outlines suggested activities and programs from which elementary school teachers can select material for introducing pupils to the importance of good nutrition. Part I discusses techniques, objectives, approaches, activities, materials, services of cafeteria, and testing and evaluating exercises. Part II deals with integrating nutrition education with school lunch, with science, and with arithmetic. Part III provides units on nutrition for each grade from 1 through 6. Part IV consists of sample short foods. There is a list of resource materials.

1547-74

"I AM MARGARITA...". (SPA)
California (State), Dept. of Public Health, Para Workers Health Service
Calif Health 26 (3): 9. Feb 1969.
PA27.Y6 F6N
California, Health education, Nutrition education, Publications, Rural areas, Spanish (Language), Spanish Americans.
Title of Original: "Yo soy Margarita...".
Abstract: The California Para Workers Health Service has developed a series of original Spanish-language health and nutrition brochures geared to the specific health questions and linguistic nuances of California's rural Spanish-speaking population.

1548-74

NUTRITION LESSONS.
California School Food Service Association
Los Angeles, California School Food Service Assn. 92 p., illus. (n.d.).
TX364.C323 F6N
Classroom guides, Educational progress, Educational resources, Elementary education, Instructional materials, Nutrition education, Nutrition programs.
Abstract: The stated purpose of this booklet is to aid school food service employees in teaching nutrition. Twelve of the sixteen lessons are designed for K-3 students, two for secondary students, and one for upper elementary. The booklet is divided into three sections: special event meals suitable for the Type A school lunch with accompanying assembly recipes and a lesson plan focusing on the same, six "nutrient emphasis" lessons, and listings of a variety of nutrition education references and resources. Activity pages suitable for duplication are included with each lesson. Introductory comments, goals, objectives, pre- and post assessments, equipment and supplies needed, visual aids, preparation, presentation notes, and follow-up activities are components of each lesson. Food preparation activities in the classroom are the focus of many of the lesson plans.

1549-74

CERTIFICATION, A PLAN FOR UPGRADING SCHOOL FOOD SERVICE POSITIONS.
California School Food Service Association
Los Angeles 38 1. illus. 1973.
ND8039.H8C3 F6N
Academic achievement, California, Certification, Employment practices, Food service training, Food service workers, Job analysis, School food service, School food service supervision.
Abstract: The California School Food Service Association passed a proposal for certification of school food service personnel. This brochure sets forth the certification plan along with guidelines for the implementation of the program. Included is an explanation of the purpose of the certification program, procedures for becoming a certified member and for maintaining certification, recommendations for instructional programs for school nutrition personnel, and job specifications for the various classifications included in the certification program.

1550-74

THE FIFTEEN DILEMMA.
Michael F. Corbitt
Newtown 6 (11): 3-8. Nov 1974.
ND5701.H3 F6N
Academic achievement, Attitudes, Career choice, Education, Higher education, Independent study, Personnel management.

Abstract: Although the educational level of Americans is rising, on the whole, many young people are deciding not to go to college, not from lack of money but rather lack of interest. In some cases this is temporary: the person goes to college and receives a diploma. Management's views on this social phenomenon are discussed, and several case histories supplied.

1551-74

PROGRAMMED INSTRUCTION: PAST, PRESENT, AND FUTURE.
F. H. Chidester
J Am Diet Assoc 51 (5): 413-415. Nov 1967.
389.E AM34
Computer assisted instruction, Educational objectives, Effective teaching, Feedback, Instructional aids, Instructional materials, Nutrition education, Programmed instruction, Teaching methods.
Abstract: The problems and opportunities offered by programmed instruction to dietitians are outlined in a detailed description of the origins and philosophy of this use of machines for teaching. There are linear, intrinsic, adaptive, arithmetic, and adjunctive programming. Material to be learned is presented in steps, at each of which the student must respond, and to which he receives feedback. The value of these systems is consistency, repetition, and immediate response to answers.

1552-74

CHILDREN CAN COOK (FILMSTRIP/RECORD).
New York, Park Street Films 1 filmstrip, 121 fr., sd, 35 mm. col., 1 record: 33 1/3 rpm. 1973.
TX663.C4 Y6N AV
Cooking, Education, Food preparation, Preschool children (2-5 years).
Produced under a grant from the Ford Foundation.
Abstract: This filmstrip shows how one teacher integrated food awareness and cooking with the educational program of preschool children. The teacher tells how math, science, prewriting, social studies, and social awareness concepts were interwoven with food. The filmstrip would be useful in teacher training and could be used with parents and children of preschool and primary age.

1553-74

HELPING LOW-INCOME PARENTS: I. THROUGH PARENT EDUCATION GROUPS; II. THROUGH HOME-MAKING CONSULTANTS.
C. S. Chilsen, I. Kraft, M. E. Hill
Children 10 (4): 127-136. July/Aug 1963.
NV74.L1C4 Y6N
Activity learning, Adult education, Applied learning, Demonstrations (Educational), Home-making skills, Low income groups, Parent participation, Visiting homemakers.
Abstract: These two papers give illustrations of how agencies and professionals have gone about helping low-income people in various localities. The first report describes how parents have been encouraged to enter classes and other group work. The second report describes the work of homemaking consultants and aides.

1554-74

NUTRITIONAL KNOWLEDGE OF COLLEGIATE PHYSICAL EDUCATION MAJORS.
Barjoris Cho, Beth A. Gryer
J Am Diet Assoc 65 (1): 30-34. July 1974.
389.S AM34
Athletes, College curriculum, College students, Diets for athletes, Kansas, Nutrition education, Nutrition knowledge, Physical education.
Abstract: Nutritional knowledge test scores revealed that physical education majors score significantly lower than students who had completed a basic nutrition course for non-nutrition majors. Responses to individual questions indicated many students in both groups held some incorrect ideas about nutrition. Major sources of nutritional knowledge were coaches, parents, and physical education classes for physical education majors and college courses for basic nutrition students.

1555-74

SOUND FILMSTRIP PROGRAMS.
Jack Christensen
Media & Methods 10 (6): 14-28. Feb 1974.
TX335.A1M4 Y6N
Audiovisual aids, Audiovisual instruction, Educational resources, Filmstrips/sound, Instructional materials, Merchandise information, Teaching techniques.
Abstract: Filmstrips are often overlooked as an important educational tool, probably because they have been around so long. But they have one great advantage over other media. They can be stopped at any point for immediate discussion or clarification. Certain sound filmstrips have increased in popularity and impact over the years, finding ever wider audiences. Included here is a list of some of the best available filmstrips and their manufacturers. Teachers may wish to write to these manufacturers for complete listings of their products.

1556-74

EDUCATIONAL EFFECTIVENESS OF HEALTH EXHIBITS.
T. G. Christie
J Sch Health 40 (4): 206-209. Apr 1970.
LB3401.J6 F6N
Effective teaching, Evaluation, Exhibits, Health education, Instructional materials, Teaching techniques.
Abstract: Tests before and after a health exhibit lasting two

weeks indicated that observation of the exhibits had been a learning experience as indicated by more correct answers to questions after the exhibits were removed.

1557-74

AS YOU WERE SAYING--WHO GAINS WHEN YOU CHAT ON A PERSONALITY TEST?

Salter V Clarke
Personnel J 53 (4): 302-303. Apr 1974.
280.8 J824

Assessment Practices, Evaluation methods, Individual characteristics, Job placement, Personnel management, Testing, Tests. Abstract: The Personality test given by employers is called the Activity Vector Analysis (AVA). The results of this test are matched up with the Job Activity Rating (JAR), a device for determining, in Personality terms, the specific requirements of a job. By comparing the AVA and JAR patterns, an analyst can tell quickly whether the individual and the job are compatible, and can predict with nearing accuracy whether the individual will succeed and be happy in the job. When an applicant cheats on the AVA, he may be placed in a job he hates, he may not be considered for a job he is well-suited for, and the company loses some money. But the applicant loses his self-esteem, since a damaged reputation if he is fired, and suffers a marked setback in his career.

1558-74

A MODEL FOR EDUCATING SUPPORTIVE PERSONNEL: THE DIETETIC TECHNICIAN.

Sara J Cleason
J Am Diet Assoc 64 (4): 401-405. Apr 1974.
369.8 AN34

Career education, Dietetic interns, Dietetic internship programs, Dietetic technicians, Educational programs, Food service occupations, Program planning, Work experience programs, Work study programs.

Abstract: To prepare dietetic interns for delivery of effective nutrition care, the Food Service and Housing Program at Penn State has designed a model instructional system wherein students combine nutrition theory with actual practice within the professional environment. It takes use of a self-instructional module that allows students to progress at their own speed in newly designed systems courses that emphasize relationships between operation and subject matter. Students learn management principles and skills at the level of competency defined for the dietetic technician.

1559-74

FOODS IN MEXICO: MATERIAL FOR INTEGRATION OF NUTRITION IN THE ELEMENTARY SCHOOL CURRICULUM, RESOURCE UNIT FOR TEACHERS. Rev. [ed.].

Cleveland Health Museum
Cleveland, Cleveland Health Museum 7 p. 1970.
TX652.5.C53 1970 P81

Class activities, Curriculum guides, Food habits, Mexico, Primary grades, Resource materials. Abstract: This booklet on Mexico describes the foods used in this area and compares the diet of the Mexican people with that of people in the United States. The nutrients in the foods are mentioned. References and supplementary reading lists are provided.

1560-74

HOW PEOPLE EAT IN THE CONGO; UPPER ELEMENTARY UNIT FOR INTEGRATION OF NUTRITION IN THE ELEMENTARY SCHOOL CURRICULUM, RESOURCE UNIT FOR TEACHERS. Rev. [ed.].

Cleveland Health Museum
Cleveland, Cleveland Health Museum 9 p. 1970.
TX652.5.C52 1970 P81

Class activities, Congo, Curriculum guides, Food habits, Resource materials. Abstract: This booklet on the Congo describes the foods used in this area and compares the diet of the Congolese people with that of people in the United States. Little is said of the nutrient content of the foods. References and supplementary reading lists are provided.

1561-74

FOOD IN EARLY CLEVELAND; MATERIAL FOR INTEGRATION OF NUTRITION IN THE ELEMENTARY SCHOOL CURRICULUM, RESOURCE UNIT FOR TEACHERS.

Cleveland Health Museum
Cleveland, Cleveland Health Museum 13 p. 1970.
TX652.5.C56 1970 P81

Class activities, Cleveland, Curriculum guides, Food groups, Intermediate grades, Primary grades, Resource materials. Abstract: The foods eaten in early Cleveland are described. The diets of the pioneers and wealthier folk are compared. Emphasis is on what the land could produce--wild game, fish and berries, seasonal vegetables, corn, and the dependency on the growing conditions and weather. Foods then and now are considered as to availability, variety and ways in which used. Reading references and suggested activities are given.

1562-74

FOOD IN WASHINGTON'S BACKWOODS; MATERIAL FOR INTEGRATION OF NUTRITION IN THE ELEMENTARY SCHOOL CURRICULUM, RESOURCE UNIT FOR TEACHERS.

Cleveland Health Museum
Cleveland, Cleveland Health Museum 3 p. 1970.
TX652.5.C54 1970 P81

Class activities, Curriculum guides, Food groups, Intermediate

grades, Primary grades, Resource materials.

Abstract: The foods eaten in Washington's backwoods are described. The diets of the pioneers and wealthier folk are compared. Emphasis is on what the land could produce--wild game, fish and berries, seasonal vegetables, corn, and the dependency on the growing conditions and weather. Foods then and now are considered as to availability, variety and ways in which used. Reading references and suggested activities are given.

1563-74

ON THE WAY TO THE ARCTIC CIRCLE; MATERIAL FOR INTEGRATION OF NUTRITION IN THE ELEMENTARY SCHOOL CURRICULUM, RESOURCE UNIT FOR TEACHERS. Rev. [ed.].

Cleveland Health Museum
Cleveland, Cleveland Health Museum 8 p. 1970.
TX652.5.C5 1970 P81

Arctic circle, Class activities, Curriculum guides, Food habits, Primary grades, Resource materials. Abstract: This booklet on the Arctic Circle describes the food used in this area and compares the diet of the people living near the Arctic Circle with that of people in the United States. Little is said of the nutrient content of the foods. References and supplementary reading lists are provided.

1564-74

FOOD IN LINCOLN'S TIME; MATERIAL FOR INTEGRATION OF NUTRITION IN THE ELEMENTARY SCHOOL CURRICULUM, RESOURCE UNIT FOR TEACHERS.

Cleveland Health Museum
Cleveland, Cleveland Health Museum 8 p. 1970.
TX652.5.C55 1970 P81

Class activities, Curriculum guides, Food groups, Intermediate grades, Primary grades, Resource materials. Abstract: The foods eaten in Lincoln's time are described. The diets of the pioneers and wealthier folk are compared. Emphasis is on what the land could produce--wild game, fish and berries, seasonal vegetables, corn, and the dependency on the growing conditions and weather. Foods then and now are considered as to availability, variety and ways in which used. Reading references and suggested activities are given.

1565-74

THE COMMUNITY AS A CLASSROOM: TRIPS (FILMSTRIP/RECORD).

New York, Bank Street Films 1 filmstrip, 157 ft., sd., 35 mm, col., 1 record: 33 1/3 rpm. 1973.
LB1047.C6 P81 AV

Cooking, Educational resources, Field trips, Fish, Primary grades.

Produced under a grant from the Ford Foundation.

Abstract: This filmstrip and record demonstrate the use of field trips by elementary students to promote learning experiences. The preparation for such a trip should include: 1) where it will be; 2) preparing by the instructors; 3) preparing by the students; 4) the trip; 5) classroom activities upon return such as art, writing, science, cooking, research and geography; and 6) perhaps a second trip.

1566-74

WHAT IS A GOURMET AND CAN I BECOME ONE?

Barcia Cone
Forecast News Econ 20 (3): f-31-f-32. Nov 1974.
321.8 B752

Basic food, Cooking instruction, Cooking methods, Equipment, Food preparation, Gourmet cooking, Menu planning. Abstract: The author describes her three month course at le Carton Bleu, the famous cooking school in Paris. Among the things she studied are good cooking, nutrition, complementary foods, arrangement, equipment selection, and using imagination in preparation.

1567-74

GUIDELINES FOR TRAINING SPECIALISTS.

Sillina F Cook
Training and Dev J 28 (1): 44-45. Jan 1974.
LC1041.17 P81

Educational programs, Guidelines, Management development, Management education, Program planning, Teaching techniques, Training. Abstract: In developing new training programs, trainers should observe the following guidelines: (1) Set clear, realistic objectives and state them in terms of measurable results. (2) Determine costs. (3) Develop content by determining what the trainee and the supervisor think needs to be learned. (4) Select trainees with an eye to creating a good mix of management levels and activity backgrounds. (5) Determine the approach and method that best fits the subject matter and trainees. (6) Make staffing decisions for conference leaders both from within and outside the organization. (7) Set up procedures for evaluation of the training. (8) Keep records that provide factual information on the trainees, the cost of training, and the results.

1568-74

HOW I TEACH NUTRITION.

Elvanda Lu Cosley
Forecast News Econ 20 (1): f-116, f-120. Sept 1974.
321.8 B752

Demonstrations (Educational), Nutrition, Nutrition concepts, Simulation, Student participation, Teaching methods, Teaching techniques. Abstract: Getting good nutrition across to students can be done successfully by involving them in projects such as play-

1569-74

ritise. Some writing, and some presentation in which some aspect of nutrition is brought forth. Examples are supplied-- one new release states that "Vitamins B will help settle the nerves." Demonstrations in incorrect cooking methods and the results are excellent teaching aids.

1569-74

USING HEALTH EDUCATION AIDS IN COUNSELING PREGNANT WOMEN.
R N Coon
Publ Health Curr 83 (11): 979-982. Nov 1966.
NA21.P8 P6H
Aides, Counseling, District of Columbia, Health occupations, Low income groups, Patient care, Pregnancy, Public health programs.
Abstract: The Washington, D.C. Department of Public Health has used aids effectively to activate low-income pregnant women to seek health care. The aids, high school graduates, were given brief but intensive orientation in public health and in health services available to the needy. One of their most valuable assets is that being free from the stress environment the aids are familiar with their clients' life style and many of their problems.

1570-74

A GUIDING STAR FOR HEALTH NUTRITION.
R N Coon
J Manag Educ 59 (9): 734-735. Nov 1967.
J21.E J82
Advertisements, Cardiovascular disorders, Cholesterol, Communications, Fat levels, Food groups, Instructional aids, New York (State), Nutrition education.
Abstract: The New York Bureau of Nutrition developed a Star of Good Fatness leaflet and poster in which foods are classified into six groups, one for each of the points of a six-pointed star. The purpose is to emphasize greater use of polyunsaturated fats and to discourage the use of saturated fats. The booklet has been translated into Spanish.

1571-74

WHAT CAN I DO FOR YOU?
R N Coon
Training and Dev J 28 (9): 30-34. Sept 1974.
IC1081.T7 P6H
Job enrichment, Job satisfaction, Job training, Motivation, Training.
Abstract: At Salt State UIC, it is the challenge of Disney University, under the direction of Tom Easton, to offer employees the finest working environment possible. To meet this challenge, an increase and strengthening of Disney training programs had to be executed in an effort to show interest and concern for the growth of the employees and the Disney organization.

1572-74

A CURRICULUM FOR THE NUTRITION EDUCATOR.
J E Cordaro, P Joana Levinac
Am J Clin Nutr 24 (11): 1352-1353. Nov 1971.
J89.E J824
Curriculum guides, Curriculum planning, Developing nations, International programs, Professional education, Program administration, Training.
Abstract: This brief article for nutritionists, educators and planners outlines a proposed curriculum for the professional training of the individual who could be concerned with planning programs to combat malnutrition and other nutritional problems in developing countries. The suggested curriculum includes several courses in eccratics, social science, nutrition science, food technology, linear programming and statistics. Some of the problems such as a professional diet encounter are discussed.

1573-74

HEALTH IN ELEMENTARY SCHOOLS. 4th ed.
Harold J Coracchia, Wesley H Staton
St. Louis, C.V. Mosby 391 p. 1974.
LE3405.C6 1974 P6H
Health education, Health programs, Instructional materials, Teacher education, Teaching, Teaching methods, Textbooks.
Abstract: This book deals with the fundamental components of the elementary school health program. It concerns the teacher's role in school health, the actual school environment - the requirements of the facilities, specific student appraisal, and health evidence programs involving school personnel, students, and parents - , the place of organized health education in the curriculum, methods for teaching, and evaluation of programs. The methods for teaching nutrition include ideas for bulletin boards, charts, dramatizations, field trips, exhibits, dramatizations, discussions and experiments. The appendix offers a communicable disease survey, compulsory immunization law requirements by states and criteria for evaluating a total school health program. Those involved in various aspects of total health care of the elementary school child should find this book of interest.

1574-74

BEGINNING RESPONSIBILITY: LUNCHROOM MANNERS (MOTION PICTURE).
Copies Instructional Film
Chicago, Ill. 11 min., ed., col., 16 mm. [n.d.].
TX851.B4 P6H AV
Behavior, Children, Etiquette, Hygiene, Lunch, Table manners. With teacher's guide.
Abstract: Phil, the central character in this film, sees a

puppet show in which one puppet doesn't wash before lunch, and is rude and unannoyed in the lunchroom. Phil decides that he will not imitate the puppet's actions, but try to develop better manners; he washes carefully before lunch, combs his hair, waits his turn in line, selects his food with an eye to good nutrition, and saves dessert till last. He notices that the children with good manners and appearance are the most well-liked. Recommended audience is the K-3 levels.

1575-74

IS A CANYON IN THE RESTAURANT BUSINESS FOR YOU? (MOTION PICTURE).
Counselor Films, Inc.
Philadelphia, Pa. 14 min., ed., col., 16 mm. [n.d.].
TX911.2.I8 P6H AV
Adolescents (12-19 years), Career choice, Career opportunities, Career planning, Careers, Food service occupations, Food service workers.
Abstract: This sound color film is aimed at young people (grades 7-12). It explores the many food service occupations in various types of establishments, from cafeterias to institutions. It is emphasized that people with little or no experience can find beginning jobs in food service, not only as a way of earning money, but in order to decide if they would like to make a career in the field.

1576-74

GUIDING THE CHANGE PROCESS IN PEOPLE.
D G Craig
J Am Diet Assoc 58: 22-25. Jan 1971.
J89.G AH34
Behavior change, Educational methods, Educational objectives, Effective teaching, Learning behavior, Psychological aspects, Teaching methods, Teaching techniques.
Abstract: The psychological steps through which people adopt new ideas and learn are outlined with suggestions for technique most useful at each step in guiding change. How the teacher can best make use of them by employing effective teaching procedures are also described.

1577-74

GUIDING THE CHANGE PROCESS IN PEOPLE.
D G Craig
J Am Diet Assoc 58 (1): 22-25. Jan 1971.
J89.G AH34
Behavior change, Change agents, Cultural factors, Effective teaching, Learning behavior, Motivation, Psychological aspects, Senses, Social factors.
Abstract: People learn new ideas by awareness, interest, evaluation, trial, and adoption. This sequence is called diffusion. Another means of gaining new ideas is through learning, which involves attention, interest, confidence, desire, want, action, and satisfaction. In terms of senses, people learn 85% through vision, 10% from listening, and 5% through touch, taste, and smell. People retain 10% of what they read, 20% of what they see and hear, and 90% of what they say as they perform an action.

1578-74

A POST-HIGH SCHOOL PROGRAM IN FOOD SERVICE SUPERVISION, VOCATIONAL EDUCATION IN HOME ECONOMICS; VOLUME I.
Aileen A Crose
Washington, D.C., ERIC Document Reproduction Service 144 p. 1967.
TX911.5.P6 Y6H
Bibliographies, Curriculum, Education, Food service occupations, Food service workers, Food instruction.
Available from: LEASCO Information Products, Inc., 4027 Rugby Avenue, Bethesda, Maryland 20014. MF-\$0.75 HC-\$7.50.
Abstract: The material was prepared in a workshop held at the University of Georgia, July 25-August 12, 1966. The program outlined in the publication is designed to be offered at the post-high school level, to prepare selected students for employment in food service supervisory positions in such establishments as hospitals, hotels, nursing homes, children's homes, restaurants and industrial and school cafeterias. Suggestions for two post-high school programs are outlined in this material -- one for an area vocational technical school, and the other for a two year program in a junior or community college.

1579-74

A COPPOL OF MERCHANTISING CAPTIVATES KIDS.
Metric/Vel Feeding 75 (5): 65. Sept 1974.
TF1.I55
Disposable, Educational methods, Metric system, School food service.
Abstract: Featuring three or four multi-colored panels, the cups are an extension of a popular line featuring riddles. One panel gives basic metric facts like centi, milli and kilo; other panels reinforce this formal chart with humor and riddles in the metric vein.

1580-74

GOOD OLD METRIC SCOUND SLIDES.
David N Curl
Training in Business and Industry 11 (6): 30-35. June 1974.
HF1101.T7 P6H
Audiovisual aids, Audiovisual equipment, Audiovisual instruction, Instructional materials, Merchandise information, Slides, Slides/sound, Teacher developed materials, Teaching techniques.

- Extract: Slides are a basic AV communication tool. They are a viable medium possessing advantages of timeliness, flexibility, and economy. Slides are inexpensive, convenient, relatively easy to produce locally, and they lend themselves to prolonged study or repeated viewing either by groups or by individuals. Perhaps the very flexibility of slide sequences is the most valuable characteristic of the medium--you can organize, arrange, rearrange, or modify a routine presentation often by selecting slides from your file, updating the show serially by inserting new slides where needed. Stock photos from your files can provide the basic framework; additional data can be added as needed merely by inserting different slides, by reorganizing and changing the pace, and by modifying the narration. Included here is a listing of commercially available slide and sound equipment, giving specifications for each.
- 1581-74**
INDEX AND CURRICULUM BRIEFS, VOLUME 1.
 Curriculum Materials Clearinghouse
 Ann Arbor, Xerox University Microfilms 1 v. (unpaged). 1974.
 A6521.C8 V.1 P&N
 Abstracts, Curriculum, Curriculum planning, Educational resources, Information centers, Information sources, Information systems, Instructional materials, Resource centers.
 Extract: The Curriculum Materials Clearinghouse (CMC) is an educational service designed to acquire, compile, and disseminate instructional materials in all subject areas and at all grade levels. A project of Xerox University Microfilms, CMC was established to serve two important functions: (1) to provide publishing facilities for curriculum developers who have not previously considered or found a suitable agency for disseminating their materials; and (2) to furnish the education community with fresh ideas and curriculum materials that are both practical and innovative in methodology. After technical and legal screening, 260 instructional units were selected for the first Curriculum Materials Microfile. Each instructional unit in the Microfile is described by means of a Curriculum Brief (CB). The briefs, arranged in numerical order, are contained in this volume. There are also three indices in this volume to help locate the Curriculum Briefs and instructional units.
- 1582-74**
YOU. BEHAVIORAL OBJECTIVES AND NUTRITION EDUCATION.
 Thomas F Jr Cvr
 Chicago, National Dairy Council 71 p., illus. 1973.
 TX364.C9
 Behavioral objectives, Educational planning, Effective teaching. Evaluation, Objectives, Pretesting, Standards.
 Abstract: This booklet is a short "capsule" on behavioral objectives directed to nutrition educators (and teachers in all fields) who want to acquire skill in writing performance objectives and generally improving the quality of their teaching. An instructional learning model is presented with distinction between different kinds of objectives and between objectives and goals.
- 1583-74**
TEACHING FOR CONCEPT DEVELOPMENT.
 J I Calrville
 J Am Diet Assoc 45 (1): 22-25. July 1964.
 389.8 AN34
 Educational objectives, Educational theories, Effective teaching, Home economics education, Learning behavior, Teaching methods, Teaching techniques.
 Extract: What a concept is--a number of definitions are given--and some suggestions (with special reference to home economics) for effective teaching that will make concepts clear to students through proper learning experiences are all covered in this article.
- 1584-74**
DEVELOPING EXECUTIVE TALENT.
 Joseph U Danico
 Manpower 6 (11): 23-28. Nov 1974.
 H65701.H3 P&N
 Career ladders, Management development, Management education, On the job training, Personnel management, Psychological aspects. Trainee techniques.
 Extract: The most innovative feature and key element in a new approach to executive development in the Federal Government is the individual development plan. It is a simple concept that emphasizes joint decisions by the employee and the supervisor on the specific developmental experiences needed to prepare that particular employee for assumption of higher managerial responsibilities.
- 1585-74**
VISUAL AIDS: WHY?--WHERE?--WHAT?
 Ted Davis
 Training and Dev J 28 (9): 22. Sept 1974.
 LC1041.T7 P&N
 Exhibits, Films, Illustrations, Slides, Training, Transparencies.
 Extract: The best technological advances will not help the trainer unless a few simple guidelines are followed. These guidelines will help a visual become an aid rather than a nuisance to the training program: Should be subject that cannot be clarified without it; material should be large enough to be seen by everyone; content should be kept to a minimum; information should be within the comprehension of the learner; accent important ideas; material should be presented in a scale proportional to the real items.
- 1586-74**
ACQUAINTING PARENTS WITH NUTRITION EDUCATION.
 Connie Dawson
 Nutr News 37 (3): 10. Oct 1974.
 389.8 N557
 Food preferences, Nutrients, Nutrition education, Nutrition knowledge, Parent participation, Teaching methods.
 Abstract: A highly successful back-to-school night for parents concentrated on nutrition. Various experiments heightened the enjoyment, and increased nutrition knowledge.
- 1587-74**
STUDENT AND TEACHER COOPERATIVELY SELECTED BEHAVIORAL OBJECTIVES.
 Jon J Denton
 Audiovisual Instruction 19 (5): 11-12. May 1974.
 LB1043.B9 P&N
 Behavioral objectives, Decision making, Educational objectives, Educational planning, Educational theories, Effective teaching, Individualized instruction, Learning behavior, Student involvement.
 Extract: In the following article, the author describes the objective planning sheet, a vehicle which allows students--working from established content objectives--a considerable degree of flexibility in developing learning programs to suit their own needs. A realistic limitation to this approach is the additional effort required to develop the objective planning sheets and the specific evaluation to measure the behaviors selected by the student. Consequently, a decision to use this approach must evaluate the degree of increased development effort with the degree of student involvement in structuring his or her learning program. The resolution of this issue resorts back to the philosophic position of the school and the teacher on matters of instruction and decision making.
- 1588-74**
DEVELOPING GOVERNMENT MANAGERS.
 Training in Business and Industry 11 (5): 50-51. May 1974.
 HF1101.17 P&N
 Administrator education, Administrator role, Educational programs, Federal government, Management development, Management education, Program design, Training.
 Abstract: After discussing the various types of managerial training in general, the author deals with those areas that have special relevance to federal government managers: (1) government orientation (how the governmental system operates); (2) agency orientation (the mission, organization, customs, and regulations governing an individual agency or department); (3) planning-programming-budget (PPB) and management-by-objectives (MBO); (4) analytical and quantitative methods; and (5) personal skills.
- 1589-74**
HOW TO COPE WITH THE SILENT TRAINEE.
 Salvatore V Didato
 Training 11 (8): 40-41. Aug 1974.
 HF1101.17 P&N
 Individual characteristics, Learning behavior, Motivation, Personnel management, Psychological aspects, Training, Training techniques.
 Abstract: The pressures affecting both trainer and trainee are outlined. The trainee's lack of participation may result from one or a combination of factors including status loss, inferiority, group inhibitions, resistance to the trainer, or just plain lack of interest, ten ways to overcome these factors and make the trainee an active group member are described.
- 1590-74**
THE ROLE OF MASS COMMUNICATIONS IN NUTRITION IMPROVEMENT: A REFORMULATION.
 Edward F Douglas
 Fam Bull 4 (1): 5-7. 1974.
 QD431.A1P7 P&N
 Communications, Developing nations, Information dissemination, Instructional media, Mass media, Nutrition education, Program design.
 Extract: What is desperately needed in the developing countries is a large and diverse array of useful development opportunities. The proper role of the media is to make people aware of the development opportunities that exist around them and reach them how to take advantage of the opportunities. The media should attempt to persuade them to try innovations but resist the temptation to persuade the people to "be modern". The order of events in this approach is to discover and disseminate the most potentially successful development opportunities first. Adoption, including adoption of a better diet, will follow if the development opportunities make a substantial improvement in the well-being of the people.
- 1591-74**
WHAT IS PROGRAMMED INSTRUCTION?
 C B Downing
 J Am Diet Assoc 46 (1): 39-42. Jan 1965.
 389.8 AN34
 Educational programs, Instructional aids, Instructional materials, Program design, Program planning, Programmed instruction, Teaching techniques.
 Extract: Programmed or machine instruction is a relatively new technique for teaching students individually a set prog-

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1592-74

ness. When the student responds correctly, the Program continues to the next piece of information. Some suggestions for developing these Programs are offered.

1592-74

MEDIA AS APPLIED TO INDIVIDUALIZED INSTRUCTION.

James E Duane

Audiovisual Instruction 19 (5): 23-36. May 1974.

LE1043.19 P&N

Audiovisual aids, Audiovisual equipment, Audiovisual instruction, Effective teaching, Evaluation, Individualized instruction, Instructional materials, Teaching methods.

Abstract: There exist a wide variety of media forms--each having its own inherent characteristics. The author views the most commonly used media forms in terms of their effectiveness in individualized instruction. Specifically he discusses (1) books and print materials, (2) filmstrips, (3) 16 mm films, (4) 8 mm films, (5) film loops, (6) audio recordings, (7) videotapes, (8) overhead transparencies, (9) slides, and (10) programmed instructional materials.

1593-74

INCREASE THE EDUCATIONAL VALUE OF THE LUNCHROOM.

R E Lukes

Sch Lunch J 21 (9): 43. Oct 1967.

389.8 SCH6

Educational programs, Food service supervisors, Food service training, Food service workers, Nutrition education, School food service, School lunch programs, Teaching, Teaching techniques.

Abstract: The school lunchroom should be an integral part of the school's educational program, and the lunchroom manager should be capable of teaching nutrition to all students.

1594-74

FOOD FACTS AND FUN WITH BUTTER AND BOOP.

Joe Fashy

Food Nutr 4 (2): 10-11. Apr 1974.

NH341.7615

Basic nutrition facts, Cartoons, Comic books, Diet improvement, Food habits, Illustrations, Instructional materials, Nutrition education, Nutrition knowledge.

Abstract: One of the most successful instructional devices in the field of nutrition education has been an award-winning comic book entitled "Food Facts and Fun with Butter and Boop". Butter is the unofficial leader of a group of little kids who live in a ghetto neighborhood, and Boop is his dog. School children laugh over the antics of Butter and his friends, but they are very definitely caught up in the comic's main theme: if you eat nutritionally balanced meals, you can excel both at school and at play. All the characters have consistent personalities. Butter, the "sain san," is a leader, cynic, organizer, and practical joker, but his main asset is his ability to cope with the problems of growing up in the ghetto.

1595-74

ADDING TASTE AND SPELL TO ENGLISH AND SOCIAL STUDIES.

Pertba Ebersol

J Home Econ 66 (6): 34-38. Sept 1974.

321.8 J82

Curriculum, Ethnic foods, Home economics, Instructional aids, Nutrition education, Teacher education, Teachers.

Abstract: To prepare for such teaching, I believe that a well-rounded undergraduate program that develops the skills (you skills) of food preparation and clothing instruction is required. A master's degree program that includes art appreciation, sociology, "world" nutrition, anthropology, the psychology of clothing, and the study of cultural foods is a good supplement. Other prerequisites might be travel to as many places as possible and a keen interest in this particular area of the profession.

1596-74

COMPARATIVE GROUP APPROACHES.

I J Echols

J Am Diet Assoc 59 (5): 460-465. Nov 1971.

389.8 AN34

Discussion (Teaching technique), Group dynamics, Groups, Learning, Learning behavior, Problem solving, Psychological aspects, Teaching methods, Teaching techniques.

Abstract: Learning through groups is explored. Four categories of group approaches are discussed and compared: group dynamics (i.e., buzz groups); clinical or therapeutic models (a helping relationship among members directed toward therapeutic ends); social work groups (members guided through problem solving by a social worker); and sensitivity training groups (to produce inward growth). The educator using group methods should consider several approaches in depth.

1597-74

EVALUATING ADVERTISING.

Instructor XXXIV (2): 64-65. Oct 1974.

L11.15 P&N

Advertising, Educational resources, Evaluation, Evaluation methods, Instructional aids.

Abstract: This article offers elementary school teachers instructional guidelines in teaching children advertising evaluation. Samples of public service ads, local ads, and commercial advertisements are given with suggestions of approaches to use in evaluation. Basic analysis includes who is presenting the information, for what reason it is presented and what are the responsibilities of the receiver. Nutrition educators concerned

with the ability of children to evaluate nutrition oriented advertising should find this article of interest.

1598-74

EVERYTHING YOU ALWAYS WANTED TO KNOW, ETC.

Manpower 6 (3): 10-12. Mar 1974.

HD5701.M3 P&N

Educational programs, Employment practices, Handbooks, Job placement, Manpower needs, Program design, Program guides, Facial discrimination, Training.

Abstract: Some of the most useful and practical knowledge for manpower training personnel who work directly with employers and the disadvantaged has been distilled into a single volume entitled, "Handbook of Information Relevant to Manpower Agencies". The book is divided into three sections: Internal Agency Structure and Operations; Agency/Company Relations; and Agency/Enrollee Relations. The handbook was developed primarily for project directors and administrators and their management staffs. But because of its organization and simplicity, it can be used for staff training and for introducing new personnel to the operational problems and procedures basic to manpower agency operations for the hard-to-employ.

1599-74

FSA HOME SUPERVISOR TEACHES NUTRITION.

Agric Mark 12 (7): 15. July 1967.

A28C.38 AGS

Educational programs, Food purchasing, Foods instruction, Homemaking skills, Low income groups, Money management, Nutrition education, Teaching techniques.

Abstract: A home supervisor of the Farmers Home Administration teaches nutrition to loan recipients so they can make the most of their food dollars. She believes social workers should be well versed in nutrition education. Her portable classroom is a set of cardboard building blocks with visual nutrition facts, blocks to form a balanced diet.

1600-74

AUDIO CASSETTES: HOW TO SCRIPT YOUR OWN.

Robert J Fantelli

Training in Business and Industry 11 (4): 27, 28. Apr 1974.

NF1101.77 P&N

Audiovisual aids, Audiovisual equipment, Audiovisual instruction, Cassettes, Instructional aids, Instructional materials, Material development, Tape recordings, Teacher developed materials.

Abstract: Producing audio cassettes requires planning. First, the purpose of instruction must be determined and then a search made of commercially produced cassettes to be sure it isn't more practical to buy or rent such materials. If producing one's own tapes turns out to be the best alternative, this article provides step-by-step instructions for developing a theme, scripting the material, and voicing it so as to reap the best educational benefits.

1601-74

A TEACHING-LEARNING THEORY FOR RESULTS IN IN-SERVICE EDUCATION.

Delbert W Fisher

Training and Dev J 28 (8): 42-47. Aug 1974.

LC1041.17 P&N

Health occupations, Hospital personnel, Hospitals, Individual characteristics, Inservice education, Teaching methods.

Abstract: An effective theory for in-service education needs to incorporate the seven areas of the teaching/learning process. It also calls for developing in the instructor a sensitivity to and an awareness of skills of interacting effectively with the learner and the learning group. Instructors need help in gaining a self-awareness of how their behavior is perceived by others. They need practice in diagnosing human relations and group problems, and experience in sharpening sensitivity to what others are feeling and trying to communicate. Awareness and sensitivities are primary with teaching procedure skills secondary.

1602-74

EDUCATION THROUGH MASS MEDIA.

Douglas C Fick

In Proceedings of the Western Hemisphere Nutrition Congress II Miami Beach, Fla., Sept. 2, 1971 p. 173-175. 1972.

TK345.W4 P&N

Communication skills, Dairy foods, Food groups, Media selection, Nutrition education.

Abstract: This paper is written to show nutritionists that we must keep up with the different proven communication techniques of education--marketing, advertising, public relations and promotion. The article deals with the campaign carried on by the Dairy Council since the Four Food Groups concept. Nutrition education workbooks were conducted for elementary teachers, use of outdoor billboards, 30 and 60 second spots on radio and TV, and newspaper press kits were all used to help the consumer identify the Basic Four and to choose a more balanced meal.

1603-74

NOW QUESTIONS STIMULATE LEARNING.

H Fleck

Practical Forecast Home Econ 11 (5): 9. Jan 1965.

321.8 W752

Effective teaching, Learning behavior, Motivation, Questioning techniques, Student involvement, Teaching methods, Teaching techniques.

Extract: Effective questioning by the teacher can make learning exciting. The answers can give the teacher more information about the student than the factual material itself. Some kinds of questions, according to their function, are discussed. A good question has a purpose, is asked at the right time, is appropriate, clear, and justified. Students also need to learn how to ask as well as answer questions.

1604-74

CLASSROOMS: PROBLEMS OF OVERWEIGHT (TRANSPARENCIES).
Henrietta Fleck
Englewood Cliffs, Scholastic Magazines 5 transparencies, 5 ditto masters. [n.d.].
RM222.2 C5t F6N AV (Classrooms. Foods and nutrition no. B)
Class activities, Food dissemination, Transparencies, Weight control.
With 1 r. Teacher's Guide.
Abstract: One of several food and nutrition teaching kits developed for high school classrooms and other similar situations. The kit includes a teacher's guide, five transparencies for overhead projection and ditto masters of each to provide students with copies of what is shown in the transparency. The teaching guide includes concepts, specific application as a teaching unit, suggested assignments and activities, and lesson evaluation. Topics covered are consulting a physician, avoiding fad diets, choosing snacks carefully, social problems of overweight, and frustrations of overweight.

1605-74

FOCUS ON... CAREERS IN EXTENSION.
What's New Home Econ 38 (2): 6-7. Feb 1974.
321.8 W55
Agricultural Extension Service, Career choice, Career opportunities, Career Planning, Extension agents, Home economics, Home economists, Nutritionists, Social services.
Extract: Careers in extension offer the home economist the following professional roles: social worker, working with youth, 4-H, the elderly, the poor, the mentally and physically handicapped; nutritionist, developing various health and nutritional programs for the community; consumer specialist, lecturing, developing programs and answering questions on consumer products ranging from clothing and food to housing and furnishings; radio and television personality, hosting and appearing on woman's talk shows and community service programs; writer, preparing magazine and newspaper articles related to community needs. In this article five extension agents from around the country discuss their particular jobs.

1606-74

FOLLOW THE YELLOW BRICK ROAD--TOWARD PROFESSIONALISM.
Sch Foodserv J 28 (7): 85-90. July/Aug 1974.
389.8 SCH6
Adult education, Certification, Professional associations, Professional education, Professionalism, School food service.
Extract: Continuing education and certification go hand-in-hand down the road to professionalize in school foodservice. One--continuing education--makes the other--certification--possible. The dual process of formal and informal education, continuing education is the process by which ASFA members may become certified as professional school foodservice workers. It started two years ago when ASFA President Louise Sublette named certification as a goal of her program. An ad hoc committee was formed and ground for certification was laid during Miss Sublette's administration.

1607-74

NUTRITION IN THE NEWS.
F S Foster
Sch Foodserv J 25 (10): 67. Nov/Dec 1971.
389.8 SCH6
Ascorbic acid, Exhibits, Expanded Food and Nutrition Education Program, Food additives, Instructional materials, New York (State), Nutrition education.
Extract: An exhibit at the New York State Fair was aimed at putting current issues in perspective. Sponsored by Cornell University, the exhibit featured displays on vitamin C, the Expanded Food and Nutrition Education Program, and food additives.

1608-74

NUTRITION TRAINING OF FOOD SERVICE PERSONNEL.
H P Fowler
Nutr Program News 4 D. Mar/Apr 1966.
1.982 A2N955
Child nutrition, Cincinnati, Ohio, Food preparation, Food purchasing, Food service training, Food service workers, Institutional feeding, Menu planning, Nutrition education.
Extract: The food service personnel in children's homes in an Ohio city were given effective in-service training in nutrition despite limited educational background and equipment. A course geared to their educational level helped them learn about adequate diets, menu planning to provide nutrient needs, food purchasing and preparation to conserve nutrients, and safety and sanitation.

1609-74

PROGRAMMED INSTRUCTION: AN APPROACH TO DIETARY MANAGEMENT OF DIALYSIS PATIENTS.
R H Freeman, G H Eulechek
Amer J Clin Nutr 21 (6): 613-617. June 1968.
389.8 J824
Applied learning, Diet counseling, Diet information, Instruc-

tional aids, Nutrition education, Patient care, Programmed instruction, Renal disorders, Teaching techniques.
Extract: Dietary control is very important for patients maintained on hemodialysis. Programmed instruction has been used to supplement the specific instructions of the dietitian and to prepare him for these specific instructions. The program is outlined.

1610-74

MASS COMMUNICATIONS APPLIED TO NUTRITION EDUCATION OF RURAL POPULATIONS: AN OUTLINE OF STRATEGY.
Andreas Puglesang
Pap Bull 4 (1): 7-12. 1974.
GD431.A1P7 F6N
Communications, Developing nations, Information dissemination, Instructional media, Mass media, Nutrition education, Program design, Program planning, Rural population.
Extract: By far the most important issue concerning mass communications programs in nutrition education is whether they can be given high priority by national decision-makers. Practical and political feasibility must be seen as the ultimate criteria for such progress to begin and function. The mass media are no panacea for the problems of nutrition education of rural populations. Instead, we must think of applied mass communications in a far wider sense. We are on the wrong track if we propose a single communications model when the task at hand is to interact creatively and pragmatically with a nearly infinite number of communications options.

1611-74

APPLIED COMMUNICATION IN DEVELOPING COUNTRIES: IDEAS AND OBSERVATIONS.
Andreas Puglesang
Uppsala, Sweden, Dag Hasearnkjold Foundation 124 p., illus. Sept 1973.
TX364.P6 F6N
Audiovisual instruction, Communications, Cultural factors, Developing nations, Nonverbal communication, Nutrition education, Professional education.
Abstract: This is a book about communicating, perception, and "pictorial illiteracy." It is also a book for those who work in developing nations, with people of other ethnicities than their own. The perceptions under consideration, being culturally based, are as such those of the teacher and community worker as they are those of his clients. Ways to communicate nonverbally are illustrated with a number of different techniques. Food and nutrition are prominent among the subject matter used as examples, and there is a section on nutrition education. The principles it outlines could be used equally well in work in this country.

1612-74

USING BEHAVIORAL OBJECTIVES IN INDUSTRIAL TRAINING.
Robert C Gallegos, Joseph G Shelan
Training and Dev J 28 (4): 42-48. Apr 1974.
LC1041.17 F6N
Behavioral objectives, Educational methods, Educational programs, Learning, Learning behavior, Program planning, Teaching methods, Technical education, Training.
Extract: The training methods used in big industry today are described here. Behavioral objectives are a new concept that place more emphasis on communication between the instructor and the student. Industry feels the learner has a right to know exactly what it is he or she should be learning. If the instructor cannot say what the trainees should be able to do at the end of the course, he or she cannot adequately teach them. The creation of numerous job opportunities has increased the need for more instruction and an increase in overall training requirements. The behavioral objective approach to training places emphasis upon what the trainee learns. The instructor must decide upon the goals he or she intends to reach at the end of the course program, and then select procedures, content, and methods that are relevant to the objectives; cause the student to interact with appropriate subject matter in accordance with principles of learning; and finally, measure or evaluate the student's performance according to the objectives or goals originally selected.

1613-74

SHRIMP NEWBURG VIA MANAGEMENT BY OBJECTIVE.
Joseph H Gasper
Am Vocational J 49 (6): 43-46. Sept 1974.
HF53B1.5.V6 F6N
Food service management, Objectives, Problem solving, School food service, Student involvement.
Extract: Shrimp Newburg on toast points served bubbling hot with asparagus spears--you can't get a seal like that for 95 cents in any restaurant, but it is available regularly to the staff of 11 elementary schools in the Walled Lake School District in Walled Lake, Michigan. Teachers lunch on Swedish eat-balls, veal scallopini, Chinese pepper steak and many other gourmet-type dishes prepared by students at the Southwest Oakland County Vocational Educational Center.

1614-74

THE DEVELOPMENT OF SKILLS TRAINING COURSES.
John A Gaylord
Training and Dev J 28 (4): 16-31. Apr 1974.
LC1041.17 F6N
Curriculum planning, Educational programs, Job training, Program evaluation, Program planning, Skills, Teaching methods, Training, Vocational education.

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1615-74

Abstract: To develop an effective skills training course within industry, accepted rules of program development must be applied to show activities and situations. The first task is to calculate the skill requirements in skilled workers and survey the skilled manpower presently available within the company. The next step is to determine the training required to bring the available skills up to those needed by a particular shop at a particular time when setting up the actual training scheme, the most important decision is the teaching method to be used. One can choose among demonstration techniques, individual instruction, lecture methods, audiovisual techniques, and group discussion, or a combination of these. Whatever the choice, the teaching method should fit the types of skills to be taught and should instruct in such a way that workers can put the skills to use, rather than merely theorize about them.

1615-74

BASIC NUTRITION, STUDENTS' MANUAL, SCHOOL LUNCH 3.
Georgia, Department of Education
Atlanta, Georgia Department of Education 91 p. 1972.
TX364.G43 P5N

Charts, Food composition tables, Nutrients, Nutrition, Recommended Dietary Allowances, School food service, School lunch.
Abstract: A basic nutrition manual for school food service has been written by the Georgia Department of Education. It begins with a definition of nutrition and nutrients and a brief history of the development of nutrition knowledge. The content of the course is in narrative form. Other information included is as follows: Recommended Dietary Allowances, Food Composition Tables, the Basic Four Food Groups, discussion of the type A school lunch, a bibliography, class exercises with study questions, 24-hour recall forms, charts and tables.

1616-74

EDUCATIONAL DIAGNOSIS OF FATIGUES.
J R Ginther
J Am Diet Assoc 59 (7): 560-562. Dec 1971.
389.8 AH34

Behavior change, Diet improvement, Dietitians, Effective teaching, Food habits, Learning, Learning behavior, Teaching methods, Teaching techniques.
Extract: When teaching a student, it is important to know the manner in which the student learns. Some students, for example, learn most readily in highly structured situations, whereas others prefer little structure. By adapting educational techniques to the type of learner, the dietitian may more effectively guide changes in food habits.

1617-74

GOOD EATING HABITS (NOTION PICTURE). 2d ed.
Chicago, Coronet Films 1 reel, 16mm, sd, col., 10 min. (n.d.).

TX355.G6 P5N AV
Etiquette, Food habits, School children (6-11 years).
Abstract: A camel that chews food with his mouth open, a hippopotamus that doesn't wash up before eating, and other zoo animals are used to illustrate the difference between "good" and "bad" eating habits (table manners). The film, directed to elementary age children, points out that people, too, have different ways of eating (e.g., knife and fork vs. fingers; sitting at a table vs. on the floor) and that the way to eat depends on "the time, the place, the food and the people." The young viewer is urged to try many different kinds of food, not to comment adversely about the food served, eat quietly but congenially, and not to snack in between meals.

1618-74

INDEPENDENT LEARNING DEVELOPS RESPONSIBILITY.
A C Goode
What's New Home Econ 34 (4): 31-32. Apr 1970.
321.6 W55

Applied nutrition, Effective teaching, Food instruction, Individualized instruction, Learning behavior, Learning theories, Nutrition education, Student involvement, Teaching techniques.
Extract: A teacher of high school home economics relates how, through projects selected, planned, and carried out individually, with self-evaluation of results, students in food classes enjoyed learning and gained meaningfully from the experience.

1619-74

CONTINUING NUTRITION EDUCATION PROGRAMS VIA TELELECTURES.
A Gornick, R Dickie
J Nutr Educ 1 (3): 7-8. Winter 1970.
TX341.J6

Adult education, Audiovisual aids, Educational programs, Health personnel, Instructional aids, Instructional materials, Nutrition education, Professional education, Program design.
Extract: Telephone conference systems were used to give continuing nutrition education to health professionals and food service personnel in 77 community hospitals in Wisconsin. Training was in 30 lectures once a month, on a prearranged schedule, and visual aids were supplied to the participating institutions. Discussion periods were lively despite lack of personal contact. The authors envision further potential for patient education using this technique.

1620-74

AN AUDIOVISUAL PRIMER.
Michael Goadket
New York, Teachers College Press 74 p. illus. [1973].

TS2301.A7G6

Audiovisual aids, Audiovisual equipment, Audiovisual instruction, Guidelines, Handbooks, Instructional aids, Instructional materials, Teacher developed materials.

Extract: This book is designed to help you get started using and making audiovisual materials. All too often the mechanics of equipment frighten us away from using these techniques more often and more successfully. This book is a reply to the most frequently asked questions and a summary of the most useful skills. The book places heavy emphasis on making your own materials; the growing dissatisfaction with available material makes this the only reasonable course to follow. This book also deals with the operating principles of the machinery, what can go wrong with it, and maintenance tasks you can do for yourself.

1621-74

COMMUNICATION THROUGH PROFESSIONAL WRITING.
J R Gould
J Am Diet Assoc 41 (4): 315-316. Oct 1962.
389.8 AH34

Communication skills, Nutrition education, Writing.
Extract: A professional writer gives many valuable suggestions for doing technical writing well, distinguishing between reporting, instructing, and promoting, the portion of his paper devoted to writing for the layman is pertinent for nutrition educators who will work with the public. Suggestions include using statistics and incidents in terms of people and things, being positive, using repetition, and using short active words, sentences, and paragraphs.

1622-74

A NEWSLETTER TEACHES NUTRITION TO YOUNG PEOPLE.
D L Graham
What's New Home Econ 35 (8): 56-58. Sept 1971.
321.6 W55

Adolescents (12-19 years), Communications, Mass media, Nutrition education, Publications, Teaching techniques.
Extract: A nutrition newsletter sent to teenagers was a successful teaching technique. Included were crossword puzzles, review quizzes, and nutritious snack recipes.

1623-74

STUDIES OF BEHAVIOR CHANGE TO ENHANCE PUBLIC HEALTH.
Saxon Graham
Am J Public Health 63 (4): 327-330. Apr 1973.
449.9 AH33

Behavior change, Behavioral objectives, Change agents, Health education, Professional education.
Abstract: Nutrition educators, as change agents vis-a-vis their client populations, should find this article of interest. It reviews for public health workers how innovations can effectively be introduced into a population, that is, what factors favorably influence acceptance of new ideas. Cultural factors which have enhanced or discouraged introductions of specific health-related change are described, and the reasons they did or did not work are cited. With a bibliography on this general subject.

1624-74

NUTRITION EDUCATION BIBLIOGRAPHY. Rev. [ed.].
Evelyn J Gray
Columbia, Cooperative Extension Service 9 l. 1972.
35776.W67 1972 V5N

Audiovisual aids, Bibliographies, Resource materials.
Abstract: This is a 9-page mimeographed list of nutrition education materials for use in grade schools. It includes activity books, audiovisual materials and booklets for children and some curriculum guides and teacher's resource materials. There are no annotations.

1625-74

HOW TO SELECT TEACHING AIDS.
M H Gray
What's New Home Econ 31 (7): 28-30. Oct 1967.
321.6 W55

Classroom materials, Guides, Home economics education, Instructional aids, Instructional materials, Instructional media, Merchandise information, Resource materials.
Extract: This article consists of a check list for evaluating the suitability and value of teaching materials, with special reference to home economics. The author suggests obtaining samples before ordering a supply. Other cautions and guides are offered, including how to approach businesses for commercially produced material.

1626-74

I WANT TO BE A DAIRY FARMER.
Carla Greene, Frances Eckart
[Chicago], Childrens Press 32 p., illus. 1957.
SP75.5.G7 P5N ("I want to be" series. Unnumbered)

Career education, Childrens stories, Dairy foods, Milk.
Abstract: A farm boy in the city sees how milk is processed for distribution and his two little city friends go home with him to the dairy farm. They see the cows, barns, the milking, and learn where the milk comes from. The book is written for a beginning reader to read to himself, or a younger child to be read to. The pictures are clear and informative for youngsters.

1627-74

EFFECT ON TURNOVER OF TRAINING FOODSERVICE EMPLOYEES.
Beth T Griffith, Alice W Moore, Gary P Brasse
J Am Diet Assoc 65 (1): 43-45. July 1974.
389.8 AH34
Food service training, Food service workers, Hospital food service, Industrial relations, Missouri.
Abstract: Dietetic departments in twenty Missouri hospitals were surveyed to try to determine causes of high labor turnover rates among non-professionals. Results indicate that some causative factors may be external influences, not job-related. Personnel training cuts down turnover, as does reduction of part-time jobs. Management control and solution of internal problems is effective in reducing turnover, but is only one factor in a complex situation.

1628-74

CLASSROOMS: ECONOMY MEAL PLANNING (TRANSPARENCIES).
Imogene Grissner
Eslewood Cliffs, Scholastic Materials 10 transparencies, 10 ditto masters. [n.d.].
TX356.C5t P5W AV (Classrooms. Foods and nutrition 1500-5)
Class activities, Consumer education, Food purchasing, Transparencies.
With 1 r. Teacher's guide.
Abstract: One of several food and nutrition teaching kits developed for high school classrooms and other similar situations. The kit includes a teacher's guide, 10 transparencies for overhead projection and ditto masters of each to provide students with copies of what is shown in the transparency. The teaching guide includes concepts, specific applications as a teaching unit, suggested assignments and activities, and lesson evaluation. Topics covered are planning the shopping trip, reading labels, heat bags in cereals, selecting fruits and vegetables, savings on dairy products, economical meats, stretching protein foods, oven meals, cooking less tender cuts of meat, and uses of instant nonfat milk.

1629-74

CLASSROOMS: VEGETABLE COOKERY (TRANSPARENCIES).
Imogene Grissner
Eslewood Cliffs, Scholastic Materials 5 transparencies, 5 ditto masters. [n.d.].
TX301.C5t P5W AV (Classrooms. Foods and nutrition no. 15)
Class activities, Consumer education, Food preparation, Food purchasing, Food storage, Transparencies, Vegetables.
With 1 r. Teacher's guide.
Abstract: One of several food and nutrition teaching kits developed for high school classrooms and other similar situations. The kit includes a teacher's guide, five transparencies for overhead projection and ditto masters of each to provide students with copies of what is shown in the transparency. The teaching guide includes concepts. Specific application as a teaching unit, suggested assignments and activities, and lesson evaluation. Topics covered include selection of vegetables, care of purchased vegetables, improper cooking methods, the cabbage family, and handling of salad greens.

1630-74

COMMUNUTRITIONAL MESSAGES OF TV ADS AIMED AT CHILDREN.
J Gansow
J Nutr Educ 4 (2): 48-52. Spring 1972.
TX341.J6
Advertising, Behavior change, Child nutrition, Food consumption, Food habits, Mass media, Motivation, Nutrient intake, Television.
Abstract: A study of the influence of television advertising on children's eating habits showed that food habits are learned, not inborn. This led the author to conclude that some nutrition messages on children's television programs encourage poor eating habits.

1631-74

SCHOOL LUNCH TRAINING AS ADULT EDUCATION.
W S Handlin
Sch Lunch J 16 (8): 28-32. Oct 1962.
389.8 SCW
Adult education, Curriculum guides, Educational programs, Food service training, Food service workers, Inservice education, Nutrition education, School lunch programs.
Abstract: For personnel involved in school feeding, part of an adult education program, in a seminar-type format, was devoted to the school lunch. The course outline is presented in this article.

1632-74

MANDATORY HEALTH COURSES FOR NEW YORK STATE PUBLIC SCHOOLS: NUTRITION EDUCATION.
Gail C Harrison
Mass Educ Forum 1 (1): 11-13. Summer 1970.
471.86 P5W
Curriculum evaluation, Curriculum planning, Health education, Resource materials.
Abstract: This article reviews the nutrition section of the health curriculum for grades kindergarten through 12 in the New York State schools. Goals, conceptual framework, learning experiences, approaches and implementation are outlined for the different grade levels.

1633-74

DIETETIC EDUCATION--PAST, PRESENT, AND FUTURE.
Maxine I Hart
J Am Diet Assoc 64 (6): 612-615. June 1974.
389.8 AH34
Dietitians, Educational objectives, Educational programs, Higher education, History, Nutrition education, Standards.
Abstract: From the time of World War II--even before--when the American Dietetic Association was founded, dietitians have been concerned with educational standards for professional preparation. Within ten years, the Association had published standards for a six-month post-baccalaureate course for student dietitians, and the policy of visitation of courses was implemented shortly thereafter. The Association is proud that it has, through the years, maintained its independence of other organizations in authoring its own educational programs. Standards have been almost constantly--and continue to be accelerated pace today--under scrutiny for the need for revision. The present activity is organizing coordinated undergraduate programs reflects the greatest innovation in progression of these revisions. The need for specialization within the broad field of dietetics--becoming more and more apparent--will in all probability lead to certification, with continuing education the individual's responsibility.

1634-74

NOTING THE COGNITIVE SKILLS IN HEALTH.
Robert J Navigharat
J Sch Health 42 (2): 73-76. Feb 1972.
LH3401.J6 P5W
Education, Educational influences, Learning, Learning ability, Nutrition, Nutritional adequacy, Nutritional status.
Abstract: This essay, written for the school health professional, deals with physical and mental conditions that support cognitive growth. Proper nutrition is stressed, particularly while the brain is forming during the fetal period and the first six months of life but also after this period to promote a satisfactory learning experience. Stimulation is necessary and may result in chemical change yielding a gain in both knowledge and ability to learn. Mortality rates for principal causes of death are outlined with the recommendation that perhaps educational measures to prevent accidents might be helpful. The importance of a positive self concept and thus increased motivation for intellectual and social growth is discussed.

1635-74

THE LEARNING PROCESS.
R J Navigharat
Am J Public Health 51: 1694-1698. Nov 1961.
449.9 AH3J
Adult education, Behavior change, Educational objectives, Effective teaching, Learning behavior, Learning theories, Motivation, Psychological aspects, Student involvement.
Abstract: Learning takes place by repeated acts or by a reward associated with the learned behavior. The latter is more rapid and effective. The first level of learning is verbal; the second is at the level of will; and the last, behavioral change, is expressed by physically effective action. All education of adults is aimed at the last two. The problems of dealing with adult motivations are discussed.

1636-74

GUIDELINES FOR SELECTING LEARNING EXPERIENCES.
J Nayter
Nurs Outlook 15 (12): 63-65. Dec 1967.
RT1.N8 P5W
Behavior change, Educational objectives, Effective teaching, Health education, Learning behavior, Learning theories, Motivation, Student involvement, Teaching methods.
Abstract: Students learn from what happens to them and from what they do about the things that happen. To assist the desired learning process ten suggestions are made, including proceeding from the simple and known to the more complex and unknown. Teachers must choose experiences from which the desired student reaction is possible, and which provides sequential development that is of value to the learner.

1637-74

HEALTH STATUS OF YOUTH.
Felia P Heald
In Proceedings of the National Nutrition Education Conference, Washington, D.C., Nov. 2-4, 1971 p. 17-20. Apr 1973.
TX364.U529 P5W
Adolescents (12-19 years), Drugs, Health.
Abstract: The health status of the 10 to 19 year old in the United States is examined. The death rate of the teenager, and the causes of death are listed. The diseases that occur in adolescents are also discussed with the effects they may have on the health of the youngster when he (she) reaches adulthood.

1638-74

A CHANGE IN ATTITUDES--PRODUCED BY SKILLFUL FACI-TO-FACI COMMUNICATION!
W B Weiskalson, P D Roscher
Ext Serv Rev U S Dep Agric 37 (6): 12-13. June 1966.
1 X1892IX
Attitudes, Behavior change, Communication (Thought transfer), Extension agents, Human relations, Interviews, Low income groups, Social relations.
Abstract: Two extension workers offer 13 principles which help

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1639-74

make face-to-face communication an effective medium for change among the disadvantaged. They include a setting which puts the person at ease, genuine friendliness, listening with interest and sympathy, watching for responsiveness, never contradicting, showing respect for his judgment, and consulting him as a co-worker.

1639-74

TEACHING TEENS 'STUFF' THAT COUNTS: A GUIDE FOR VOLUNTEERS. Cecelia J Heenerich, Jane Vcicklich, John P Thompson. Wisconsin, University of Wisconsin Extension 24 p. Oct 1973. TX364.H43 P5W
Adolescents (12-19 years), Basic nutrition facts, Drugs, Food fads, Instructional materials, Physical fitness, Pregnancy and nutrition, Volunteers, Weight control.
Abstract: This booklet has been designed to aid adult volunteers to teach the importance of nutrition to youth aged 13 to about 17 years. It deals with youth nutrition as it relates to weight control, fad diets, teenage pregnancy, drugs, physical fitness and appearance. The publication also is intended to help the volunteer understand teenagers, and to use this knowledge in learning opportunities.

1640-74

HOW TO WRITE AND USE BEHAVIORAL OBJECTIVES IN VOCATIONAL EDUCATION PROGRAMS. Paul E Hesse. Danville, Ill.: Interstate Printers & Publishers, Inc. 72 p. (n.d.). LH1594.H4 P5W
Behavior change, Behavioral objectives, Curriculum planning, Educational objectives, Learning behavior, Performance criteria, Program planning, Teaching, Vocational education.
Abstract: A behavioral objective is a statement describing an observable behavior which the student should be able to exhibit at the close of an educational program or learning session. The objective should tell what the student is to do; how he will do it; under what circumstances he will do it; and to what degree of proficiency he will do it. Such clearly stated objectives enable the teacher to select appropriate learning activities and evaluation procedures for his or her courses. From the student's standpoint, the objectives help add relevance to the learning activity and provide him a clear notion of just exactly what is required of him to achieve success. Sample objectives are presented here for vocational courses in horticulture, mechanics, agricultural supplies, agricultural production, and wildlife conservation.

1641-74

PLANNING NUTRITION PROGRAMS FOR ELEMENTARY SCHOOL TEACHERS. M H Hill. Nutr Comm News 4 p. Mar/Apr 1963. 1.982 A2N955
Educational Programs, Effective teaching, Elementary schools, Inservice education, Nutrition education, Nutrition knowledge, Program planning, Teachers.
Abstract: Effective nutrition programs for elementary schools begin with informed teachers. Voluntary participation of the teachers may be advanced by asking study programs convenient and economical while giving them sound, up-to-date knowledge.

1642-74

ADAPTING NUTRITION FACTS--AN EXAMPLE. M H Hill. Nutr Program News 4 a. Jan/Apr 1965. 1.982 A2N955
Applied nutrition, Basic nutrition facts, Cardiovascular disorders, Educational programs, Fat levels, Information dissemination, Nutrition education, Program planning.
Abstract: Using a discussion of scientific research results on the role of fat in heart disease as an example, this report describes ways in which such information can be reliably and effectively used in nutrition education for the lay public.

1643-74

A CONCEPTUAL APPROACH TO NUTRITION EDUCATION. M H Hill. J Am Diet Assoc 49: 20-22. July 1966. 3M9.N A834
Basic nutrition facts, Curriculum planning, Educational programs, Effective teaching, Elementary schools, Information dissemination, Nutrition education, Program design, Research.
Abstract: This article describes how concepts from basic research were developed for a conceptual approach to nutrition education and put into language children could understand. The concepts can be used equally by public health nurses, in food store programs, and in dietary counseling.

1644-74

BASIC NUTRITION CONCEPTS--THEIR USE IN PROGRAM PLANNING AND EVALUATION. M H Hill. Nutr Program News 4 a. Nov/Dec 1964. 1.982 A2N955
Basic nutrition facts, Curriculum planning, Educational programs, Elementary schools, Nutrition education, Program evaluation, Program planning, Secondary schools.
Abstract: Basic nutrition concepts and how they can be used in school programs are the subject of this article. Reliable nutritionists need to coordinate efforts and achieve consensus. The concepts given are in easy, lay language as starting points for teaching. Some guidelines for school programs at

all grade levels and for evaluation are suggested.

1645-74

NUTRITION EDUCATION IN ELEMENTARY SCHOOL PROGRAMS. M H Hill. Nutr Program News 4 p. Mar/Apr 1969. 1.982 A2N955
Basic nutrition facts, Curriculum guides, Curriculum planning, Educational objectives, Educational programs, Elementary schools, Nutrition education.
Abstract: Personnel and class work that are optimal for developing attitudes, habits, and understanding about food and nutrition of elementary school children in a sequential program are described. Basic concepts are presented.

1646-74

NUTRITION AND THE WAR ON POVERTY: AMERICAN HOME ECONOMICS ASSOCIATION WORKSHOP--WORKING WITH LOW INCOME FAMILIES. M H Hill. Nutr Program News 4 p. May/June 1965. 1.982 A2N955
American Home Economics Association, Cultural factors, Inservice education, Low income groups, Nutrition education, Program design, Program planning, Socioeconomic influences, Workshops.
Abstract: A workshop for those working with low-income families included opportunities to observe poor people in their homes and obtain specific information about them. Some characteristics of the "culture of poverty" are described. Life concepts are vastly different from those of the middle-class. Children lose their confidence when school makes them conscious of their subordinate position. Some implications for nutrition are offered. National food programs are a help, but nutrition education has been most effective when developed locally.

1647-74

TRAINING FUNDAMENTALS HELP CONTROL METRIC CONVERSION COSTS. Peyton H Hinkle. Training and Dev J 20 (5): 36-41. May 1974. LC1041.T7 P5W
Behavior change, Conversion, Costs, Educational objectives, Metric systems, Organization, Resistance to change, Teaching methods, Training.
Abstract: From studying British training experiences, certain fundamentals of training for metric conversion can be identified. In providing metric training, it is important to avoid overeducating people with information. Provide only that information needed to perform specific jobs. The three main training objectives are: (1) overcome the resistance to change; (2) introduce the metric units to be used and develop familiarity with them; and (3) develop people's ability to use the new units on the job. A specific training schedule should be set up, and training methods selected that best fit the subject-matter and the particular employees being trained. Finally, feedback is needed to make sure the new measurement system is taking hold.

1648-74

FLIP CHART TRAINS NEW HIRES. Ed Hirsch. Training in Business and Industry 11 (6): 41. June 1974. WF1101.T7 P5W
Audiovisual aids, Charts, Employment practices, Food service training, Food service workers, Instructional materials, Job training, Teaching techniques, Training.
Abstract: Burger Chef Systems, Inc. has selected the flip chart as its basic training device to orient the new restaurant employee to his job. Called the Leader's Guide, the flip chart was designed to permit the manager or any qualified employee to give the new employee a visual preview of his new job. The Leader's Guide contains separate sections for each work station in the restaurant. Each section consists of a series of full-color illustrations with key concepts appearing as captions. On the reverse side of each illustrated page is a suggested script to be followed by the trainer.

1649-74

TRAINING THE DISADVANTAGED AS HOME HEALTH AIDES. M Hoff. Public Health Rep 84 (7): 617-623. July 1969. HA421.P82 P5W
California, Community programs, Elderly (65 + years), Health personnel, Home health aides, Low income groups, Paraprofessional training, Public health programs.
Abstract: This article tells how unemployed or very poor older people were selected and trained to become health aides in the homes of ill persons in a California county health department. The training program and performance of the trainees are detailed.

1650-74

THE INTERNATIONAL UNION OF NUTRITIONAL SCIENCES--A SURVEY OF NUTRITION EDUCATION. Dorothy Hollingsworth. Nutr Bull 10: 41-46. Jan 1974. TX341.T7 P5W
Dietitians, International programs, Nutrition education, Nutritionists, Professional education, Public health nutritionists, Training.
Abstract: The International Union of Nutritional Sciences has several commissions. This brief article summarizes the report of a Committee on Nutrition Education and Training in Schools of Home Economics, Nutrition, Dietetics and Allied Health

- Professionals of the Commission on Nutrition Education and Training. This report and the summary article present data on dietitians and public health nutritionists, and their training in 125 countries throughout the world. The characteristics of training courses for dietitians are reviewed. A number of countries train the dietitian for community as well as hospital service. There is general recognition of the need to train competent para-professionals to carry out routine work. A fuller account should be made of training for community nutrition, and nutrition training of teachers and extension workers should be reviewed.
- 1651-74**
THE INTERNATIONAL (SI) METRIC SYSTEM AND HOW IT WORKS.
Robert A. Moskina
Bannock, Calif., Polymeric Services 281 p. 1973.
OC91.16 P68
Conversion, economic, conversion factors, history, measurement, metric system, reference materials.
Abstract: This book, written to interest all adults brings out the benefits of the United States converting to the metric system. There is included a short, but complete history of the battle waged for conversion to the metric system in the U.S. Included is a section whereby the changes in textbooks from elementary school through college is discussed. Conversions and differences in measuring building materials, paper sizes, etc. are included.
- 1652-74**
CREATIVE BULLETIN BOARDS -- ELEMENTARY.
Janice G. Borsack, Dan Dickas
New York, Citicorp Press 80 p., illus. 1969.
L11943.5.M6 P68
Bulletin boards, fruits, instructional aids, instructional materials, vegetables.
Abstract: This book abounds with different ideas for the elementary school teacher to use in creating new and unusual bulletin boards. Directions are given for making the boards both attractive and educational. There is a short chapter on how best to create effective bulletin boards. There are many examples of complete boards for reading, grammar and punctuation, composition, math and science (one board on the secret of fruits and vegetables), social studies and poetry.
- 1653-74**
HOW TO CREATE A NUTRITION FOOL.
Food Management 9 (3): 65. Mar 1974.
TX341.P69
Boys club, career education, disadvantaged youth, educational programs, food service occupations, food service training, meals, program design, vocational education.
Abstract: The Boys Clubs of America are sponsoring a series of action-oriented educational programs in food service for boys of disadvantaged background and little or no chance to attend college. In these classes, boys are being trained as chefs, short-order cooks, bakers, nutrition aides, and other highly skilled jobs. The classes are locally sponsored and established in and around urban areas across the country.
- 1654-74**
NEW FRONTIERS IN HEALTH EDUCATION.
Howard S. Boyaan
J Sch Health 43 (7): 423-430. Sept 1973.
L338C1.J6 P68
Curriculum, curricular planning, educational methods, educational planning, educational progress, health education, teaching methods.
Abstract: The author outlines eight approaches to health curriculum planning and teaching and gives reasons for using each of these approaches. They emphasize such factors as the human life cycle, personality and life style, human potentialities, ethical issues, ecology, preventive care, community participation and conceptual approach. Examples of such approaches should be of interest to nutrition educators concerned with curriculum or program development at all levels of education.
- 1655-74**
HEALTH EDUCATION - NUTRITION K-6.
Instructional Objectives Exchange
Las Angeles, Instructional Objectives Exchange 60 p. 1970.
TX364.L5 P68
Behavioral objectives, curriculum, educational objectives, elementary school curriculum, nutrition concepts, nutrition education.
Abstract: This book contains specific behavioral objectives and test items to be used by teachers teaching nutrition on the K-6 level. It is not an organized nutrition program but rather a collection of objectives to be individually selected by a teacher and coordinated into that teacher's own program. The objectives cover such topics as the identification of foods, selection of balanced meals and balanced foods for a day, nutrient function, processes, consumer information, nutrient testing and nutrient experiments.
- 1656-74**
HOMI ECONOMICS, GRADES 7-9.
Instructional Objectives Exchange
Las Angeles, Instructional Objectives Exchange 155 p. [n.d.].
TX167.L5 P68
Class activities, curriculum planning, evaluation, home economics education.
Abstract: This collection contains 74 objectives and related evaluation items for home economics, grades 7-9. It is organized into the categories of child development, clothing and textiles, consumer practices, foods and nutrition, home management, and family economics. Each lesson contains the objective, measurement items, and the means for judging the adequacy of student responses. A questionnaire is also included, so that study may be done by the ICI to further improve cognitive and affective objectives of the lesson plans.
- 1657-74**
INTRODUCING THE METRIC SYSTEM (FILMSTRIPS/CASSETTES).
Santa Monica, Calif. BPA Educational Media 1 case. 1972.
OC93.L5 P68 Av
Conversion, mathematics, measurement, metric system, physical measurements.
Includes 4 filmstrips, 2 tape cassettes, and Teaching guide.
Abstract: The metric system is based on a number set of ten. All the units in metric are related and based on the ten set. The most commonly used units are the meter for length, the liter for volume, and the gram for mass. Conversion to the metric system will cause some problems, initially, but the system's advantages outweigh the short-term problems resulting from confusion between the metric and English systems. This audiovisual kit teaches students to apply metric units in appropriate situations, to understand the metric system as a system in which units are related by powers of ten, to define the relationships between metric units, and recognize various distances, volumes, and masses in terms of metric units.
- 1658-74**
IT'S GAME TIME.
Forcast Home Econ 20 (4): f27-f43. Dec 1974.
J21.L6 B752
Educational games, student involvement, teaching techniques.
Abstract: The games in this issue of Forcast have been designed to aid you in developing games for your classroom. Each game can be made from materials which are easily obtainable at low cost: construction paper, poster board, index cards and felt-tipped markers. In some instances you might need to use a copying machine. Where space permits, we have included illustrations which can be reproduced and mounted on cards or playing boards.
- 1659-74**
ACCENTUATE THE POSITIVE.
Michael F. Jacobson
Instructor 83 (5): 50-51. Jan 1974.
L1115 P68
Child nutrition, food classification, instructional aids, nutrient values, nutrition education, professional education, sequence, stamp out nutritional illiteracy.
Abstract: This article offers teachers of children in the middle grades and up a simple system of rating the nutritive values of foods, and suggests ways to use them in classes to provide nutrition education. The complete rating system is not included in the article.
- 1660-74**
COLORING TEAR SHEETS FOR NEW FURNISHMENT IN ELEMENTARY SCHOOL MENUS (COLORING BOOK); BUBBLES OF FUN.
Evelyn B. Jassas
American School Food Service Association
Denver, American School Food Service Assn. 38 p. 1974.
TX355.C6 P68
Educational games, educational resources, instructional materials, nutrition education, school lunch programs.
Abstract: This booklet consists of 33 coloring tear sheets and five crossword puzzle sheets on nutrition to possibly be used in conjunction with the school lunch menu. The sheets are designed for children of kindergarten through the fifth grade level. A variety of nutritional information is given in each sheet, including such areas as nutrient function, sources of nutrients, the four food groups, food safety, good dental health, eating breakfast, eating desserts, and discussions of specifics such as sauerkraut, peanuts, cholesterol and amino acids.
- 1661-74**
PROFESSIONAL DEVELOPMENT: GET THEM EARLY.
Donald B. Jarrall
Training in Business and Industry 11 (2): 23-26. Feb 1974.
HF1101.L7 P68
Career choice, career education, career planning, employment practices, job placement, occupational guidance, professional education, recruitment, work study programs.
Abstract: Cooperative work-study programs seem to offer the best opportunities for career development. Students who participate in such a college-level program increase the likelihood that they will ultimately engage in work suited to their interests and/or aptitudes. As a consequence, their performance is superior to that of other employees. The study described in this article also shows that the performance of employees who have changed employers at least once during their career is inferior to that of fellow workers who have had no job experience elsewhere. Businesses that require a number of professional people should adjust their recruitment practices in order to hire more former "co-op" students, and consider the possibility of themselves participating in cooperative work-study programs with local colleges and universities.

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1662-74

EFFECTIVE DIET COUNSELING BEGINS EARLY IN HOSPITALIZATION.

D Johnson
Hospitals 41 (2): 94-100. Jan 1967.
NA960.86 P83

Diet counseling, Diet planning, Dietary information, Effective teaching, Hospitals, Interviews, Nutritious education, Patient care, Therapeutic nutrition.
Abstract: This author favors abolishing the term "discharge diet" in favor of "diet counseling" for hospitalized patients. How and where the consultation should be held is discussed as well as how to reach and motivate the patient. The dietitian should help fit the new diet to the patient's life as much as possible. Printed meal plans should not substitute for true instruction. Suggestions for interviewed techniques and individualized teaching are offered.

1663-74

THE DIETITIAN--A TRANSLATOR OF NUTRITIONAL INFORMATION.

Eric Johnson
J Am Diet Assoc 64 (6): 608-611. June 1974.
389.8 AH34

Communication (Thought transfer), Dietary consultants, Dietary information, Dietitians, Food service occupations, Nutrition, Nutrition education.

Abstract: Dietitians are translators of nutritious information with the goal of providing optimal nourishment of people, putting ideas into action by performing in innumerable roles. Historically, one of the principal places where dietetics is practiced has been the hospital, where dietitians were--and still are--concerned with feeding the sick, at the same time carrying out the administrative role of department head. Over the years the dietitian's role has constantly expanded and now involves nutrition education, research, teaching, work with community agencies, the food industry, and politics and legislative action. As knowledge has expanded, specialties--and even sub-specialties--within the profession have evolved, to the end that, in a broad direct and indirect way, the dietitian is, more than ever, truly a "translator of nutrition knowledge" to the benefit of mankind.

1664-74

EFFECTIVENESS OF HOME ECONOMICS CURRICULUM MATERIALS AND THEIR USE IN A FIELD STUDY OF APPLIED NUTRITION.

Margaret Virginia Jolley
Stillwater, Graduate College of the Oklahoma State University
45 v. July 1970.

TX364.36 P83
Applied nutrition, Behavior change, Home economics education, Inservice education.

Abstract: The thesis is concerned with the answer to the question, can a home economics teacher who has received in-service training and curriculum materials, teach in a way that will lead to improvement in the food habits of her pupils? Included in the report is a review of the literature in the field of nutrition education. Ideas for the development of different curriculum materials and the teaching of these materials to the students is discussed. Changes in the eating habits of the students is written up, and recommendations for further study with implications in changes in eating habits discussed.

1665-74

A FOOD PREFERENCE QUESTIONNAIRE FOR COUNSELING PATIENTS WITH DIABETES.

M Kaufman
J Am Diet Assoc 49 (1): 31-37. July 1966.
389.8 AH34

Diabetes mellitus, Diabetic diets, Diet counselling, Diet planning, Dietary information, Food preferences, Patient care, Questionnaires.

Abstract: Diet history interviews are basic to diet counseling, but are time consuming. The food preference questionnaire presented here is designed for the patient to fill out himself. It serves as a teaching device for the professional worker and provides an acceptable take off point for further diet planning.

1666-74

PROGRAMMED INSTRUCTIONAL MATERIALS ON DIABETES.

M Kaufman
J Am Diet Assoc 46 (1): 36-38. Jan 1965.
389.8 AH34

Diabetes mellitus, Diet information, Evaluation, Instructional aids, Medical factors, Nutrition education, Patient care, Programmed instruction, Teaching techniques.

Abstract: Basic factual material about diabetes adapts well to the technique of programmed teaching. Preliminary studies show it works well with both patients and professional workers.

1667-74

CHILD CARE--A HANDBOOK FOR SOCIAL WORKERS AND LEADERS IN RURAL COMMUNITIES. (SPA)

M E Keister
Rome, Italy: Food and Agriculture Organization 58 p. 1967.
RJ10 L.R42 P83

Child care, Child development, Child nutrition, Community programs, Developmental nutrition, FAO/WHO, Health programs, Hygiene, Rural areas.

Title of Original: Puericultura--un manual para asistentes sociales y dirigentes de las comunidades rurales.
Abstract: Written primarily for the use of social workers in

developing countries, this book presents the basics of child care and child health. With this information, village workers can instruct parents in the rudiments of child development and the effect of proper clothing, hygiene, sanitation, diet, exercise, sleep, and discipline on children's well-being. Each stage of a child's development brings with it special needs. These needs are explained for all levels from infancy through the preschool years to the age of eleven.

1668-74

STRATEGY TO TEACH PARENTS TO TEACH CHILDREN.

J K Kerckhoff
J Home Econ 60: 346-349. May 1968.

321.8 J82
Educational programs, Effective teaching, Parent participation, Preschool children (2-5 years), Program evaluation, Research, School children (6-11 years), Teaching methods.
Abstract: In conjunction with enrichment programs for kindergarten, nursery school, and first grade children from low-income areas, the children's mothers want to school to learn specific things to teach their children. Several programs are described and questions still unanswered, such as whether other low-income parents can teach their peers better than professional teachers, are cited.

1669-74

BRINGING OLD WORLD FLAVOR INTO THE CLASSROOM.

Hedine Fink
Forecast Home Econ 20 (3): f-47. Nov 1974.
321.8 H752

Cooking instruction, Cooking methods, Elderly (65 + years), Equipment, Ethnic foods.

Abstract: The logical person to demonstrate such techniques is a man or woman who has been cooking for over forty years. Older techniques, in some cases, take no more time than new ways and give one a sense of pride. Wouldn't a student be fascinated to meet a woman who really does make her own soups and could give practical hints in preparation techniques? Some senior citizens are quite happy to share their knowledge with the younger generation.

1670-74

APPROACHES TO TEACHING ADULTS.

R C Kintzer
J Am Diet Assoc 50: 475-477. June 1967.
389.8 AH34

Adult education, Behavior change, Discussion (Teaching technique), Effective teaching, Learning behavior, Motivation, Teaching methods, Teaching techniques.

Abstract: Although adult learning differs from that of children, the capacity to learn is the same. Some concepts on how to motivate and enhance adult learning are presented, including listening teams, brainstorming, huddle groups, and letting the individual make the discoveries for himself.

1671-74

EXTENSIVE HOME HEALTH AIDE TRAINING.

L M Kirk
Ext Serv Rev U S Dep Agric 37 (7): 4-5. July 1966.
1 EX82EH

American Indians, Community programs, Educational programs, Extension education, Health personnel, Home care, Home health aides, Nevada, Paraprofessional training.

Abstract: Home health aides from three Nevada Indian reservations have been trained to work with their people, assisting families in emergencies such as illness and in food preparation, nutrition, and housekeeping. The training program is described.

1672-74

SEVEN THINGS THAT HAVE TO HAPPEN BEFORE A SEMINAR SUCCEEDS.

Donald I Kirkpatrick
Training 11 (10): 44-45. Oct 1974.
HF1101.T7 P83

Management development, Personnel management, Training.
Abstract: Performance principles are supplied, including relating objectives and content to participants; leadership orientation; preparation and supplies; scheduling; presentation-participation balance; and a training oriented approach.

1673-74

HOW CHILDREN LEARN ABOUT FOOD (SLIDES AND FLASHCARDS).

Ruth Klippstein, Marjorie Washburn
Ithaca, New York State College of Human Ecology, Cornell 20 slides, 2"x2", col., 20 flash cards, 8 1/2"x11", col. 1972.

TX364.863 P83 AV
Attitudes, Behavior, Child nutrition, Cultural factors, Learning, Preschool children (2-5 years).
Text on back of cards, 30 p. Discussion guide.
Abstract: These slides of flash cards show children in a wide variety of food-learning situations. The discussion guide gives ideas that can be explored for each situation. Parents and teachers alike would learn much about the formation of children's attitudes toward food from these visuals. The materials are designed for use with such groups.

1674-74

BEHAVIORAL FACTORS IN NUTRITION EDUCATION.

A L Knaton, M F Newton
J Am Diet Assoc 37 (3): 222-225. Sep 1960.
389.8 AH34

Behavior change, Diet counselling, Diet improvement, Effective

- teaching, Food habits, Learning behavior, Motivation, Nutrition education, Nutrition knowledge.
 Extract: The authors present some behavioral factors useful to dietitians in counseling patients. They suggest using the "crowling idea" of knowledge--how much the patient already knows about his food habits and the meaning of a proper diet. Group sessions where patients help one another are useful.
- 1675-74**
THE DIABETIC CLINIC.
 M H Korczowski, L Koziat, D DeLauter
 Marital Proc 44 (6): 152-154. June 1963.
 NASCC.86 FEM
 Diabetes mellitus, Diabetic diets, Diet counselling, District of Columbia, Educational programs, Hospitals, Nutrition education, Patient care, Program design.
 Extract: A weekly diabetic clinic in a metropolitan hospital conducts a class for the patients. The clinic is also an educational experience for the student nurses into whose course work it is integrated. They must plan, in small groups, how to instruct a new diabetic patient.
- 1676-74**
THE CAFETERIA FOOD GAME.
 H Kornbluh
 Nurs Outlook 15 (2): 47. Feb 1967.
 NT.16 FEM
 Classroom games, Diet improvement, Educational games, Food habits, Instructional materials, Nutrition education, School children (6-11 years), School food service, Teaching techniques.
 Extract: Children buying meals from a school cafeteria score points for good food choices, none for poor ones. This teaches the teacher something about children's usual food habits and the child learns something about nutrition. Pictures can be used in a classroom setting. The technique can be used in weight control classes, or other patient settings.
- 1677-74**
MAKING EMPLOYEE ORIENTATION WORK.
 Thomas LaMotte
 Personnel J 53 (1): 35-37, 44. Jan 1974.
 280.8 J824
 Employment practices, Hospitals, Industrial relations, Job satisfaction, Management, Personnel management, Training.
 Abstract: In the face of a union organizational attempt, a hospital in Cleveland, Ohio, made some needed changes in its employee relations program designed to strengthen the general orientation for new employees and provide continuity between that program and the events before and after it. In addition to easing employees' uncertainties and anxieties about a new job and work environment, the program has created favorable attitudes toward the organization, provided opportunity for feedback to management, and helped avoid those factors that generate misunderstandings, grievances, and high turnover rates.
- 1678-74**
MEASURING READABILITY OF HEALTH EDUCATION LITERATURE.
 R R Laneau, R S Thruash
 J Am Diet Assoc 42 (3): 214-217. Mar 1963.
 389.8 AN34
 Academic achievement, Effective teaching, Evaluation, Health education, Instructional materials, Publications, Reading.
 Extract: A survey of the diabetic literature available to patients in terms of ease of reading showed the majority is at or above ninth-grade level. More than half the U.S. diabetic population over 45 has not completed ninth grade. If about 200 unfamiliar words were removed, the reading level would be that of fifth grade. For ease of reading, sentences should be kept as short as possible, as should the vocabulary load.
- 1679-74**
GAGNE'S LEARNING THEORY APPLIED TO TECHNICAL INSTRUCTION.
 Tom I Lavson
 Training and Dev J 28 (4): 32-40. Apr 1974.
 LC1041.T7 FEM
 Behavior change, Learning, Learning behavior, Learning theories, Performance, Performance criteria, Technical education, Training, Training techniques.
 Extract: Robert M. Gagne's theory on the attributes of eight types of learning and their underlying hypothesized external conditions has interesting implications for hierarchical sequencing as a basis for technical instructional decisions. It appears, however, that the effects of classroom and/or laboratory teaching realities on sequencing are relatively complex. They are dependent on other task-related variables which are unrelated to learning itself. Apparently, these task-related variables related to performance rather than learning: during instruction they act as parameters which indirectly influence the magnitude of the effect of the learning conditions. In this analysis the complexity of Gagne's learning theory is discussed and methodology presented under which many of his principles may be systematically applied to technical instructional development.
- 1680-74**
VIDEOCASSETTES: THE DREAM MEDIUM.
 Ann LeClerc
 Media & Methods 10 (6): 14-18. Mar 1974.
 TX335.A1N4 FEM
 Audiovisual aids, Audiovisual equipment, Audiovisual instruction, Instructional materials, Tape recordings, Video cassettes, Video tapes.
 Extract: From production to use, video technology is designed for hands-on student use. Many media centers make effective student-use of their portable, battery-operated VTR systems. Students use the hand-held video camera for cinema verite shooting in the field, and for self-analysis on the debate team and tennis court. The video cassette playback equipment, unlike film or filmstrip projectors is designed practically for use by students in individual learning situations. While most of the visual media have been utilized for group learning, the video cassette is the perfect medium for individualized learning, either on a college campus, a school system library, or a public library. Here are how some media centers and libraries around the country are effectively and creatively using video cassettes to individualize learning.
- 1681-74**
EXPLORING HEALTH CAREERS: CAREERS IN THERAPY, MEDICAL TECHNOLOGY AND NUTRITION.
 Gordon Lebowitz
 New York, N.Y.: Fairchild Publications, Inc. 128 p. 1974.
 TX364.L42 FEM
 Career Planning, Dietitians, Food service occupations, Food service workers, Health occupations, Nutritionists.
 Teacher's guide included, sep. Cov.
 Abstract: The duties, training, and education required for health careers are described. Personal and monetary rewards, sources of further information, and approaches to actual contact with working professionals are described. Section III deals with dietetics and nutrition careers in hospital food service. Each section contains a glossary of terms used in each area.
- 1682-74**
THE CHALLENGE OF GROUP COUNSELING.
 A L Lindley
 What's New How Econ 35 (6): 30-32. June 1971.
 321.8 M55
 Counseling, Discussion (Teaching technique), Effective teaching, Group dynamics, Groups, Problem solving, Teaching methods, Teaching techniques.
 Extract: Group counseling as an educational technique in the classroom can be defined as a shared problem-solving to investigate possible solutions to a given problem or evaluation of a situation. Using this technique, a class can be divided into discussion groups. The teacher can establish rapport by being a good listener.
- 1683-74**
SCHOOL LUNCH AND LEARNING.
 Eunice Logan, Verna Jones
 Washington, D.C., Educational Resources Information Center
 277 p. in 2 vols. 1962.
 LB3475.L6 FEM
 Adult education, Alaska, Cooking instruction, Curriculum, Health education, Measurement, Nutrition, Safety education, School lunch programs.
 Available from Lemco Information Products, Inc., 4827 Rugby Avenue, Bethesda, Maryland 20014; EDRS price MF \$1.00, ERIC Report No. ED 013 694.
 Abstract: A comprehensive presentation of ideas is made in this publication to help the school principal organize and conduct a school lunch program, and to furnish the classroom teacher with practical suggestions for enriching the total classroom program through school lunch experiences. School lunch is the topic of the first section and includes subtopics about: 1) organizing for the school lunch, 2) housekeeping practices, 3) nutrition, 4) lunchroom equipment, 5) safety, 6) measurements and equivalents, and 7) use of dried milk, eggs, and beans. The second section contains many innovative suggestions relating to correlation of the learning programs with the school lunch program. An appendix includes a bibliography of references and sources of free and inexpensive materials.
- 1684-74**
WORKING WITH PUEBLO INDIANS IN NEW MEXICO: DEVELOPMENT OF TEACHING MATERIALS.
 D P Longman
 J Am Diet Assoc 47 (6): 47C-473. Dec 1965.
 389.8 AN34
 American Indians, Diet improvement, Diet patterns, Food habits, Instructional materials, Navahos, New Mexico, Public health programs, Teacher developed materials.
 Extract: The nutritionist in a U.S. Public Health Service Indian health program studied the food practices of the Navajo Indians she was advising in order to work within the existing diet patterns. She then developed nutrition leaflets based on the dietary customs of the Navajo. They included an adaptation of the basic food groups, recipes for domestic foods, diabetic exchange lists, and food for babies.
- 1685-74**
LOW APTITUDE, HIGH APTITUDE--TRAINING MUST FIT THE MAN.
 Training 11 (11): 42-43, 58-65. Nov 1974.
 HF1101.T7 FEM
 Learning, Learning ability, Learning theories, Teaching, Training.
 Extract: A recently conducted survey makes a solid case for differentiated instruction in which slow students get a lot of help while fast ones get less. Two groups of Army inductees, one of low aptitude, the other of high, provided the

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testing ground for studies in how to match trainer instruction to learner attitudes. Conclusion drawn from the experiment: a better understanding of individualized instruction will produce substantial benefits in terms of cost savings, time savings, and motivation.

1686-74

HOW TO PICK YOUR WAY THROUGH TODAY'S MINEFIELD OF CURRICULUM PRODUCTS.

Edwin MacBath
Amur School Board J 161 (9): 36-41. Sept 1974.
LS2821.A4 P6N

Audiovisual aids, Audiovisual equipment, Audiovisual instruction, Instructional materials, Multimedia instruction, Textbooks.

Abstract: Three broad categories of curricular products are discussed: including software: books, files, and tapes; hardware: cameras, tape recorders, projectors, and electronic equipment; and multimedia learning processes, which contain everything but bubble gum.

1687-74

HOW AM I DOING?

Diana Macdonald
What's New Home Econ 38 (2): 42-44. Feb 1974.
321.B W55

Attitudes, Behavior, Educational objectives, Evaluation, Evaluation methods, Home economics education, Questionnaires, Student involvement.

Abstract: Self evaluation is meaningful evaluation that helps the student identify goals and meet objectives. Besides being used as a continuous process check or culminating evaluation, self-evaluations can be helpful to introduce a unit and set the standard of behavior that is expected. The questionnaires and rating sheets accompanying this article demonstrate how home economics students can keep tabs on their home and classroom behavior. The sheets allow students to judge (1) their actions and attitudes within the family, (2) their babysitting practices, (3) their food preparation practices, (4) their classroom work habits, and (5) their sewing techniques.

1688-74

THE EFFECTIVE USE OF MASS MEDIA IN NUTRITION EDUCATION.

Richard K Manoff
Pub Bull 4 (1): 12-17. 1974.
QD831.A1P7 P6N

Communications, Developing nations, Educational program, Information dissemination, Instructional aids, Mass media, Nutrition education, Program design, Program planning.

Abstract: What is heard over the radio, seen on television or in the cinema, read in the newspaper or magazine, or viewed from the prominence of a public poster carries an impact no individual is capable of delivering on a face-to-face basis. While the latter may have greater personal persuasiveness, the mass media carry an institutional impact which for social action objectives is an invaluable communications asset. Face-to-face communications programs are essential, but experience demonstrates that as sole source of information they are not equal to critical situations: they take too long, the situation calls for critical messages that can reach further into the community to deliver exact messages at faster rates. The mass media have these essential attributes: a further/faster capability. Nutrition is a subject that can be adapted to the reach-and-frequency techniques of advertising--the technique that is built on the short message, frequently repeated in the midst of, and between, the higher popular entertainment programs.

1689-74

FOOD CONFOES.

Martha Hayes, Susan Travis
Ithaca, Cornell University looseleaf, 8 nutrition lessons.
[n.d.].

TX355.T73 P6N

Activity learning, Four N Clubs, Instructional materials, Nutrient sources, Nutrition concepts, Secondary education.

Abstract: The purpose of this youth Project for 12- to 14-year-olds is to teach the importance of protein, B-vitamins, and calories. (It is a sequel to "Try something new".) The theme is that these key nutrients work best together as a "combo" --Proteins--although each is important in itself. Indoor and outdoor activities are suggested including food preparation, label reading, games, songs and art-related projects. Supportive information for the teacher/leader is included.

1690-74

CHANGES IN ADULTS WHICH AFFECT TEACHING.

J Martin
J Am Diet Assoc 43 (5): 439-441. Nov 1963.
389.8 AR34

Aging, Deconditionation, Elderly (65 + years), Health care, Health needs, Learning behavior, Learning disabilities, Nutrition, Physical fitness.

Abstract: This article describes some of the physiological changes associated with aging that can affect learning in adults. These changes include visual acuity, hearing, and reaction time. Suggestions are made to help circumvent such disabilities.

1691-74

HEALTH EDUCATION: A CURRICULAR APPROACH TO OPTIMAL HEALTH.

Maryland, State Dept. of Education
Baltimore, Maryland State Department of Education 2 vols.,
looseleaf. 1973.
RA440.N3 P6N

Air, Conservation, Health education, Instructional materials, Nutrition, Safety, Water.

Abstract: The curricula contained in the two volumes is organized around a conceptual structure designed to aid teachers in planning lessons which will enable the learners to develop concepts that can contribute to their health behavior. The structure consists of a series of statements representing ideas that learners should focus as a result of their experience. For each concept at each level (4 levels for kindergarten through 12th grade) there is also included a sample teaching plan which specifies content, learning activities, an assessment task, and an outcome in detail.

1692-74

PRINCIPLES OF INTERVIEWING AND PATIENT COUNSELING.

L I Mattheus
J Am Diet Assoc 50 (6): 469-474. June 1967.
389.8 AR34

Clinical diagnosis, Diet counselling, Diet improvement, Dietary information, Hospitals, Interviews, Patient care, Psychological aspects, Therapeutic nutrition.

Abstract: Interviewing is done to provide maximum help for patients. An interview begins with study, then diagnosis, and finally treatment. The setting should provide privacy. The poor often feel alone, alienated, insecure. Help should begin where the patient is, letting him tell his story himself. Interviewer and patient should both understand what they have talked about, why they have talked about it, and what they are both trying to do.

1693-74

WHAT TO TEACH--WHEN AND WHY.

Jean Mayer
Instructor 83 (5): 53. Jan 1974.
L11.I5 P6N

Basic nutrition facts, Curricula guides, Nutrition education, Physical fitness, Professional education, Teaching methods.

Covering titles: Stoop out nutritional illiteracy. Abstract: This brief article outlines a basic 12-year nutrition education cycle, from the first through the twelfth grade. The ideas are presented in four cycles of three grades each, and emphasize diversity of food and its origins, food in relation to bodily functions, basic facts about nutrients, and physical fitness in relation to weight control. The article is suitable for the school teacher at all levels.

1694-74

TEACHING MACHINES FOR PATIENTS WITH DIABETES.

G W McDonald, M B Kaufman
J Am Diet Assoc 42 (3): 205-213. Mar 1963.
389.8 AR34

Diabetes mellitus, Diabetic diets, Diet counselling, Diet information, Instructional aids, Nutrition education, Patient care, Programmed instruction, Teaching techniques.

Abstract: One of the chief reasons for poor control of his diet is the diabetic's lack of information about it. Use of teaching machines is one way to give such information satisfactorily. This paper describes a useful machine and the program adapted to it. Patients who used it were enthusiastic about the results.

1695-74

NUTRITION EDUCATION WORKSHOP.

S C McDonald, M B Owen
J Nutr Educ 2 (2): 68-69. Fall 1970.
TX341.J6

Educational program, Inservice education, Nutrition education, Program evaluation, Program planning, School food service, Teacher education, Workshops.

Abstract: A nutrition education workshop for school teachers explored ways to promote good nutrition among students. One of the techniques used was to create the meals from USDA surplus foods prepared in various ways. Participants took part in group discussions and prepared suitable illustrative material, incorporating nutrition into other subject-matter areas.

1696-74

NUTRITION AND DENTAL HEALTH.

L McGoogan
Ext Serv Rev U S Dep Agric 35 (2): 19. Feb 1964.
1 EX492EX

Arizona, Dental health, Exhibits, Inservice education, Instructional aids, Instructional materials, Nutrition, Nutrition education, Teacher education.

Abstract: An Arizona county nutrition council teamed with the dental department of the public school system to prepare an exhibit correlating dental health and nutrition for a state-wide teachers' association meeting. Bulletin on nutrition and a bibliography for teaching nutrition and dental health were supplied.

1697-74

TEACHING WITH TELEVISION.

Bether Beacham
J Home Econ 65 (9): 36-38. Dec 1973.
321.8 JB2

PB88 148

- Audivisual aids, Audiovisual equipment, Audiovisual instruction, College curriculum, Effective teaching, Home economics education, Teaching techniques, Televised instruction.
 Extract: Students in classrooms today, free kindergarten through university, have lived with television and learned from it during their entire lifetimes. Since they cannot remember a time when it did not exist, they accept the use of television as a natural way of life and as a feasible and effective instruction medium. At Ohio State, we have attempted to capitalize on the students' ready acceptance of television as a medium of instruction in our use of it as a large scale--particularly in teaching clothing. Those faced with teaching large numbers of students say wish to consider some of the techniques described here and determine whether these techniques might be adapted to their classroom needs.
- 1698-74**
PATIENTS LEARN ABOUT DIABETES FROM TEACHING MACHINE.
 E Neadove
 Hospital 39 (24): 77-82. Dec 1965.
 RA960.H6 F5W
 Diabetes mellitus, Diabetic diets, Diet counseling, Diet information, Instructional aids, Nutrition education, Patient care, Progressed instruction, Teaching techniques.
 Extract: An Illinois hospital has used a teaching machine for educating diabetic patients in the hospital as an adjunct to other forms of teaching. Some administrative details are discussed.
- 1699-74**
PLAN NUTRITION LESSONS NOW FOR FOODS OF FUTURE.
 Y Hedved
 What's New Home Econ 31 (2): 20-22. Nov 1967.
 J21.E W55
 Agricultural development, Curricula planning, Educational progress, New foods, Nutrition education, Nutrition knowledge, Prediction, Product development, Research.
 Extract: Present-day nutrition teaching must not only take into consideration present-day new foods and health problems, it must also prepare today's students for further changes in food which will arise from current fundamental nutrition research. Some practical suggestions are offered.
- 1700-74**
TELEVISION IN NUTRITION EDUCATION.
 E Hedved
 J Home Econ 58 (3): 167-170. Mar 1966.
 J21.E J62
 Adult education, Audiovisual instruction, Basic nutrition facts, Homeowners, Nutrition education, Televised instruction.
 Extract: Homeowners were invited to view and evaluate a series of brief television programs on basic food and nutrition information. Pre- and post-tests showed acquisition and application of the knowledge imparted by the screenings. Problems encountered were household duties which caused women to miss some programs. The author feels use of television for nutrition education could be extended beyond this basic level for new homeowners.
- 1701-74**
LIGHT A FIRE--TRAIN IN-SERVICE.
 John C Metz
 Food Management 9 (7): 31-32. July 1974.
 TX341.F69
 Attitudes, Curriculum guides, Food service management, Food service training, Food service workers, Inservice education, Motivation.
 Extract: In-service training, currently a widely used tool throughout all industry, includes several facets each of which should be considered. Objectives to be achieved are many and varied. The employer expects a better trained, more productive and efficient employee, resulting in a superior product or service. The employee expects that by his becoming a more skilled and valuable employee, he will be rewarded with advancement.
- 1702-74**
HOSEMAKING FOR THE EDUCABLE MENTALLY RETARDED GIRL; IN-SERVICE TRAINING MATERIALS FOR TEACHERS OF THE EDUCABLE MENTALLY RETARDED.
 Edward L Meyer, Donald L Carr
 Bethesda, ERIC Document Reproduction Service 113 p. 1967.
 RJ101.H4 F5W
 Child care, Clothing instruction, Consumer education, Curriculum guides, Foods instruction, Home economics education, Hosemaking skills, Mentally handicapped, Teaching methods.
 Available from: Leneco Information Products, Inc., 4827 Hughby Avenue, Bethesda, Maryland 20814; EDRS Price MF-90.75; NC-36.65; ERIC Report No. ED 024 178.
 Abstract: The hosemaking guide stresses the importance of certain hosemaking areas. They include grooming and personality, home management, foods and nutrients, clothing and child care. For each of the areas, an outline of suggested content is provided, specifying sub-units, general objectives, and activities. Sample Leneco films, additional resource materials and a list of films and filmstrips are also included for each area. Sixty-one references and additional general resources are listed. Forms are provided for teacher evaluation of the guide.
- 1703-74**
DINING IN SPACE.
 W Michaeline
 Nutr News 26 (4): 14. Dec 1963.
 JH9.H W57
 Activity learning, Food preservation, Intermediate grades, Nutrient intake, Nutrient requirements, Nutrition education, Teaching techniques.
 Extract: Children in an intermediate school built a space rocket model, which included an experimental space kitchen, and studied how food would be preserved, prepared, and eaten on a two-week trip and the nutrients provided and needed. The project was correlated with health, science, and composition courses.
- 1704-74**
STRUCTURING THE SETTING FOR HEALTH ACTION.
 W R Hillio
 Am J Public Health 57 (11): 1965-1990. Nov 1967.
 449.9 AH3J
 Community progress, Cultural factors, Educational progress, Health, Health education, Low income groups, Program design, Socioeconomic influences.
 Extract: The culture, interests, and style of life of poor people are described. The thinking and values of poor people are oriented to "new". Health services must take this fact into account. Services the poor need but use least must be brought to them. A neighborhood center with local staff can best serve them, mediating between the poor people and the middle-class health professionals.
- 1705-74**
DIETARY LEARNING AND GROUP STUDY IN A DIETETICS CURRICULUM.
 Judith Bell Miller, Marice C Spear
 J Am Diet Assoc 65 (2): 151-155. Aug 1974.
 JH9.H AH34
 Computer applications, Curricula evaluation, Curriculum guides, Food service management, Nutrition education.
 Extract: The effectiveness of student-paced unit mastery and group study techniques in a dietetic curricula were measured. With this teaching method, each student sets his own achievement goal and rate of learning within a time schedule established by the group. The subjects were seventeen students in the course, "Operations Analysis in Food Systems," of the coordinated undergraduate program in Food Systems Management at the University of Missouri-Columbia. The course pertains to computer-assisted food management systems. Based on pre- and post-test scores and the unit quizzes, it was concluded that self-paced unit mastery and group study techniques were very effective for this course and that these methods have considerable merit.
- 1706-74**
THE FOUR CRUCIAL PHASES OF EVALUATION.
 Gerald E Hirschberger
 Training 11 (8): 34-35. Aug 1974.
 HF101.T7 F5W
 Behavior, Educational objectives, Evaluation methods, Training.
 Extract: Evaluation is continuous but can be broken down into four phases: pretraining; that evaluation done before any actual training is started; training phase; evaluation made throughout the learning period; the posttraining phase; the evaluation made at the end of the training effort; performance phase; the evaluation of the particular trainee in an on the job situation after the training effort.
- 1707-74**
THE MISSING LINK: NUTRITION EDUCATION AN EXCITING ADVENTURE.
 Santa Fe Springs, Calif., Little Lake City School District
 [1] 1. Apr 10, 1969.
 TX364.H5 F5W
 Class activities, Experiments, Intermediate grades, Resource materials, School lunch.
 Bibliography: leaf [1].
 Abstract: The fifth and sixth grades in a California school district undertook a nutrition education experiment in which each class developed and carried out a course of study. The nutrition areas of science, health, social studies and art were studied. Descriptive outlines of the projects are given along with evaluations. There is a bibliography of resource materials used.
- 1708-74**
PATIENTS' UNDERSTANDING OF WRITTEN HEALTH INFORMATION.
 W F B Mohamed
 Nurs Research 13: 100-108. Spring 1964.
 NT1.M2 F5W
 Evaluation methods, Health education, Information dissemination, Patient care, Reading, Tests.
 Extract: A test has been devised to determine rapidly the reading ability of adult, ambulatory diabetics. Amount of schooling seemed the best predictor of ability to comprehend written health information. About forty-three percent were unable to benefit from any written health material. Many others got little from current materials. Significance of these findings for all health workers is obvious. Examples of test questions are given.

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TEACHING MACHINES: A NEW TRAINING AID FOR THE DIETITIAN.

A N Moore
Hospitals 38 (13): 66-67. July 1964.
RA960.46 P6N
Adult education, Health education, Hospital Personnel, Instructional aids, Instructional materials, Missouri, On the job training, Paraprofessional training, Programmed instruction.
Abstract: With programmed instruction, an employee or patient can teach himself such that he needs to know at any time convenient to him. The University of Missouri Medical Center has devised a program to teach food sanitation to persons relatively untrained in staff hospitals throughout the state. Use of these devices frees dietitians' time for other work. Present problems include lack of interchangeability of machines and lack of programs.

1710-7a

PROBLEMS IN PRODUCING PROGRAMS FOR AUTO-INSTRUCTION.

A N Moore, H W Klachuk
J Am Diet Assoc 51 (5): 420-425. Nov 1967.
389.8 AM34
Communication skills, Dietitians, Educational programs, Effective teaching, Nutrition education, Program design, Program planning, Programmed instruction, Writing.
Abstract: Although programmed instruction has many advantages--for example, it does not forget, it can teach in any different places at once, it could give patients general information about disease conditions they may have--its most important aspect is its most difficult: writing the program. Words must be chosen precisely for one meaning only. Clarity must be written into it and tested before it becomes final. Nevertheless, it can free dietitians from such routine, repetitive teaching.

1711-7a

A PHILOSOPHY FOR CLERICAL TRAINING: THE MENU APPROACH.

Richard K Murray, Doreen C Bittel
Training and Dev J 28 (7): 14-17. July 1974.
LC1041.77 P6N
Independent study, Individual characteristics, Personnel, Training, Training techniques.
Abstract: One of the increasing concerns of human resources development in industry is to treat each employee as an individual having unique strengths and weaknesses. It becomes the trainer's job to capitalize on these strengths and develop the weaknesses of each individual who comes within his or her sphere of influence.

1712-7a

HOW FOOD BECOMES YOU (FILMSTRIP).

National Dairy Council
Chicago, National Dairy Council 1 filmstrip, 56 fr., si., 35 mm, col. 1964.
OP145.H6 P6N AV
Basic nutrition facts, Food groups, Growth, Nutrient functions, Nutrient requirements.
Abstract: This filmstrip was planned to make the 10-12 year old child aware of the constituents of his body and the role of food in his development. Cells of the body are seen as viewed through a microscope and discussed in terms of chemical components which, in turn, are discussed as originating from foods. The need for an energy source is also discussed and the role of vitamins is touched upon. The questions of what is needed, where it comes from, and how such is needed are considered in the light of making proper food selections. The teacher's guide suggests any avenues the teacher might take for reinforcement and further explanation of topics. There is a supplemental list of references for teachers and children.

1713-7a

DO YOU? (POSTER).

National Dairy Council
Chicago, National Dairy Council poster, 24" x 19", miniature 4 3/4" x 6". 1968.
RK61.16 P6N AV
Audiovisual aids, Basic nutrition facts, Dental health.
With 2 p. Teacher's guide.
Abstract: This poster for primary school students shows 3 pictures with the captions: "Do you keep your teeth clean?", "--visit your dentist?", and "--eat good food?" Inverse side elaborates on these points, including the Basic Four Food Groups. The teachers' guide suggests classroom activities and provides a list with references and audiovisual materials.

1714-7a

COMPARISON CARDS: SET 2...FOR ADULTS (CHARTS).

National Dairy Council
Chicago 42 cards, guide for leaders. 1972.
TX551.W33 P6N AV
Diet information, Food composition, Recommended Dietary Allowances.
Abstract: The food values of 42 commonly-eaten foods are shown in graphic form, by multi-colored bars, on individual cards. The indexed set includes representative foods from the four food groups. And enclosed guide gives numerical food values, suggestions for use and reference.

1715-7a

PLANNING DIABETIC DIETS (FILMSTRIP/RECORD).

National Health Films
Atlanta, National Health Films 1 filmstrip, 62 fr., sd, 35mm,

col., 1 record. 1973.

TX361.D52P5 P6N AV
Diabetes mellitus, Diabetic diets, Exercise, Food exchanges, Instructional aids, Meal planning.
Abstract: The NHF's audiovisual presentation defines Diabetes Mellitus and the importance of diet. The use of food exchange lists in planning diabetic diets is presented and illustrated. The film combines the use of live-action photography and color-art in presenting the actual selection of food in accordance with the exchange lists. A sample diet prescription is used to illustrate how food selections may be made which respect an individual's life style and food preferences while meeting the requirements of a modified diet.

1716-7a

TEACHING ABOUT MEAT.

National Live Stock and Meat Board
Chicago, National Live Stock and Meat Board 34 p., illus. 1971.
TX371.W32 P6N
Consumer education, Cooking methods, Meal planning, Meat, Recipes.
Abstract: This resource book gives teaching methods to incorporate all aspects of meat into high school home economics classes. Suggested approaches include: teaching about nutrients; meal planning, special problem areas such as snacking and skipping breakfast, buying, storing, and cooking. For each aspect studies, objectives, learning methods, activities, background information, and educational aids are suggested.

1717-7a

SPANISH HANDBOOK.

New York (City), Visiting Nurse Service
New York, N.Y. 42 p. [n.d.].
TX65.V5 P6N
Bilingual education, Communication skills, Health personnel, Nursing, Spanish (Language), Visiting Nurse Association.
Abstract: For non-Spanish-speaking visiting nurses, here is a Spanish/English phrase book with pronunciation guides to help in communicating with patients who do not speak English.

1718-7a

SHE'S LESS TALK CAN MEAN MORE LEARNING.

D B Neushan, J M Fisher
Training in Business and Industry 11 (4): 36-40. Apr 1974.
HF1101.77 P6N
Communication skills, Effective teaching, Research, Teacher evaluation, Teachers, Teaching techniques, Training.
Abstract: A study of teaching styles has determined that some teachers are more effective than others. Three factors were culled out for scrutiny: (1) the amount of talk by the teacher to the trainee; (2) the appreciation of talk to various purposes (praise, correction, explanation, orders, etc.); and (3) the time and manner in which errors were corrected. It was found that a flexible teaching style was more effective than a rigid style. Rigid teachers spend such time giving orders. They constantly explain rather than allow trainees to make deductions, which tends to keep trainees dependent on their instructors. Effective teachers are those who limit their own talk and adopt their instruction and responses to the needs of individual trainees.

1719-7a

INTERACTION OF DIETETICS AND NUTRITION WITH DENTISTRY.

A E Nizal, J S Shulman
J Am Diet Assoc 55 (5): 476-475. Nov 1969.
389.8 AM34
Dental caries, Dental health, Dental schools, Dentists, Diet counselling, Educational programs, Nutrition education, Preventive nutrition, Program planning.
Abstract: Although nutrition is a separate, required course in all the schools of dental hygiene in the U.S. and Canada, the techniques of counselling patients in nutrition is not adequately covered. Applied nutrition is less prevalent in dental schools than is biochemistry. Only a few dental schools employ a full-time nutritionist.

1720-7a

TEACHING CHILD HEALTH.

A P North
Clin Pediatrics 9 (9): 539-542. Sept 1970.
WJ1.C5 P6N
Activity learning, Effective teaching, Food habits, Health education, Parent participation, Parental influence, Preschool children (2-5 years), School children (6-11 years), School lunch programs.
Abstract: Nutrition education efforts will have more effect if directed toward those who influence a child rather than if directed toward the child himself. Education is manifested by action and should be so directed. Learning is done best by doing. The school lunch should be exploited more fully as a demonstration of nutrition. Health education should teach the learner to ask relevant questions of health professionals.

1721-7a

NUTRITION WORKSHOPS CHALLENGE CALIFORNIA FOODSERVICERS.

Sch Foodserv J 28 (3): 28-31. Mar 1974.
389.8 S6H6
California, Educational programs, Food service workers, Institutes (Training programs), Nutrition education, Program design, Program evaluation, School food service, Workshops.
Abstract: Recognizing that knowledge of nutrition is essential

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- to every foodservice worker's education, the California School Food Service Association presented two nutrition workshops. The purpose of the workshop was to update food service workers' knowledge of nutrition at a level they could understand. Topics discussed by the speakers included (1) the Recommended Dietary Allowance and its effect on the Type A lunch pattern; (2) a comparison of organically grown food to food conventionally grown; and (3) using the school cafeteria as a nutrition laboratory.
- 1722-74
SOME TEACHER-CENTERED IN-SERVICE PROGRAMS.
William J O'Rourke
Teachers Educ 63 (2): 39-42. Mar/Apr 1974.
275.9 #213
In-service courses, In-service programs, In-service teacher education, Professional education, Programs.
Abstract: The philosophy behind and the benefits of teacher-centered in-service programs are discussed. The author points out that teachers are using unutilized resources to obtain such in-service programs in their districts. He cites several methods for utilizing in-service time that have been used to set such in-service training in the schools and particular programs that have developed as a result. These include sabbatical leaves, weekly release time, the establishment of a district teacher learning center, a program and performance evaluation system and the development of credit courses in areas of study selected by teachers. Teacher input is stressed as being the richest unutilized resource available. This article will interest educators and should be of particular interest to nutrition educators interested in possible methods of reaching teachers.
- 1723-74
SCALES METRIC.
Jeffrey V Odon
Am J Diet Assoc 74 (6): 1078-1079. June 1974.
448.8 #323
Charts, Education, Measurement, Metric systems.
Abstract: Is this article written for anyone but of value to any adult. The author discusses the U.S. conversion to the metric system. Reasons for using this system are given as are examples of the metric system already in use in the U.S. A chart explains the conversion of the metric system and necessary conversion factors for everyday life are stressed. The impact of such a change on the economy and our everyday lives is given.
- 1724-74
SUGGESTIONS FOR RESEARCH TO STRENGTHEN LEARNING BY PATIENTS.
W A Orlson
J Am Diet Assoc 52 (5): 401-404. May 1968.
385.9 #334
Behavior changes, Diabetes mellitus, Diabetic diets, Diet counseling, Diet planning, Effective teaching, Food habits, Motivation, Patient care.
Abstract: Learning depends on the active participation of the learner. For the diabetic, the purpose of teaching is to change his behavior. Some motivational techniques are suggested and some unsolved problems noted. Should expedients be avoided to allow a patient to continue to enjoy sweet things, or should he be taught to eat alone without them? The teacher needs to find out why certain foods are important to the patient. For repeated, reinforced teaching of ambulatory patients, a training center is needed. Teaching machines should be employed.
- 1725-74
ONE STRONG LINK: PROGRAM 1, DEFINITION OF THE AIDE'S JOB (VIDEOCASSETTE).
Ithaca, N.Y., Cornell University 30 min. ad. b&w. videocassette, 3/4". 1972.
TX364.05 PR. 1 F6N AV
Effective teaching, Extension agents, Health occupations, Human relations, Nutrition aides, Organization, Paraprofessional training, Psychological aspects, Visiting homecare.
Abstract: As a training device for nutrition aides, this videocassette discusses and dramatizes the general role of the nutrition aide and how the aide's job fits in the overall extension program. An aide is primarily involved in one-to-one human relationships, providing a strong link between the needy homecare and the resources of the extension education program.
- 1726-74
ONE STRONG LINK: PROGRAM 1, DEFINITION OF THE AIDE'S JOB (NOTION PICTURE).
Ithaca, N.Y., Cornell University 30 min. ad. b&w. 16 mm. 1972.
TX364.05 PR. 1 F6N AV
Effective teaching, Extension agents, Health occupations, Human relations, Nutrition aides, Organization, Paraprofessional training, Psychological aspects, Visiting homecare.
Abstract: As a training device for nutrition aides, this videocassette discusses and dramatizes the general role of the nutrition aide and how the aide's job fits in the overall extension program. An aide is primarily involved in one-to-one human relationships, providing a strong link between the needy homecare and the resources of the extension education program.
- 1727-74
ONE STRONG LINK: PROGRAM 2, VALUES AND ATTITUDES (NOTION PICTURE).
Ithaca, N.Y., Cornell University 22 min. ad. b&w. 16 mm. 1972.
TX364.05 PR. 2 F6N AV
Attitudes, Behavior change, Cultural factors, Human relations, Nutrition aides, Paraprofessional training, Psychological aspects, Resistance to change, Value systems.
Abstract: Nutrition aides must remember that their clients have particular values and attitudes that have been conditioned by past experiences and cultural/social background. The congruence of one person's set of values with another's determines to a great degree the amount of conflict and compatibility between people. A value is worth holding onto if it promotes survival and well-being for the individual and others with whom he comes in contact. A client's attitudes and values are blocks upon which the nutrition aide can help build realistic, worthwhile goals, good relationships, and dignity for the individual.
- 1728-74
ONE STRONG LINK: PROGRAM 2, VALUES AND ATTITUDES (VIDEOCASSETTE).
Ithaca, N.Y., Cornell University 22 min. ad. b&w. videocassette, 3/4". 1972.
TX364.05 PR. 2 F6N AV
Attitudes, Behavior change, Cultural factors, Human relations, Nutrition aides, Paraprofessional training, Psychological aspects, Resistance to change, Value systems.
Abstract: Nutrition aides must remember that their clients have particular values and attitudes that have been conditioned by past experiences and cultural-social background. The congruence of one person's set of values with another's determines to a great degree the amount of conflict and compatibility between people. A value is worth holding onto if it promotes survival and well-being for the individual and others with whom he comes in contact. A client's attitudes and values are blocks upon which the nutrition aide can help build realistic, worthwhile goals, good relationships, and dignity for the individual.
- 1729-74
ONE STRONG LINK: PROGRAM 3, MOTIVATION (NOTION PICTURE).
Ithaca, N.Y., Cornell University 30 min. ad. b&w. 16 mm. 1972.
TX364.05 PR. 3 F6N AV
Behavior change, Effective teaching, Human relations, Learning behavior, Motivation, Nutrition aides, Paraprofessional training, Psychological aspects, Self concept.
Abstract: There exists a hierarchy of basic needs applicable to every person: bodily needs; safety and security needs; love and acceptance needs; self-esteem and recognition needs; and self-fulfillment, personal growth needs. Motivation is an internal tension that sets a person in action to solve an existing problem or to create something new in order to satisfy needs and wants. Goals are the end results that actually satisfy the needs or wants. Nutrition aides must help clients visualize the goals that will solve their problems. Fear of failure is the greatest obstacle to motivation. It is best to provide clients with a goal upon which to pattern themselves or their projects. Praise should be readily given and aides should purposely set up success experiences to give clients confidence in themselves.
- 1730-74
ONE STRONG LINK: PROGRAM 3, MOTIVATION (VIDEOCASSETTE).
Ithaca, N.Y., Cornell University 30 min. ad. b&w. videocassette, 3/4". 1972.
TX364.05 PR. 3 F6N AV
Behavior change, Effective teaching, Human relations, Learning behavior, Motivation, Nutrition aides, Paraprofessional training, Psychological aspects, Self concept.
Abstract: There exists a hierarchy of basic needs applicable to every person: bodily needs; safety and security needs; love and acceptance needs; self-esteem and recognition needs; and self-fulfillment, personal growth needs. Motivation is an internal tension that sets a person in action to solve an existing problem or to create something new in order to satisfy needs and wants. Goals are the end results that actually satisfy the needs or wants. Nutrition aides must help clients visualize the goals that will solve their problems. Fear of failure is the greatest obstacle to motivation. It is best to provide clients with a goal upon which to pattern themselves to their projects. Praise should be readily given and aides should purposely set up success experiences to give clients confidence in themselves.
- 1731-74
ONE STRONG LINK: PROGRAM 4, LEARNING (NOTION PICTURE).
Ithaca, N.Y., Cornell University 29 min. ad. b&w. 16 mm. 1972.
TX364.05 PR. 4 F6N AV
Behavior change, Effective teaching, Learning, Learning behavior, Motivation, Nutrition aides, Paraprofessional training, Student involvement.
Abstract: Learning is (1) behavior or attitude change; (2)

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1732-74

productive activity in response to given situations; (3) experiences that teach one to adjust. Concepts are one's personal mental images of reality and one's expectations of the world around him. Learning, then, is conceptual change--acquiring new, more accurate concepts through experience. Concepts are used for decision making, communication and sharing of ideas, organizing experience, and storing information in the memory. Changing a client's concepts requires trust, support, and friendliness on the part of the nutrition aide. Values are important too, for low values lead to little learning because nothing such is important, when material is seen as important and meaningful, it is absorbed more readily and remembered longer.

1732-74

ONE STRONG LINK: PROGRAM 4, LEARNING (VIDEOCASSETTE). Ithaca, N.Y., Cornell University 29 min. sd. b&w. videocassette, 3/4". 1972.

TX364.05 PR. 4 P&N AV
Behavior change, Effective teaching, Learning, Learning behavior, Motivation, Nutrition aides, Paraprofessional training, Student involvement.
With teacher's guide.

Abstract: Learning is (1) behavior or attitude change; (2) productive activity in response to given situations; (3) experiences that teach one to adjust. Concepts are one's personal mental images of reality and one's expectations of the world around him. Learning, then, is conceptual change--acquiring new, more accurate concepts through experience. Concepts are used for decision making, communication and sharing of ideas, organizing experience, and storing information in the memory. Changing a client's concepts requires trust, support, and friendliness on the part of the nutrition aide. Values are important too, for low values lead to little learning because nothing such is important. When material is seen as important and meaningful, it is absorbed more readily and remembered longer.

1733-74

ONE STRONG LINK: PROGRAM 5, WORKING WITH GROUPS (MOTION PICTURE).

Ithaca, N.Y., Cornell University 30 min. sd. b&w. 16mm. 1972.

TX364.05 PR. 5 P&N AV
Effective teaching, Group dynamics, Human relations, Leadership, Nutrition aides, Paraprofessional training, Teaching methods, Teaching techniques.
With teacher's guide.

Abstract: For successful leadership of groups, nutrition aides should observe these ten rules: (1) satisfy a need or desire, at wide people with new knowledge or skills; (2) make the group's purpose for setting clear; (3) be prepared to lead by practicing, organizing, and knowing your subject; (4) aim at the intellectual level of your group; (5) get everyone involved in the learning process; (6) let group members help plan the learning activities; (7) respect all opinions; (8) keep the group's outlook positive--don't dwell on problems but rather on solutions; (9) don't waste time on side issues and details; (10) summarize the group's accomplishments. Aides should use a variety of teaching methods, combinations of lecture, demonstration, dramatization, and discussion.

1734-74

ONE STRONG LINK: PROGRAM 5, WORKING WITH GROUPS, PROGRAM 6 THE HOME VISIT, PT. 1 (VIDEOCASSETTE).

Ithaca, N.Y., Cornell University 30, 26 min. sd. b&w. videocassette, 3/4". 1972.

TX364.05 PR. 5-6 P&N AV
Effective teaching, Group dynamics, Human relations, Leadership, Nutrition aides, Paraprofessional training, Teaching methods, Teaching techniques.
With teacher's guide.

Abstract: For successful leadership of groups, nutrition aides should observe these ten rules: (1) satisfy a need or desire, provide people with new knowledge or skills; (2) make the group's purpose for setting clear; (3) be prepared to lead by practicing, organizing, and knowing your subject; (4) aim at the intellectual level of your group; (5) get everyone involved in the learning process; (6) let group members help plan the learning activities; (7) respect all opinions; (8) keep the group's outlook positive--don't dwell on problems but rather on solutions; (9) don't waste time on side issues and details; (10) summarize the group's accomplishments. Aides should use a variety of teaching methods, combinations of lecture, demonstration, dramatization, and discussion.

1735-74

ONE STRONG LINK: PROGRAM 6, THE HOME VISIT, PT. 1 (MOTION PICTURE).

Ithaca, N.Y., Cornell University 26 min. sd. b&w. 16 mm. 1972.

TX364.05 PR. 6 P&N AV
Effective teaching, Human relations, Individualized instruction, Nutrition aides, Paraprofessional training, Visiting homekeepers.
With teacher's guide.

Abstract: Nutrition aides should be aware that first impressions are strong and hard to erase. When visiting a home for the first time, be sure your impressions are good ones. Express interest in the family and their activities. Listen a lot, discover the family's interests, and think over what you might do to help. Remember that it is a privilege to be in someone's home, so don't be shy. Remember names and use them. Explain

your purpose for coming and share a little of your own background. Above all, be natural and positive and do not promise a client what you cannot deliver. Have regular visits of a set length and be sure to let family members take as much responsibility as possible for planning the learning sessions.

1736-74

ONE STRONG LINK: PROGRAM 7, THE HOME VISIT, PT. 2 (MOTION PICTURE).

Ithaca, N.Y., Cornell University 29 min. sd. b&w. 16 mm. 1972.

TX364.05 PR. 7 P&N AV
Effective teaching, Human relations, Nutrition aides, Nutrition education, Paraprofessional training, Recordkeeping, Teaching techniques, Visiting homekeepers.
With teacher's guide.

Abstract: Four basic steps comprise the nutrition aide's teaching function: tell, demonstrate, practice, and summarize. Lessons should be taken in small steps with lots of reassurance and praise along the way. Each activity must have a purpose that helps a client fulfill a particular goal. The client must be aware of this purpose. Demonstration techniques give the client a model to practice by; and discussion is particularly useful in clarifying concepts the client may not understand. Supervised practice is most important, however, for it is through practice that the client can experience success, and thus gain a modicum of independence and greater self-confidence.

1737-74

ONE STRONG LINK: PROGRAM 7, THE HOME VISIT, PT. 2, PROGRAM 8, EVALUATION (VIDEOCASSETTE).

Ithaca, N.Y., Cornell University 29, 27 min. sd. b&w. videocassette, 3/4". 1972.

TX364.05 PR. 7-8 P&N AV
Effective teaching, Human relations, Nutrition aides, Nutrition education, Paraprofessional training, Recordkeeping, Teaching techniques, Visiting homekeepers.
With teacher's guide.

Abstract: Four basic steps comprise the nutrition aide's teaching function: tell, demonstrate, practice, and summarize. Lessons should be taken in small steps with lots of reassurance and praise along the way. Each activity must have a purpose that helps a client fulfill a particular goal. The client must be aware of this purpose. Demonstration techniques give the client a model to practice by; and discussion is particularly useful in clarifying concepts the client may not understand. Supervised practice is most important, however, for it is through practice that the client can experience success, and thus gain a modicum of independence and greater self-confidence.

1738-74

ONE STRONG LINK: PROGRAM 8 EVALUATION (MOTION PICTURE).

Ithaca, N.Y., Cornell University 27 min. sd. b&w. 16 mm. 1972.

TX364.05 PR. 8 P&N AV
Behavior change, Effective teaching, Evaluation, Evaluation methods, Learning behavior, Performance, Performance criteria, Testing.
With teacher's guide.

Abstract: The nutrition aide must consider the results of her efforts in light of her client's background and goals. Aide and client should together decide the behavioral changes they want to accomplish, and then evaluation becomes a cooperative effort of determining how well the client has achieved what she set out to do. An aide can keep an ongoing evaluation by simple personal observation and listening. Performance tests are useful, as are checklists, projective methods, past progress reports and notes, and case studies. The evaluation should tell what was accomplished and indicate future directions of learning. From an honest evaluation, the client can see her own progress and thus gain a morale boost. The evaluation will also point out trouble spots that the client should be aware of and that the aide can encourage doing something to solve.

1739-74

INSTRUCTIONAL MATERIAL ASSESSMENT TOOL.

New O Orderline
Audiovisual Instruction 19 (4): 22-24. Apr 1974.

LE1043.A9 P&N
Audiovisual aids, Audiovisual centers, Audiovisual equipment, Educational resources, Instructional materials, Merchandise information, Planning, Purchasing.

Abstract: Selecting instructional materials from the wide range of offerings available is a complex task. Meaningful and efficient evaluation is necessary to ensure an organized and effective acquisitions program. The evaluation instrument Orderline described here was developed in the School of Library Media at Alabama A & M University.

1740-74

WHITE RATS HELP YOUNGSTERS LEARN GOOD NUTRITION.

D Orphan
Today's Health 40 (3): 34-36, 60-62. Mar 1962.

RA773.76 P&N
Demonstrations (Animal), Diet improvement, Food selection, Grade 4, Nutrient intake, Nutrient requirements, Nutrition education, School children (6-11 years), Teaching techniques.

Abstract: Fourth-grade students learned from feeding white rats a diet that was desirable or inadequate that their own health could be influenced by poor food choices. In the course of the

- experiment, they also learned some fundamental biology, practical mathematical reasoning, and their explorations of human nutrition experiences led them into the study of history.
- 1741-74**
EVALUATION OF HEALTH EDUCATION MATERIALS.
 E M Osborn, W Suttan
 J Sch Health 30 (2): 72-73. Feb 1964.
 L83801.36 P59
 Educational programs, Elementary schools, Evaluation methods, Health education, Instructional aids, Instructional materials, Program evaluation, Secondary schools.
 Abstract: This article presents a rating scale to evaluate health education materials for use in schools. A committee to include health professionals should be appointed to do the evaluation.
- 1742-74**
FRAMEWORK FOR PERFORMANCE TESTING.
 William C Osborn
 Training in Business and Industry 11 (5): 28-31. May 1974.
 NP1101.77 P58
 Behavioral objectives, Educational objectives, Effective teaching, Evaluation, Performance, Performance criteria, Testing, Tests, Training.
 Abstract: Once a person has gone through a course of training, the trainer must have some effective diagnostic tool to determine not only whether a trainee learned something, but also why a trainee perhaps failed to learn. This article presents 14 steps for preparing valid and reliable tests of trainee performance.
- 1743-74**
INSTRUCT WITH MISCONCEPTIONS.
 Jack E Osban
 Instructor 83 (5): 48-50. Jan 1974.
 L11.15 P58
 Basic nutrition facts, Food misinformation, Nutrition education, Professional education, Teaching techniques.
 Abstract: The author of this article points out that children are continually getting nutrition education, both positive or negative, from the breast or bottle to television advertising, or being allowed to snack without guidance, for example. He suggests therefore that some of the misinformation they have learned needs to be dispensed before the basics of nutrition are taught. For this purpose he offers a list of questions based on food facts and misbeliefs to test the students' nutrition knowledge. Some teaching strategies are offered to teachers. The questions are suitable for students from age 10 through high school.
- 1744-74**
SPECIAL NUTRITION PROJECTS CORRECT FOR NON-NUTRITION MAJORS AT COLLEGE LEVEL.
 Rosemarie Ostwald
 J Nutr Educ 6 (1): 24. Jan/Mar 1974.
 TX381.36
 College students, Educational programs, Methodology, Nutrition education.
 Abstract: Because the conventional lecture course is assailed to helping non-majors find answers to common nutritional problems, this college teacher asked a class of non-nutrition majors to formulate three of the most important reasons they chose to enroll. Each student then chose one of these to study on the basis of its importance to his, relevance to the course and probability that some information could be found on it. Discussion groups based on the subject matter narrowed and refined the questions. Discarding some not amenable to study or eclectic in nature. Students submitted written bibliographies and reported orally on their projects at the end of the course. The experience broadened the students' knowledge of nutrition and generally increased their grasp of the scientific method.
- 1745-74**
PAC STATEMENT (NO. 27) ON MASS COMMUNICATIONS IN NUTRITION EDUCATION.
 Pac Bull 4 (1): 2-5. 1974.
 OD431.A1P7 P58
 Communications, Developing nations, Diet improvement, Information dissemination, Instructional aids, Mass media, Motivation, Nutrition education, Program design.
 Abstract: The Protein Advisory Group of the U.S. invited several communications experts to advise on the use of mass media as a way of solving protein-calorie malnutrition problems in developing countries. As a result of the meeting, this official statement was adopted in which is spelled out (1) the role of and objectives for mass communication activities, (2) selection of target audiences, (3) message design, (4) organization of a communication program, and (5) program research, evaluation, and training of personnel.
- 1746-74**
CHILD DEVELOPMENT - DAY CARE - NO. 5, STAFF TRAINING.
 Ronald D Parker, Laura L Dittus
 U.S., Office of Child Development
 Washington, GPO 38 p. 1971.
 HV721.P3 P58 (Day care, no. 5)
 Career education, Child care workers, Day care programs, Food service training, Paraprofessional training.
 Abstract: This booklet for supervisors of day care programs outlines the kinds of needs for which training should prepare staff workers, describes techniques for selecting appropriate staff and the specific competencies needed, and discusses the learning objectives of the training process. The food service worker's contributions on both sides of the kitchen door are given in some detail as the specific example.
- 1747-74**
ADVERTISING AND MASS COMMUNICATIONS: A MODEL FOR RURAL NUTRITION INFORMATION PROGRAMS.
 Ronald Parlato
 Pac Bull 4 (1): 17-18. 1974.
 OD431.A1P7 P58
 Advertising, Communications, Developing nations, Educational programs, Information dissemination, Instructional aids, Mass media, Nutrition education, Pilot projects.
 Abstract: In April, 1972, CARE-India launched an extensive nutrition information campaign in rural and small-town areas of the country. The overall objective of the project was to gather reliable information on the use of new techniques for a new subject in basically isolated communities. The campaign was found to be successful, resulting in dramatic increases in awareness and understanding among the target population. A satellite advertising approach to nutrition education is highly effective, and people in even isolated villages can be reached with new information through unfamiliar media. Equally important is the finding that mass media can be effective in creating understanding of totally unfamiliar concepts, even when these new ideas are very different from long-established beliefs.
- 1748-74**
NUTRITION IN MEDICAL EDUCATION: A PROBLEM-ORIENTED APPROACH.
 Zelta A Payne
 Urban Health 2 (5): 16-17. Oct 1973.
 R11.A1U7 P58
 Curricula planning, Medical education, Nutrition education, Physicians, Professional education.
 Special issue: nutrition.
 Abstract: There is need for education in nutrition in medical schools that is compatible with the regular curricula. One way to integrate it is to use a problem-centered approach. This allows students to learn nutrition as part of prevention and therapy in diagnosing and treating patients, and to observe practical applications of nutrition in answering relevant questions. It also brings together student and nutrition professional, and stimulates rational approaches to medical nutrition problems. Some examples of this kind of teaching being carried on in medical schools are cited, as are some which do not encourage such teaching. This article is for nutritionists and other teaching health professionals.
- 1749-74**
HAVE YOU TRIED TEACHING POCES VIA TV?
 W W Penner
 What's New News Econ 35 (8): 33-34. Nov/Dec 1971.
 321.E N55
 Audiovisual aids, Audiovisual instruction, College students, Foods instruction, Instructional aids, Instructional materials, Nutrition education, Televised instruction.
 Abstract: Closed-circuit television has been used as an effective educational tool to present college lectures and food preparation demonstrations.
- 1750-74**
THE FUTURE SHOCK GUY IS ON SCROGIS.
 Wendell W Parce
 Amer School Board J 161 (2): 8, 17. Feb 1974.
 L82831.A4 P58
 Book reviews, Education, Prediction, Schools.
 Abstract: Here is a review of Alvin Toffler's book, a collection of essays by himself and others entitled "Learning for Tomorrow: The Role of the Future in Education". The reviewer's main complaint about the book is this: "The trouble with what Toffler has put together here, as with so many other prescriptive efforts in the literature of education, is that too much of it is devoted to telling us over and over that we already have heard any time before--that the schools generally aren't doing a very good job and ought to do better--while relatively little space is given to practical discussions of how folks like you and me can go about making improvements."
- 1751-74**
BIG RESPONSE TO CONNECTICUT TV PANEL.
 Nancy E Peery
 Nutr News 37 (1): 2. Feb 1974.
 389.N N57
 Basic nutrition facts, Communications, Connecticut, Diet information, Educational programs, Health education, Mass media, Nutrition education, Television.
 Abstract: On Connecticut Public TV, a tea-week series of half-hour phone-in sessions allowed people to ask and have answered their questions on nutrition. Each week a panel of experts fielded questions on topics such as diet and dental health, school lunch, infant and child nutrition, food selection and shopping, obesity and dieting, plus many others.
- 1752-74**
FILMS VS. VIDEOTAPES IN EDUCATIONAL PROGRAMS.
 G T Phillippe
 Training and Dev J 25 (4): 39-42. Apr 1971.
 LC1081.47 P58

BIBLIOGRAPHY

1753-74

Audiovisual aids, Cost effectiveness, Equipment, Evaluation, Films, Instructional materials, Purchasing, Video tapes. Abstract: Both film and videotape are costly media. When a company is deciding which to equip its training department with, it is hard to know the pros and cons of each. Much depends on a company's educational needs. For short sequences, film is best; for long, sustained recording, videotape is best. Color film or tape is most effective, but its extra expenses may not be justifiable in terms of educational needs. As for distribution, film is standardized in 16 and 35 mm sizes and can be run on any projector of the same size. Television tape distribution is severely limited by lack of standardization in the industry. Tapes must be recorded and played on the same system or one that is electronically similar. Films and tapes are about equally expensive. In a cost study, it was found that videotapes on the whole were such less expensive to produce, but this saving is offset by the incompatibility factor of tapes. All these factors plus others relative to a company's specific needs and expertise should be considered when deciding to purchase either film or tape equipment.

1753-74

THE DIETETIC TECHNICIAN: PARAPROFESSIONAL AS KNOWLEDGE WORKER. Thomas F Powers
J Am Diet Assoc 65 (2): 130-137. Aug 1974.
389.8 AH34
Curriculum, Dietetic interns, Dietitian aides, Food service training, Medicaid, Medicare, Nutrition education, Paraprofessional training.
Extract: The development of the associate degree curriculum at the Pennsylvania State University for preparation of the dietary technician is described. The course integrates didactic and clinical experiences by combining first-year academic classes with second-year "seminar-practicum," which features a triad of learning experiences: field, on-the-job clinical experience; self-instructional modules; and weekly, integrative seminars. The same curriculum can be made available for non-resident students seeking an external degree. Provision is also made for training at levels below that of technician, which can later be articulated in an educational program for a higher career level.

1754-74

DEVELOPMENT OF A VALIDATED INSTRUCTIONAL SYSTEM FOR HOSPITALITY EDUCATION: FIRST ANNUAL REPORT; SECOND ANNUAL REPORT. Thomas F Powers, Purnan Hoody
University Park, Pennsylvania State University i v. (unpagad) July 1972.
LC15.P6 1972 P6N
Annual reports, Career education, Curriculum guides, Curriculum planning, Educational programs, Food service training, Post secondary education, Program design, Vocational education.
Project 19-1016. School unit 14-463.
Abstract: These reports detail the progress made by the Food Service and Housing Administration Program of Penn State in developing a seminar-practicum approach to courses in Food Production Problems, Food Production Systems, and Food and Beverage Administration. The students in such courses spend most of their time actually working in the food industry. These "real world" experiences are then compared with the "ideal world" in weekly 2 1/2-hour seminars.

1755-74

PROBLEM: HOW TO BUILD TEAMWORK: SCIENTIFIC ON-GOING TRAINING. Food Management 9 (9): 75. Sept 1974.
TX341.P65
Food service management, Food service workers, Job enrichment, Job training, Professionalism, School food service, Self concept, Work experience programs.
Abstract: In Dallas, Texas, school food service, low turnover in personnel proves out the concept of teamwork development through job training and enrichment of the professional staff of food service workers. A detailed description of training programs is included.

1756-74

HINTS FOR DISCUSSION GROUPS. James O Proctor
Touson, Md.: Think Products una. [n.d.].
NF5549.P7 P6N
Group dynamics, Individual characteristics, Meetings.
Abstract: This concise examination of solutions to problems besetting discussion groups examines responsibilities of the chair, and participants, check lists for arrangements and equipment operation, and Parliamentary procedures.

1757-74

OUTLINE OF WHAT SHOULD BE COVERED IN A SHORT NUTRITION COURSE FOR 4-H CLUBS AND ADULTS. (SFA)
Puerto Rico University, Agricultural Extension Service
Rio Piedras, P.R. 12 p. Jan 15, 1969.
TX364.PB2 P6N
Adult education, Basic Four, Curriculum guides, Diet information, Educational programs, Food groups, Foods instruction, Four H Clubs, Nutrition education.
Title of Original: Boanueic sobre lo que debe cubrir un curso de nutricion 4-H y adultos.
Abstract: Is a short nutrition education course for Puerto Rican adults and 4-H members, emphasis must be placed on the Basic Four food groups and the nutritional contribution each makes to good health. Audiovisual aids should be used whenever

possible, and information should be provided on how to grow one's own food and cook it properly.

1758-74

ORIENTATION PROGRAM INCREASES JOB SATISFACTION AND STABILITY. Joann McEachern Fuls
J Am Diet Assoc 65 (1): 46-45. July 1974.
389.8 AH34
Food service training, Food service workers, Hospital food service, Missouri, Personnel management, Personnel policy.
Extract: Twenty non-management employees in the Department of Nutrition and Dietetics who participated in an experiential orientation program were compared with twenty-five employees who did not receive such orientation. The program increased job satisfaction in the full-time employees and appeared to lower labor turnover. In the second part of the study, sixty-one non-management employees answered a questionnaire to indicate goals in the order of importance as they perceived them. The hierarchy of six most goals as ranked on a paired comparison questionnaire was as follows: social service, recognition, belongingness, self-actualization, economic need, and security. Suggestions are given for applying these findings in a department of dietetics. The orientation program has proved to be effective and has been continued on a regular basis at the University of Missouri Medical Center.

1759-74

DEVELOPING A PROGRAM OF LEARNING ON THE PAT-CONTROLLED DIET. O P Fye, C G Brooks, H H Winston
J Am Diet Assoc 57 (5): 428-431. Nov 1970.
389.8 AH34
Basic nutrition facts, Cardiovascular disorders, Diet counseling, Diet information, Pat-controlled diets, Nutrition education, Patient care, Programmed instruction, Therapeutic and special diets.
Extract: Programmed instruction has been used to help cardiovascular patients understand and closely follow their low-fat diets. Now one such program was designed, written, and tested as described in this paper. The instruction presents basic nutrition facts and is designed to assist the professional counselors, the physician, and the dietitian.

1760-74

BOYS UNLITLED: ARE YOU READY TO TEACH THE BOYS? Betty G Quick
What's New Econ 38 (2): 35-41. Feb 1974.
321.8 M55
Curriculum planning, Educational objectives, Effective teaching, Equipment, High school students, Home economics education, Instructional materials, Sales, Student participation.
Extract: Generally speaking, the sale's needs are not usually included in home economics educational objectives, equipment buying, grooming, or clothing construction. The sale makes up part of the family unit, so why shouldn't be part of a discipline that has its objectives to enrich and improve home living? Because boys love to eat, they are considered natural for the foods laboratory, and easy schools enjoy successful foods classes for boys. Family living includes such areas as the kitchen, however, and boys can benefit from and contribute to other areas of home economics based foods classes. To prepare a young man for his future as an independent bachelor in today's society or to meet the challenge of modern marriage is a great responsibility for any educator. If the teacher is unaware of the needs of youth today, she will fail.

1761-74

FOOD SERVICE CURRICULUM FOR THE FUTURE. Clinton L Rappola
Cornell Hotel and Restaurant Admin Quarterly 15 (2): 51-55. Aug 1974.
TX301.C67 P6N
College curriculum, Commercial food service, Curriculum planning, Food purchasing, Food sanitation, Food service management, Technology.
Extract: Food service management is a unique area within today's hotel and restaurant programs for junior and senior colleges. Indeed, without this instructional area, the hotel and restaurant management curriculum would closely approach those for business administration. Some of the most rapid and exciting advances of the industry are being made in food service. Yet the curriculum of most schools and colleges have not been changed to meet the challenges of industry's new food systems. In order to prepare graduates for future food management positions, college administrators should take a hard look at the courses now offered with an eye toward some functional revisions.

1762-74

TUNING IN TO THE COMMUNITY. Marsha H Reed, Sarah H Fleischmann
J Home Econ 66 (5): 22-25. May 1974.
321.8 J82
College curriculum, College students, Community involvement, Educational programs, Family life education, Home economics education, Human relations, Nevada, Work experience.
Extract: To make its home economics students more sensitive to people as well as to offer students general home economics subject-matter courses, the School of Home Economics at the University of Nevada has implemented a family-centered core program for all undergraduate majors. This article describes how the school is increasing student "people-involvement" in its practice course, "Family Functioning". The students do a

- 16-week practicum in which they are placed with families in the community. Their task is to work hand in hand with the families toward solution of some particular problem or concerns. The problems situations with which students help have varied from arranging a kitchen area for a partially sighted person to helping plan menus around a child's food allergies while still arranging for proper nutrition.
- 1763-74**
CAN SUB-PROFESSIONALS ASSIST IN TEACHING PATIENTS WITH DIABETES?
 E Neardon
 J Am Diet Assoc 52 (5): 405-406. May 1968.
 389.9 AN34
 Diabetes mellitus, Diabetic diets, Diet counselling, Effective teaching, Home health aides, Nutrition education, Para-professional training, Patient care, Teachers.
 Abstract: This author suggests that health aides, already experienced as home care for the elderly or diabetic, be given training in teaching patients. Continuing support is as important as teaching in controlling diabetes. Research is needed to determine what part of dietary counseling could be delegated to an aide. Other techniques, such as teaching machines, should be more thoroughly explored.
- 1764-74**
THE ATTITUDES, VALUES, AND LIFE STYLES OF YOUTH.
 William W Reeder
 In Proceedings of the National Nutrition Education Conference, Washington, D.C., Nov. 2-4, 1971 p. 3-17. Apr 1973.
 TX364.0529 P68
 Adolescents (12-19 years), Cultural factors, Family (Sociological aspect), Value system.
 Abstract: Dr. Reeder examines the behavior of youth in the U. S. and discusses the reasons for the actions of the youths. He talks about the social factors, the past factors, and the able factors that are important in directing decisions and actions of a person. He discusses the implications for the health problems of youth in terms of their own and their parents' values, and what factors would be necessary to bring about a more positive change.
- 1765-74**
TEACHERS LEARN HOW TO TEACH NUTRITION.
 Ronald J Rhodes
 Food Nutr 4 (4): 13. Aug 1974.
 #TX341.F615
 Arkansas, Extension education, Nutrition education, Teacher education, Teachers.
 Abstract: Teachers in the El Dorado, Arkansas school district were trained in nutrition through extension courses and now teach nutrition to their students. Results are described and most important is the children's reaction, which takes the form of more energy and interest, since they can select more nutritious foods at home and school.
- 1766-74**
FIGHT THE "MORE WAR" WITH GAMES: INNOVATIONS IN CONSUMER EDUCATION, PART FOUR.
 Ann S Rice
 Forecast Home Econ 19 (5): 26-30. Jan 1974.
 321.6 #752
 Classroom games, Consumer education, Educational games, Educational theories, Effective teaching, Home economics education, Teacher developed materials, Teaching techniques.
 Abstract: Students retain knowledge best when they become actively involved in the learning process. Educational classroom games do involve students actively. Responsibility for learning rests on the game participant's own actions and not on the teacher's authority. Each educational potential has been attributed to games, but they will be so more than games unless the teacher has some purpose for having the students play them and makes this purpose clear to the class. Games are relatively easy to devise oneself. As games should be appropriate to the topics being studied, and after play should be followed by class discussions of the game's content. It is through such discussions that games take on meaning and educational significance.
- 1767-74**
BULLETIN BOARDS THAT TEACH THROUGH INVOLVEMENT.
 Ann Saith Rice
 Forecast Home Econ 19 (7): #12-#13, #48-#50. Mar 1974.
 321.6 #752
 Behavior change, Consumer education, Educational objectives, Effective teaching, Exhibits, Instructional aids, Motivation, Student involvement, Teaching techniques.
 Abstract: For a bulletin board to be effective as a teaching-learning aid, students must be motivated to get involved with what is exhibited there. Bulletin board displays must have a purpose other than mere decoration. They must stress a point and stress it clearly in an eye-catching way. Once his eye is caught, there must be something for the student to do with the board display--something he must assemble or calculate. In the classroom, teachers should make reference to the bulletin board, tie it in with the objective of the lesson being presented. The display must contain useful information that the viewer can test for himself and ultimately accept or reject.
- 1768-74**
RELEASES YOUTH POTENTIAL.
 Catherine V Richards
 In Proceedings of the National Nutrition Education Conference, Washington, D.C., Nov. 2-4, 1971 p. 81-85. Apr 1973.
 TX364.0529 P68
 Adolescents (12-19 years), Community involvement, Motivation, White House Conference on Youth.
 Abstract: Ms. Richards gives the preface of the report coming from the White House Conference on Youth. Included in the paper is a list of the qualities of a youth advisor that would prove effective in helping the youth to grow up affectively. An example is given showing how a youth group was able to find a very meaningful problem, and how the youths were able to tackle it, to solve the problem, and grow in the process.
- 1769-74**
NUTRITION EDUCATION--OLD PROBLEMS IN NEW SETTINGS.
 W F Robinson
 J Can Diet Assoc 28 (1): 23-27. Mar 1967.
 389.9 C1632
 Academic achievement, Dietetics, Dietitians, Educational programs, Effective teaching, Graduate study, Nutrition education, Teacher evaluation.
 Abstract: In this article, some suggestions are offered for dietitians who wish to evaluate the effectiveness of their own teaching. Comments are made on present and possible future academic requirements in dietetics and some present graduate training programs are described.
- 1770-74**
FOOD MAKES ME.
 Violet I Roefs
 California, Dept. of Education
 Sacramento, Calif. unpub. Jan 1974.
 TX364.R64 P68
 Attitudes, Behavior, Educational objectives, Motivation, Nutrition education, School children (6-11 years).
 With supplement.
 Abstract: This is a preliminary draft of a curriculum guide focusing on the role of food in the life of the young child. This primary level curriculum guide was developed in connection with a statewide Nutrition Education Project. It is a segment of an instructional model in nutrition for teachers of the K-3 age span. The goal is the preparation of a more extensive curriculum guide that will incorporate the recommendation of teachers participating in the project.
- 1771-74**
CATCH ON TO NUTRITION: INSTRUCTIONAL MODEL FOR SECONDARY PUPILS.
 Violet I Roefs, Kathleen Chandler, Elizabeth DiStasio
 California, Dept. of Education
 Sacramento, Calif. unpub. Jan 1974.
 TX364.R63 P68
 Adolescents (12-19 years), Consumer education, Food fads, Food habits, Food service occupations, Health, Nutrients, Nutrition education, School children (6-11 years).
 With resource kit.
 Abstract: This is a series of four, fifty-minute lessons in nutrition and consumer education for secondary pupils. This instructional program was developed in connection with a pilot Nutrition Education Project funded by the United States Department of Agriculture and implemented by the State Department of Education in cooperation with a selected group of California school districts. In addition, there will be participation by a limited number of secondary pupils in order to provide (1) subject information, and (2) through cross-age teaching, on a model behavior basis, the environment for change in the affective and action domain.
- 1772-74**
TAKE YOUR TURN AS A SMART FOOD SHOPPER: INSTRUCTIONAL MODEL FOR PARENTS.
 Violet I Roefs
 California, Dept. of Education
 Sacramento, Calif. unpub. Jan 1974.
 TX364.R6 P68
 Basic Four, Consumer education, Food cost, Food purchasing, Nutrition education, Parent education, School children (6-11 years), School lunch.
 With resource kit.
 Abstract: This is a series of five, two-hour lessons in nutrition and consumer education for parents of primary school level children. This instructional program was developed in connection with a pilot nutrition education project funded by the United States Department of Agriculture and implemented by the State Department of Education in cooperation with a selected group of California school districts.
- 1773-74**
FOUNDED FOR NUTRITION ACTION: INSTRUCTIONAL MODEL FOR PRIMARY TEACHERS.
 Violet I Roefs, Ruth Deak, Barbara Swartz
 California, Dept. of Education
 Sacramento, Calif. unpub. Jan 1974.
 TX364.R62 P68
 Child nutrition, Educational objectives, Nutrients, Nutrition education, Nutritional status, School children (6-11 years), Teacher education.
 With resource kit.
 Abstract: This instructional program was developed for a pilot

1774-74

nutrition education project funded by the United States Department of Agriculture and implemented by the State Department of Education in cooperation with a selected group of California school districts. Each lesson consists of a stimulus of a game of getting the teachers' attention and of providing them with enough factual information in order to begin a discussion. Then each lesson provides for a vehicle by which the teachers can become involved usually within smaller discussion groups. Ideas and challenges which result from these groups are shared with the total group. The discussion leader then draws some conclusions based on the general consensus of the total group. Evaluation of the lesson will consist of each group listing ways in which the information can be implemented in the classroom.

1774-74

GENERAL CHEMISTRY SLIDE-AUDIO TAPE PROGRAM.
D Barry Roger, Kasper E Stordahl, Robert A Carter
J Chem Educ 51 (8): 537-538. Aug 1974.

381 J826

Audiovisual aids, Audiovisual equipment, Audiovisual instruction, Educational methods, Slides/sound, Student participation.
Abstract: The study reported in this article was concerned with evaluating teaching effectiveness of slide tape programs in the instruction of general chemistry. It was found that students using the materials attained a higher level of achievement than those who did not. There was little or no relationship between achievement and time spent on the program. Motivation and study methods appeared to be more important variables than time. Non users of the program were more likely to be high than low ability students. There in various fields of education thinking of using this instructional tool may find this report of interest.

1775-74

EVALUATION IN THE EDUCATIONAL PROCESS.

L K Sabrosky
J Am Diet Assoc 44: 31-33. Jan 1964.

389.8 AM34

Adult education, Educational objectives, Effective teaching, Evaluation methods, Teacher evaluation.
Extract: To teach well, a teacher must evaluate his work. He must ask himself: Does it please me? Does it satisfy the students? Does it accomplish the purpose for which it was done? Some suggestions for obtaining affirmative answers are given.

1776-74

CURRICULUM GUIDE FOR CHILDREN'S CENTERS AND PRE-KINDERGARTENS.
San Francisco, Unified School District
San Francisco, San Francisco Unified School District 199 p.
1969.

LB1140.S2 P6W

Basic health facts, Basic nutrition facts, Curricula guides, Elementary education, Preschool education, Teaching methods. Bibliography p. 183-199.
Abstract: A discussion of the entire Children's Centers Program in San Francisco. Nutrition education is a part of the daily activities. Ideas of classroom activities for both preschool and school age children are given. Each activity is broken down into three categories: learning sequence, purpose, and teaching devices.

1777-74

SELF-EVALUATION FIRST.

Hert Schaefer
Training in Business and Industry 11 (5): 26-27. May 1974.

HF1101.T7 P6W

Evaluation, Evaluation methods, Industrial relations, Management development, Performance, Performance criteria, Personnel management, Training.
Abstract: When conducting performance appraisals most companies require managers to complete appraisal forms for each of the employees under them. Even though the employee is asked to comment on the manager's evaluation concerning its fairness and comprehensiveness, the employee's role is essentially a passive one. Garlock, Inc., decided to try the self-appraisal technique on a limited basis. Employees rate themselves in terms of quantity and quality of work, adaptability, organization, dependability, communication skills, personal qualities, responsibility, job knowledge, analytical ability, initiative, perceptiveness, resourcefulness, decisiveness, cooperation, and overall rating.

1778-74

LET'S PLAY GAMES.

Carol R Schmelzel
What's New Home Econ 38 (2): 34-35. Feb 1974.

321.8 M55

Classroom games, Clothing instruction, Educational games, Foods instruction, Home economics education, Home-making skills, Instructional materials, Teacher developed materials.
Abstract: Games are valuable teaching aids for enrichment and reinforcement of basic facts. This article presents six games created by the author for teaching basic home economics facts and concepts. Two of the games deal with cooking, one with table setting, two with sewing, and one with advertising.

1779-74

THE ABC'S OF GARE BAKING.

Carol R Schmelzel
Forecast Home Econ 20 (1): f-147, f-240-f242. Sept 1974.

321.8 R752

Educational games, Nutrition education, Student involvement, Student participation, Teaching techniques.

Abstract: Suggestions are given for basic organization of games. An outline for structure includes name, number of players, subject, what the game teaches, materials, preparation, rules, and variations. Several examples are supplied including "The Cock's Anagram," and "Nutrition in Rhythms."

1780-74

TRAINING AND DEVELOPMENT PROGRAMS: WHAT LEARNING THEORY AND RESEARCH HAVE TO OFFER.

Craig Eric Schaefer

Personnel J 53 (4): 288-293. Apr 1974.

280.8 J824

Educational objectives, Educational programs, Effective teaching, Learning theories, Management development, Management education, Management systems, Research, Training.

Abstract: Effective organizational training programs must include 4 steps: (1) diagnosis of the learning situation; (2) design of appropriate learning strategy; (3) implementation of the learning strategy; and (4) evaluation and possible redesign of the learning strategy. Various principles and findings from learning theory and research are presented here in the form of a list designed to help trainers become aware of the scope of educational literature. The list is divided into 7 sections: (1) the learning environment; (2) the teacher's role; (3) characteristics of the learner; (4) human learning processes; (5) reinforcement and punishment; (6) retention and transfer of learning; and (7) practice.

1781-74

INVESTIGATE AND EVALUATE.

Glands J Schottenstein

Instructor 83 (5): 52. Jan 1974.

L11.I5 P6W

Advertising, Evaluation, Meal planning, Preservatives, School children (6-11 years), Teaching techniques, Television.

Covering title: Stamp out nutritional illiteracy.
Abstract: Older elementary school children in one class analyzed commercial advertising on television of food products as a jumping off point to learning more about how food is processed and what are the pros and cons of preservatives. From the concepts gained they began to plan meals, and then kept records of their own food intakes for peer review. A later food record showed many were trying to improve their own food patterns.

1782-74

HOME ECONOMICS LEARNING PACKAGES--HELP FOR TEACHING-LEARNING CONSUMER CONCEPTS.

I Shear, E Ray

J Home Econ 61 (10): 768-770. Dec 1969.

321.8 J82

Consumer education, Home economics education, Independent study, Instructional materials, Pennsylvania, Programmed instruction.

Abstract: A learning package is a self-instructional unit developed for one basic concept in which the idea is broken into its several components. The learner may proceed at his own pace and select suggested alternative resource materials. Learning activities include field and laboratory experience. A pretest is built into the package to determine the learner's status with regard to the concept. Pennsylvania State University has developed a number of these packages for home economics consumer concepts--Home Economics Learning Packages (HE-LP)--AND encourages their deposit and exchange.

1783-74

HOW TO TALK TRAINING TALK.

Judith Shoen

Instit/vol Feeding 74 (12): 34-35, 40-41. June 15, 1974.

TX11.I55

Food service management, Food service training, Management development, Management philosophies, Management systems, Personnel management, Training, Training techniques.

Abstract: The statements and writings of professional trainers are so full of educational and psychological jargon that it is often impossible to understand the theories and concepts they are trying to present. Here are some straight forward explanations of various management philosophies and systems couched in readily understandable language. Included are Management by Objectives, Programmed Instruction, Learner Controlled Instruction, and Transactional Analysis. Learner Controlled Instruction seems best for service industries. It is based on the premise that you cannot teach anybody anything. Learners must teach themselves by getting involved in the subject matter, actually performing the jobs and tasks to be learned, and digging for answers rather than having them spoon-fed by a teacher.

1784-74

SHOPPING WITH MARTIN FOR THE BREAD-CEREAL GROUP (SLIDES).

Richmond, Calif., University of California Agriculture Extension Service 23 slides, narrative. 1971.

TX393.25 P6W IV

Adolescents (12-19 years), Breads, Breakfast cereals, Educational games, Ethnic groups, Food purchasing, Negroes.

Abstract: These slides impart to teenage audiences some principles of buying foods in the bread cereal group. Martin is a Black youth shopping for food for his family. He is shown in the real life situation of choosing foods at the market. The narrative emphasizes practical information on food budgeting.

- 1785-74**
SHOPPING WITH MARTIN FOR THE MILK GROUP (SLIDES).
 Richmond, Calif., University of California Agriculture Extension Service 22 slides, 2" x 2", coll., narrative. 1971.
 TK377.55 F6M AV
 Adolescents (12-19 years), Ethnic groups, Food purchasing, Milk products, Negroes.
 Abstract: These slides impart to teenagers and young people principles of buying foods in the milk group. Martin is a Black youth shopping for food for his family. He is shown in the real life situation of choosing foods at the market. The narrative emphasizes practical information on food budgeting.
- 1786-74**
THE JUNIOR COLLEGE--A NEW DIMENSION IN TRAINING.
 Larry I Short
 Training and Dev J 25 (6): 20-23. June 1971.
 LC10C41.77 F6M
 Educational programs, Educational institutions, Junior colleges, Post secondary education, Training.
 Abstract: Junior colleges constitute a new and growing educational resource for company training directors. Junior and community colleges offer a broad range of courses in vocational, technical, and managerial fields, they also have the educational hardware needed for specific types of training. Special company training programs and seminars, taught by junior college staff, can often be arranged. Junior colleges are dependent, to a great degree, on the needs of the community that they serve. They offer courses and programs in response to community requests. Thus, it would be in the interest of both company training departments and junior colleges if businesses would seek the help of junior college personnel when developing their training programs.
- 1787-74**
DEVELOPMENT AND UTILIZATION OF A SELF-INSTRUCTION LABORATORY.
 S H Short
 J Home Econ 61 (1): 40-44. Jan 1969.
 321.8 J82
 Audiovisual instruction, College students, Foods instruction, Independent study, Instructional materials, Laboratories, Laboratory techniques, New York (State), Teaching methods.
 Abstract: Syracuse University College of Home Economics has developed a self-instruction laboratory for a beginning foods course. Students proceed at their own pace, supplementing tape and film instruction with actual laboratory exercises. Commercially prepared films and printed materials were used when available. Other films were produced locally. Examples of units are given. On a pretest, and after the first period, students scoring 80% are excused from the self-instruction to go to laboratory exercises. Those who do not score so well repeat the self-instruction.
- 1788-74**
HELP VISUALS: YOU CAN MAKE THEM HAPPEN.
 Gary Simons
 Training 11 (8): 42-45. Aug 1974.
 HF1101.77 F6M
 Illustrations, Transparencies.
 Abstract: Several illustrations are used to point up the value of affective visual aids. A set of guidelines for preparation of visual materials is supplied, covering objectives, layout, and design principles.
- 1789-74**
DIET AND HEALTH (FILMSTRIP).
 George Simpson, Margaret R Schridt
 Chicago, Encyclopaedia Britannica Films 1 filmstrip, 38 fr., si, 35 mm, col. 1973.
 TX355.D5 F6M AV (Understanding your body. Series 22, no. 7)
 Basic food, Deficiency diseases and disorders, Dietary information, Minerals, Nutrients, Vitamins.
 Abstract: A filmstrip showing teachers why your body needs nutrients, and just how these nutrients are then used by the body. Some of the filmstrip shows in a laboratory way how the food is broken down by the body into simpler forms to be used easily used. A discussion of health foods and artificial vitamins and mineral supplements follows. The audience is told that a varied diet will give the recipient everything he or she needs, without paying the high prices for these supplemental preparations.
- 1790-74**
SING A SONG OF SPINACH.
 Food and Nutr News 2 (2): 10. Apr 1972.
 389.8 P7332
 Audiovisual aids, Elementary education, Food groups, Instructional materials, Music, Nutrition education, School children (6-11 years), Teaching techniques.
 Abstract: Songs featuring the four basic food groups and their relation to good health were an affective elementary school nutrition education technique.
- 1791-74**
PROGRAMMED INSTRUCTION AND PATIENT TEACHING.
 A W Skiff
 Am J Public Health 55 (3): 409-415. Mar 1965.
 449.9 AB3J
 Diabetes mellitus, Diabetic diets, Diet counseling, Diet information, Effective teaching, Instructional aids, Medical factors, Programmed instruction, Teaching techniques.
 Abstract: A preliminary test was made of the usefulness of the teaching machine for diabetic patients. Most patients tested, though of widely differing backgrounds, liked the experience and gained new information. Those who were infirm, illiterate, or visually handicapped were unable to use it.
- 1792-74**
A CONCEPTUAL APPROACH TO HEALTH EDUCATION: IMPLICATION FOR NUTRITION EDUCATION.
 E M Slipecevic, W M Creswell
 Am J Public Health 58 (4): 684-692. Apr 1968.
 449.9 AB3J
 Curriculum planning, Educational programs, Health education, Nutrition concepts, Nutrition education, Nutrition knowledge, Program design, Program evaluation, Secondary schools.
 Abstract: A nationwide survey of health instruction in public schools showed food and nutrition ranked lowest in correct responses of twelfth-grade students despite the topic being supposedly emphasized in half the schools sampled. A conceptual approach to health education is now being worked out. The example chosen as illustration is food and nutrition and the concepts are explored in some detail.
- 1793-74**
PATIENT LEARNING--SEGMENTS FROM CASE HISTORIES.
 L A Slowie
 J Am Diet Assoc 59 (6): 563-567. Dec 1971.
 389.8 AB34
 Case studies, Diabetes mellitus, Diabetic diets, Diet counseling, Effective teaching, Research, Teaching techniques.
 Abstract: Four case histories show that counseling and teaching diabetic patients is most successful if the manner in which the patient most easily learns is known. Individualized instruction was affective for diet therapy.
- 1794-74**
JOB OPPORTUNITIES IN A RESTAURANT (FILMSTRIP/RECORD).
 Society for Visual Education, Inc.
 Chicago, Ill. 1 filmstrip, 57 fr, si, 35mm, col, and phonodisc 33 1/3 rpm. 1970.
 RA975.5.B556 F6M AV
 Career opportunities, Career planning, Commercial food service, Food service occupations, Food service workers, Occupational guidance, Restaurants.
 Includes teacher's guide and transcript of phonodisc narration; from the SVE Series A6125AR, Job Opportunities Now, Group 1.
 Abstract: This filmstrip for high school students describes some of the opportunities for professional, skilled, and unskilled jobs and careers in restaurant work. Commercial food service jobs can be had in table service restaurants, self-service cafeterias, and counter-service restaurants. In this filmstrip/record, the narrator describes various food service jobs: waiter/waitress, maître d'hôtel, dishwasher, cashier, kitchen helper, busboy, beverage worker, baker, short-order cook, cook, salad worker, butcher, and head chef. It is best to learn a food service skill while still in high school, but it is also possible to begin with an unskilled job and learn the techniques of the trade as you work your way up. Opportunities for advancement are excellent, and since nearly every town has a food service establishment, your job skills are saleable almost anywhere.
- 1795-74**
JOB OPPORTUNITIES IN A RESTAURANT (FILMSTRIP/CASSETTE TAPE).
 Society for Visual Education, Inc.
 Chicago, Ill. 1 filmstrip, 57 fr, si, 35mm, col, and cassette tape. 1970.
 TX911.5.56 F6M AV
 Career opportunities, Career planning, Commercial food service, Cooks, Dishwashers, Food service workers, Waiters and waitresses.
 Includes teacher's guide and transcript of taped narration; from the SVE Series A6125AR, Job Opportunities Now, Group 1.
 Abstract: This filmstrip for high school students describes the kinds of jobs available in the commercial food service field: cooks, waiters and waitresses, dishwashers, salad makers, meat trimmers fry cooks, busboys, cashiers, pastry chefs, sandwich makers, broiler cooks, head chef, hostess or maître d'hôtel, plus others.
- 1796-74**
A WORKSHOP CONDUCTED BY THE VOCATIONAL HOME ECONOMICS TEACHER TO PROMOTE NUTRITION EDUCATION IN THE ELEMENTARY SCHOOLS.
 Janita Daffner Sadowsky
 Stillwater 138 l. 1969.
 TX368.562 F6M
 Effective teaching, Elementary schools, Home economics education, Home economics teachers, Inservice education, Nutrition education, Oklahoma, Research, Workshops.
 Thesis (M.S.) - Oklahoma State University. Bibliography: leaves 84-99.
 Abstract: This master's thesis describes an inservice workshop in nutrition education for elementary school teachers. The author explains how the workshop was planned, designed, conducted, and evaluated. On the basis of her findings, the author recommends (1) that courses in nutrition education be required for elementary teaching certification; (2) that school libraries house books and better nutrition education materials; (3) that state curricular guides for nutrition education be developed; and (4) that continuing workshops and other inservice educational devices in nutrition education be established.

1797-74

1797-74

EDUCATION AND TRAINING IN SI UNITS.
Louis F Sokol
Am Metric J 2 (1): 11-13, 20, 56, 58. Jan/Feb 1974.
OC91.A1A4 P6M
Conversation, Educational objectives, Instructional materials, Measurement, Metric system, Physical measurements, Teaching methods, Teaching techniques, Training.
Abstract: In teaching the metric system the best approach is to place emphasis on those SI units for those physical quantities that are used by all of the people most of the time--length, area, volume, mass, and temperature. The remaining quantities, such as those for force, pressure, work, power, and electricity, should be presented in high school physics classes and to workers who will use them on their jobs. Beginning students in first or second grade should be taught SI units with no reference to the English system. To older students and adults, some comparison with English units may be necessary, but all activities and problems to be solved should involve no conversions from one system to the other. The goal is to get awareness to think metric.

1798-74

THE USE OF SILENT SINGLE CONCEPT LOOP FILMS TO FACILITATE THE ACQUISITION OF OCCUPATIONAL SKILLS.
Savacar A Somanar
Mumbai, the State University, Graduate School of Education
Washington, Education Resources Information Center 164 1. Jan 1971.
L810A3.556 P6M
Audiovisual aids, Audiovisual instruction, Evaluation, Film study, Films, Materials, Training, Training techniques.
Thesis--Mumbai University, Bibliography: leaves: 99-103.
Abstract: An experiment was undertaken to find out if silent single concept loop films (SSCLF) facilitate the acquisition of occupational skills for nonacademic students. The subjects were a sample of 42 vocational school-bound eighth- and ninth-grade students. The major findings of the study were: (1) students acquired significantly more skill with teacher-film than with either of the other two treatments; (2) there was no significant difference in the acquisition of skill between teacher only and film only treatments; and (3) as measured by student conversation, shop clients tended to be more conducive to the acquisition of skill in the presence of SSCLF.

1799-74

TV AND RADIO TEACHING TOOLS.
Jack B Santafora
Today's Educ 63 (3): 48-50. Sept/Oct 1974.
275.9 H21J
Educational methods, Instructional aids, Instructional innovations, Mass media, Radio, Television.
Abstract: This article examines the role of television and radio within the learning environment of the school. The author contends that electronic media can bring a myriad of experiences into the classroom adding new excitement, discussion, and greater depth. He reviews a few samples of current education programming offered on local public broadcasting stations to analyze some of the uses of educational programming. The value of commercial programming is also discussed and suggestions are made for incorporating such programming into the classroom to enhance passive viewers into active learning. Educators in various areas should find this report on electronic media in the schools of interest.

1800-74

SPEAKING OF METRIC!
Am Metric J 2 (1): 40-41, 59. Jan/Feb 1974.
OC91.A1A4 P6M
Conversation, Education, Instructional materials, Measurement, Metric system, Physical measurements, Teaching techniques.
Abstract: There are many things people can do individually to begin learning the metric system. One should begin slowly at first, for example, measurement of length. When that has become thoroughly practiced and easy to use, start learning to use temperature units. Do not compare or convert metric measurements with the inch/pound system, otherwise metric is never really learned. All businesses will have some need to learn metric, even if only to adjust the thermostat in terms of Celsius. Companies will incur some financial loss from conversion, as will workers paid by the piece. Tooling of machinery will be necessary in some cases, and appliances used to English tools will be less productive for awhile working with metric equipment. But the earlier a company decides to make the conversion, the better off it will be when metrification begins in full force.

1801-74

AN INTERDISCIPLINARY APPROACH TO TEACHING HOME-MAKER AIDS.
B T Spacian
J Home Econ 61 (5): 346-349. May 1969.
321.8 J82
Community programs, Educational programs, Home economics, Home-making skills, Low income groups, Paraprofessional training, Philadelphia, Program goals, Visiting home-makers.
Abstract: Philadelphia women receiving welfare assistance have been taught to teach others like themselves how home-making skills. The 10-week training program they underwent to become home-maker aides is described. It was designed so they would recognize skills they already possessed, acquire new ones and be able to recognize the home-making needs of their clients. The teaching was informal and aimed at making these women

self-sufficient.

1802-74

MOTIVATING TEENAGERS TO IMPROVE NUTRITION.
I B Spindler
J Home Econ 55 (1): 28-32. Jan 1963.
321.8 J82
Adolescents (12-19 years), Diet improvement, Educational programs, Guidelines, Motivation, Nutrition education, Program planning, Psychological aspects, Social factors.
Abstract: To motivate teenagers to improve their nutrition, one must first involve them in solving their own problems. They are sociable. Want their peer group to like them, and want to look good. Their activities keep them away from home longer, and they assert independence by changing their food habits for the worse. Guidelines for programs for teenagers are offered and one successful program run by teenagers themselves is described.

1803-74

PUTTING NUTRITION ON THE LINE.
M T Spitzer
What's New Home Econ 34 (4): 13-14. Apr 1970.
321.8 W55
Adolescents (12-19 years), Classroom games, Educational games, Instructional aids, Instructional materials, Nutrition education, School children (6-11 years), Simulation.
Abstract: Games can be used to simulate real situations for learning or to make getting information more fun. Rules and scoring must emphasize correct information. If the teacher is also a learner, she may become aware of an idea to simulate. Cards showing nutrients in various foods can be used in a game in which children "buy" foods they would be willing to eat in one day and learn if the diet is adequate by examining the cards.

1804-74

GAMES THAT TEACH.
M T Spitzer
J Home Econ 64 (4): 8-12. Apr 1972.
321.8 J82
Basic nutrition facts, Classroom games, Educational games, Instructional aids, Instructional materials, Nutrition education, Simulation, Teaching techniques.
Abstract: Innovative teaching techniques are needed in which the students are mentally and emotionally involved as active participants in real situations. Games that simulate real-life situations can effectively teach nutrition principles. Two board games and a puzzle are described.

1805-74

RELATION BETWEEN HEARING AND MOTIVATION FOR LEARNING.
M T Spitzer
J Home Econ 58: 27-30. Jan 1966.
321.8 J82
Effective teaching, Home economics education, Motivation, Student involvement, Teaching methods.
Abstract: This article describes how teachers may use students' motivations constructively in making course work meaningful to them, with special emphasis on home economics.

1806-74

NUTRITION EDUCATION VIA THE PUBLIC PRESS.
F J Stare, M L Nyma, M G McCann
J Am Diet Assoc 39 (2): 124-125. Aug 1961.
389.8 H34
Basic nutrition facts, Communications, Consumer education, Foods instruction, Health education, Mass media, Newspapers, Nutrition education, Writing.
Abstract: The staff of a university department of nutrition have syndicated a column on food and health appearing twice a week in newspapers across the country. The format has been varied; half of the answer readers' questions, the rest deal with items of current interest. The column was developed to provide nutrition education to the public and to help counteract food quackery.

1807-74

ARE YOU WITH IT?
S S Stainberg
What's New Home Econ 30 (2): 36-39. Feb 1966.
321.8 W55
Adolescents (12-19 years), Effective teaching, Home economics education, Home economics teachers, Nutrition education, Teaching techniques.
Abstract: What goes to make up a good home economics teacher is described in terms of the knowledge and practices of a hypothetical teacher working with teenage girls. Using this story technique, the author points out any of the important problems involved in home economics teaching.

1808-74

BULLETIN BOARD PRINCIPLES.
Maurice S Stokes
Audiovisual Instruction 19 (8): 56. Oct 1974.
L810A3.A9 P6M
Audiovisual aids, Audiovisual instruction, Bulletin boards.
Abstract: Eleven principles for effective bulletin board construction include suggestions on building materials, design, content, color, lighting, and interest time span.

- 1809-74
A LACER FOR WALTER.
 Dea G Stoer
 J Muse Econ 65 (9): 39-42. Dec 1973.
 321.8 J82
 Adolescents (12-19 years), Effective teaching, Emotionally disturbed, Ethnic foods, Foods instruction, Home economics education, Learning disabilities, Special education, Teaching techniques.
 Extract: The students enrolled at the school described in this article are so different from the "problem students" to be found in normal classrooms. But for a variety of reasons these students have been removed from public schools either by their parents or by the courts. In the school they now attend they can receive special help with their emotional, social, and academic problems the boy named Walter in this article, who has another name in real life, is representative of the students in the school. He typifies the students who responded particularly well to a special learning situation--an ethnic foods class designed by a home economics teacher.
- 1810-74
IS TA OK? YES...IF IT'S USED WITH DISCRETION.
 Bill L Stroud
 Training 11 (7): 36-38. July 1974.
 BF1101.17 P5N
 Communication (Thought transfer), Individual characteristics, Motivation, Personnel, Psychological aspects, Training techniques, Transactional analysis.
 Extract: Transactional analysis--the latest development on the interpersonal-relations front--is not the panacea for all the ills besetting trainers. But it is here to stay until something better is developed which can claim so high an interest and at the same time find immediate application to problems such as customer relations. TA is defined and use of the technique (with discretion) is recommended.
- 1811-74
LEARNING BY DOING.
 B Strov
 J Nutr Educ 1 (4): 17-19. Spring 1970.
 TX341.J6
 Change agents, Foreign students, International foods, International programs, Nutrition education, Role playing, Simulation, Teachers, Teaching techniques.
 Extract: Emphasis on practical nutrition problems of their homelands was the theme of a workshop for nutrition educators from other countries who had been studying theory. Role playing was used to show how to solve problems, to make simple equipment desirable in their country. The most exciting discovery for all was that other countries had problems similar to their own. A bibliography is included.
- 1812-74
TAPE RECORDING, BOOKLET TEACH DIETS.
 V T Stucky
 Hospitals 42 (24): 78-83. Dec 1968.
 RA960.86 P5N
 Audiovisual aids, Counseling, Dietary information, Diets, Instructional materials, Patient care, Tape recording, Therapeutic and special diets.
 Extract: Hospitals and other agencies in Kansas concerned with patients in need of special diets, such as low-sodium or diabetic, use a booklet telling the patient what he needs to know (what he can or can not eat) in conjunction with a tape recording to which he listens, as he reads, telling him the basic reasons for the diet and offering hints for cooking, eating out, and varying the diet. The diet counselor then interviews him. The patients learned more than with conventional teaching and the dietitian's time was saved for individual counseling.
- 1813-74
STUDENTS LEARN TO LIVE WITH LITERS AND METERS.
 Nation's Schools 93 (4): 24-25. Apr 1974.
 LB2004.N3 P5N
 Instructional materials, Measurement, Metric system, Physical measurements, Teaching methods, Teaching techniques, Weight.
 Abstract: Some schools and school systems have already started to teach the metric system to both teachers and students. Here is a roundup of some of the more successful methods and techniques being used in various parts of the country to teach metrics.
- 1814-74
8 STEPS TO BETTER TEACHING: HOW TO MEASURE YOUR CLASSROOM TECHNIQUE.
 Patrick Swassuth
 Training 11 (7): 32-35, 61. July 1974.
 BF1101.17 P5N
 Behavior, Behavioral objectives, Learning behavior, Simulation, Teacher education, Teaching methods.
 Abstract: An objective standard of determining teaching skills is developed. By listing various forms of behavior (charts are supplied) of both teacher and students, a sequence of events can be developed showing positive versus negative actions. Those which impede learning can then be applied. Examples of behavior changes during a class, charting and interpretation are given.
- 1815-74
HOW TO BE A THUMB-UP TRAINER.
 Patrick Swassuth
 Training in Business and Industry 11 (5): 32-33. May 1974.
 BF1101.17 P5N
 Educational objectives, Effective teaching, Learning behavior, Teachers, Teaching methods, Teaching techniques, Training.
 Abstract: A positive approach to the people one teaches is perhaps the most important characteristic of an effective instructor. This author demonstrates how a typical lesson can be changed from a negative, passive activity to a positive, active experience. "Research constantly shows that we do not reward people as often as we think we do. To overcome this lack, we must start redesigning our lessons to emphasize and capitalize on recognition of the positive attributes of our students."
- 1816-74
THE ART OF ASKING QUESTIONS.
 Patrick Swassuth, Marit Stengels
 Training 11 (10): 46-50. Oct 1974.
 BF1101.17 P5N
 Management development, Meetings, Personnel management, Training, Training techniques.
 Abstract: Challenging questions are broken down into three types: convergent--the use of facts to form a fact or theory; divergent--a question that evokes interpretation, explanation, and translation; evaluative--a question requiring certain judgments. The use of the technique is covered in terms of trainer and trainee.
- 1817-74
KIDS ARE NATURAL COOKS.
 Rox Sult, Liz Uraneck, Lady McCrady
 Parents' Nursery School
 Boston, Houghton Mifflin 129 p., illus. 1974.
 TX652.5.S9 Y5N
 Cookbooks, Cooking instruction, Instructional materials, Preschool education, Recipes.
 Abstract: This book, designed for preschool level children, contains over 60 recipes for the use of food in the classroom. The recipes are of various levels of complexity and are organized by seasons. Knowledge of foods in various forms plus color, sensory, social and conceptual experiences are emphasized. Detailed directions for each recipe are given along with guidelines for teachers and parents on equipment, skills involved and safety.
- 1818-74
A SELF-LEARNING UNIT FOR PATIENTS WITH DIABETES.
 G S Tani, J G Hankin
 J Am Diet Assoc 58 (4): 331-335. Apr 1971.
 389.8 AH34
 Audiovisual aids, Audiovisual instruction, Diabetes mellitus, Diabetic diets, Diet information, Effective teaching, Instructional aids, Programmed instruction.
 Extract: An audiovisual method of self-instruction was tested with diabetic patients and found to be liked by most and to compare favorably with other teaching methods for retention of knowledge. Based on programmed learning, the technique uses colored slides synchronized with information on a tape which instructs the observer to answer questions on sheets provided.
- 1819-74
MASS MEDIA AND LEARNING.
 H R Taylor
 Ext Serv Rev U S Dep Agric 37 (6): 6-7. June 1966.
 1 EX892EX
 Communications, Educational programs, Extension education, Health education, Mass media, Nutrition education, Program design, Publications, Texas.
 Extract: Extension agents in Texas found that newsletters mailed to homes were the greatest single source of information received by their clients; television was second. Mass media were more effective and less of a threat than face-to-face methods. The agents are now using newsletters, television, and radio to tell people about workshops and 4-H fairs and showing agricultural films on television.
- 1820-74
TEN SERIOUS MISTAKES IN MANAGEMENT TRAINING DEVELOPMENT.
 Jack W Toyler
 Personnel J 53 (5): 357-362. May 1974.
 280.8 J824
 Educational programs, Management development, Management education, Program design, Program planning, Training.
 Abstract: The biggest mistakes by those who plan management training and development are the following: (1) failing to fix responsibility for resource utilization with line managers; (2) lack of training for training trainers; (3) hasty, shallow needs analysis; (4) substituting training for selection; (5) limiting the educational activities to "course work" only; (6) over-concern with personality modification; (7) failure to differentiate group needs and individual needs; (8) preoccupation with program mechanics; (9) failure to maintain consistency in the training effort; and (10) lack of provision for practical application of the training.
- 1821-74
TEACHING NUTRITION THE "BUT" WAY.
 Sch Foodserv J 28 (7): 65-71. July/Aug 1974.
 389.8 SC86

1822-74

Animal nutrition, Demonstrations (Animal), Equipment, Experiments, Growth, Nutrition education, Type A lunch.
 Extract: On the elementary, junior high and senior levels, students can be taught the value of nutrition in a classroom experiment in which rats are fed different diets and their growth rates are monitored by students.

1822-74

TEACHING TEACHERS TO TEACH NUTRITION.
 Sch Foodserv J 26 (5): 50-54. May 1972.
 389.8 SCH6
 Elementary education, Inservice education, Nutrition education, Oklahoma, Teacher education, Workshops.
 Extract: As one solution to the problem of a lack of qualified nutrition education teachers, a nutrition education workshop was held in an Oklahoma city for first and second grade teachers. Speakers at the seven weekly sessions included USDA, Dairy Council, and various representatives, a nutritionist in the school lunch division, an educator, a medical doctor, and a dentist.

1823-74

THE PREPARATION OF OCCUPATIONAL INSTRUCTORS A SUGGESTED COURSE GUIDE.
 Texas, University, Division of Extension, Industrial Education Dept.
 Washington 176 p. [1965].
 LC1043.T4 P6W (U.S. Office of Education. OE.80042)
 Curricula guides, Effective teaching, Teacher education, Teaching methods, Teaching techniques, Technical education, Training, Vocational education.
 Abstract: To fill the need for qualified vocational education teachers, people with technical occupational skills are being recruited even though they may have no formal instruction in how to teach. After recruitment, these novice teachers must learn the fundamentals of teaching and the educational process generally. This course guide for trainers of new vocational education teachers provides information on training techniques and course content that establishes the basic groundwork of classroom teaching and learning. The course covers everything from preparing lesson plans and giving tests to activating students and placing them in jobs.

1824-74

TEXAS STATE TECH INSTRUCTOR WINS AWARD FOR VENDING COURSE TECHNIQUE.
 Vending Times 14 (2): 31. Mar 1974.
 H75483.V4
 Effective teaching, Food service training, Job training, Post secondary education, Teaching techniques, Vending machines, Vocational education.
 Abstract: Texas State Technical Institute is a state supported school offering over 60 instructional programs in various vocational fields. The award-winning teacher of vending machine operation and repair has developed a number of innovative teaching techniques based on his belief that students learn better through self-paced instruction. The course is divided into "modules" which each student "tests out" on before moving on to the next module. The instructor had to create his own text material, since none was available in the field. He also integrated multimedia presentations into the program, along with written material and group discussion. The point of the course is to train individuals to meet specific job requirements in the vending machine field.

1825-74

THEIR CLASSROOM IS AN ALL-ELECTRIC KITCHEN.
 Modern Schools p. 13-15. Nov 1971.
 LB3209.M6
 Career education, Career Planning, Food preparation, Food service occupations, Food service training, High school students, Job training, Kitchens, Vocational education.
 Abstract: The Camden County, New Jersey, Vocational High School offers an outstanding food service training course that includes the culinary arts, commercial baking, and a practical food service program for commercial and institutional food preparation. The food service students prepare about 900 lunches daily. This article explains the food service educational program and describes the equipment available for students to use.

1826-74

DANGER: INDIVIDUALIZING INSTRUCTION CAN BE HAZARDOUS TO LEARNING.
 Sivasailas Thiagarajan
 Audiovisual Instruction 19 (5): 17-18. May 1974.
 LE1043.A9 P6W
 Educational objectives, Educational theories, Effective teaching, Individualized instruction, Learning behavior, Teaching methods.
 Extract: While individualized instruction is important--even essential in certain learning situations, the author states that at times it can actually be detrimental to learning. As he explains his position: "Individualization is a nice concept and a powerful tool. But over-individualization is as dangerous as any other form of overindulgence. While instruction should be adapted to the learner most of the time, there is such to be gained by requiring the learner to adapt to the instruction some of the time."

1827-74

THE TEETH AND EATING (FILMSTRIP).
 June Theas, Margaret R Schaidt
 Chicago, Encyclopedia Britannica Films 1 filmstrip, 39 fr., sl. 35 mm, col. 1967.
 RK61.T4 P6W AV (Understanding your body. Series I, no. 4)
 Dental caries, Dental health, Sugar, Teeth.
 Abstract: A filmstrip that teaches the child of age 8-11 about the teeth. The different types of teeth and their function, both in animals and in man are shown. X-rays of the teeth are shown, showing the different parts of a tooth. Two frames deal with food and how they relate to the teeth. The child is told to brush his teeth and visit the dentist regularly to keep his teeth in good health.

1828-74

A SUMMARY OF PRACTICAL THOUGHTS.
 E Neige Todhunter
 Instructor 83 (5): 54. Jan 1974.
 L11.15 P6W
 Consumer education, Learning, Nutrition education, Professional education, Teaching methods.
 Covering title: Stamp out nutritional illiteracy.
 Abstract: This brief statement by a nutrition educator summarizes some positive approaches to successful nutrition education for other nutrition educators, such as starting where the learner is and involving him by participation. The nutrition educator must recognize the child's felt needs, and provide a goal he can see and attain. Consumers must get positive feelings about nutrition, and nutrition education must be continuous.

1829-74

PROTEIN/IRON (SLIDES).
 Susan Travia, Barbara Fry
 Ithaca, Dept. of Human Nutrition and Food, Cornell Univ. 35 35 mm slides, 2"x2", col., 2 narrative guides. 1973.
 TX553.P7P72 P6W AV
 Adolescents (12-19 years), Adult nutrition education, Anemia, Iron, Metabolism, Protein foods, Proteins, Recommended Dietary Allowances.
 Abstract: Two lessons of about two hours' duration each, one on protein, one on iron, are the contents of this slide/narrative set. The material it contains is suited for students in junior high school classes through introductory college courses, and can be used also with adults. The protein unit covers the role of protein in the body, how it is obtained, cellular protein synthesis, amino acids, and relative costs of different proteins and combinations thereof. The iron unit is similar to the protein one, with additional material on groups with high iron needs, the difficulty in absorbing iron, and the Recommended Dietary Allowances. Both narrative guides contain suggested background references, supplementary information and suggestions for audience participation, some of which are incorporated into the showing of the slides.

1830-74

ENRICHMENT AND TRAINING.
 Benjamin B Tregoe
 Training in Business and Industry 11 (2): 22, 44. Feb 1974.
 HF1101.T7 P6W
 Industrial relations, Job enrichment, Job satisfaction, Job training, Management, Motivation, Personnel management, Training.
 Abstract: Job enrichment must stem from the possibilities for motivation that are inherent in the job itself. Just giving a person more to do does not motivate him to do it unless he happens to be a compulsive sort who will work at anything that is put in front of him. Job enrichment requires vertical expansion of responsibility consonant with the scope of the job, a program of training support to provide the worker the skills to carry it off, and a built-in system of feedback to keep the worker and his superiors informed of each other's activities.

1831-74

JOB ENRICHMENT: HOW TO AVOID THE PITFALLS.
 Benjamin B Tregoe
 Personnel J 53 (6): 445-449. June 1974.
 280.8 J824
 Communication skills, Educational programs, Job enrichment, Learning, Problem solving, Teaching methods, Training.
 Extract: While many programs designed to enrich jobs fail, others, especially those which teach employees to use their minds as well as their hands, achieve remarkable success. One of the latter programs, Analytical Trouble Shooting, trains people to increase their problem-solving capabilities and to communicate readily with persons in other areas and on different levels.

1832-74

PROGRAM AIDS--NEW ANSWER TO OLD PROBLEM.
 E Turner, S Klean
 Ext Serv Rev U S Dep Agric 40 (11): 9-16. Nov 1969.
 1 EX892X
 Community programs, Food preparation, Home, Food purchasing, Low income groups, Meal planning, Nutrition aides, Nutrition education, Paraprofessional training, Teachers.
 Extract: Some of the methods extension aides use to teach better nutrition and meal planning to low-income people are described in this article. They include "cooking schools," help with home gardening, shopping to get the most for one's money, and so on. Training of aides has differed in different

- localities, but all have a unique three-week basic introduction to foods and nutrition.
- 1833-74**
TECHNICAL REPORT ON STANDARDIZATION OF THE GENERAL APTITUDE TEST BATTERY FOR DIRECTOR, SCHOOL LUNCH PROGRAM 0-71-32.
 U.S., Employment Service
 [Washington] 9 p. 1962.
 BF431.05 P5N
 Aptitude tests, Evaluation methods, Food service occupations, Job analysis, Measurement, Mississippi, Testing, Tests.
 GATB no. 2348, January 1961.
 Abstract: The General Aptitude Test Battery, B-1002a, was administered to a final sample of 87 women employed as Director, School Lunch Program (0-71.32) in 87 different schools of the public school system in Mississippi. The criterion consisted of supervisory ratings on a descriptive rating scale. On the basis of mean scores, standard deviations, correlations with the criterion, job analysis data, and their combined selectivity efficiency, intelligence, verbal aptitude, and clerical percentages were selected for inclusion in the test norms. The data indicated that 64% of the food service directors who ranked poorly would not have been hired if the recommended test norms had been used in the selection process. Moreover, 48 of the 58 workers (83%) who made qualifying test scores were good workers similar to that shown in the job description.
- 1834-74**
DEVELOPMENT OF USTES APTITUDE TEST BATTERY FOR FOOD-SERVICE SUPERVISOR.
 U.S., Manpower Administration
 Washington, D.C. 13p. July 1969.
 BF431.052 P5N (U.S. Training and Employment Service. Technical Report 5-440)
 Aptitude tests, Evaluation methods, Food service occupations, Food service supervisors, Job placement, Measurement, Occupational guidance, Testing, Tests.
 Abstract: The United States Training and Employment Service General Aptitude Test Battery (GATB) has been included in a continuing program of research to validate the tests against success in many different occupations. The GATB consists of 12 tests which measure 9 aptitudes. The scores are standard scores with 100 as the average for the general working population. Occupational norms are established in terms of minimum qualifying scores for each of the significant aptitude measures which, in combination, predict job performance. For any given occupation, cutting scores are set only for those aptitudes which contribute to the prediction of performance of the job duties of the experimental sample. The GATB norms described in this report are appropriate for use only for jobs with content similar to that shown in the job description included in this report.
- 1835-74**
DEVELOPMENT OF USTES APTITUDE TEST BATTERY FOR DIETARY AID.
 U.S., Manpower Administration
 Washington, D.C. 11p. July 1969.
 BF431.053 P5N (U.S. Training and Employment Service. Technical Report 5-436)
 Aptitude tests, Dietitian aides, Evaluation methods, Food service occupations, Job placement, Measurement, Occupational guidance, Testing, Tests.
 Abstract: The United States Training and Employment Service General Aptitude Test Battery (GATB) has been included in a continuing program of research to validate the tests against success in many different occupations. The GATB consists of 12 tests which measure 9 aptitudes. The scores are standard scores with 100 as the average for the general working population. Occupational norms are established in terms of minimum qualifying scores for each of the significant aptitude measures which, in combination, predict job performance. For any given occupation, cutting scores are set only for those aptitudes which contribute to the prediction of performance of the job duties of the experimental sample. The GATB norms described in this report are appropriate for use only for jobs with content similar to that shown in the job description included in this report.
- 1836-74**
DIETITIAN 0-39.93--TECHNICAL REPORT ON STANDARDIZATION OF THE GENERAL APTITUDE TEST BATTERY: FINAL REPORT.
 U.S., Manpower Administration
 Washington, D.C. 8 p. 1964.
 TF364.055 P5N
 Aptitude tests, Aptitudes, Dietitians, Evaluation methods, Food service occupations, Testing, Tests.
 Available from: Lasco Information Products, Inc., 4827 Rugby Avenue, Bethesda, Maryland 20814; ERS price NP-30.65, NC-33.29; ERIC Report No. ED 060 094.
 Abstract: The United States Training and Employment Service General Aptitude Test Battery (GATB), first published in 1947, has been included in a continuing program of research to validate the tests against success in many different occupations. The GATB consists of 12 tests which measure nine aptitudes. The aptitude scores are standard, with 100 as average for the general working population, and a standard deviation of 20. Occupational norms are established in terms of minimum qualifying scores for each of the significant aptitude measures which, when combined, predict job performance. Cutting scores are set only for those aptitudes which aid in predicting the performance of the job duties of the experimental sample. The GATB norms described are appropriate only for jobs with content similar to that shown in the job description.
- 1837-74**
UNDERSTANDING THE METRIC SYSTEM (TRANSPARENCIES); A VISUAL PROGRAM.
 Wetherfield, Janus Associates 3C transparencies, col., with instructor guide. 1973.
 QC93.05 P5N AV
 Mathematics, Measurement, Metric system.
 Abstract: A program to help train people in the basic concepts of the metric system. The work is presented in two parts and includes practical work, quizzes, and workshop applications. Much statistical work in nutrition is in the metric system and it is necessary that all students in the field be cognizant of this system.
- 1838-74**
METRIC SYSTEM (KIT).
 Union Carbide Corporation, Educational Aids Dept.
 Tuxedo, N.Y., Union Carbide 1 kit. 1973.
 QC93.84 P5N AV
 Linear measurements, Measurement, Metric system, Physical measurements, Weights.
 Includes 2 posters (64 x 107 cm.), 2 English-metric conversion calculators, 1 measuring tape (60 in./153 cm.) and 1 measuring cup.
 Abstract: For the use of anyone who must learn and/or teach the metric system, here are some wall charts and tape measures showing the metric measures and their equivalents in the English system for units of length, volume, and weight, as well as cooking measures.
- 1839-74**
UP THE WSLP.
 Sch Food Serv J 28 (1): 56-57. Jan 1974.
 389.8 SC86
 Advertising, Educational programs, Information sources, Motivation, National School Lunch Program, Program design, Secondary schools, Student involvement, Student participation.
 Abstract: Upping the low student participation figures in the school lunch program for secondary schools is USDA'S thrust during the 1973-74 school year. For starters, the West-Central Region has compiled an information kit to help advise all concerned with raising the number of Type A meals served in high schools. This article describes the contents of the information kit and offers suggestions for its use.
- 1840-74**
REVITALIZE EXISTING PRACTICES.
 Allana Vadan
 Instructor
 L11.15 P5N
 Food groups, Nutrition education, Professional education, Teaching techniques.
 Supplement, Stamp out nutritional illiteracy.
 Abstract: This article for the teacher suggests a number of ways that nutrition education--food for people, for health--can be taught, with special emphasis on the elementary years. The illustrations offered can be used in teaching subjects other than health or science. The article also encourages the nutrition-teaching teacher to join forces with other such teachers to give seminars, workshops, and similar activities for themselves and others in the school community, including food service managers and school nurses.
- 1841-74**
THE ADOLESCENT--HIS GROWTH AND DEVELOPMENT.
 Isabelle Valadian
 In Proceedings of the National Nutrition Education Conference, Washington, D.C., Nov. 2-4, 1971 p. 21-37. Apr 1973.
 TF364.0529 P5N
 Adolescents (12-19 years), Anthropometry, Growth, Nutrition, Physiology, Sex (Characteristics).
 Abstract: Dr. Valadian follows the changes in growth and development of the adolescent. Spurts in growth occur in the prepubescent stage, but there are individual variations in the growth spurt. There occurs in all people a sagittal growth, and with these physiologic changes, there are behavioral changes taking place also. Factors that influence the growth include: 1) genes, 2) race, 3) sex, 4) endocrine glands, 5) illness, 6) nutrition and 7) secular trends.
- 1842-74**
INDIANA/CULTURAL FACTORS IN THE INTRODUCTION OF CHANGE.
 M Vanderhoff
 J Home Econ 61 (4): 261-264. Apr 1969.
 321.6 J82
 Behavior change, Change agents, College programs, College students, Cultural factors, Educational programs, Indiana, Program evaluation, Resistance to change.
 Abstract: A review of a graduate course on the value systems of other cultures was presented to students at four state universities in Indiana. The author summarizes the students' reactions to it.
- 1843-74**
WHAT'S COOKING AT CAL STATE: OLD RECIPES IN MODERN METRIC MEASURES.
 Russell D Verner
 In Metric J 1 (2): 13, 22. Nov 1973.
 QC91.1144 P5N
 Conversion, Measurement, Metric system.

BIBLIOGRAPHY

1844-74

Abstract: Almost every country in the world except the United States has converted to a new SI metric system. Very soon its language (litre, kilogram, and metre) will be familiar to the average American. The author speaks of the ease of price comparisons using the metric system, compared to our present system. Converting to the metric system will aid us in the foreign market. An article written for the adult and the home economist.

1844-74

THE NUTRITION CONSULTANT AND THE HOME AIDE.
M E Vaughn
J Am Diet Assoc 43 (5): 435-438. Nov 1963.
389.8 AM34

Community programs, Detroit, Michigan, Emergency feeding, Health occupations, Health personnel, Home-making skills, Low income groups, Paraprofessional training, Visiting home-makers. Extract: This is a description of the nutritional and dietary training given to the home-making aides of the Visiting Nurse Association of Detroit. These non-professionals help families whose normal lives are disrupted by various emergencies and often help prepare meals for the households they enter, with guidance from the nurse and nutritionist. Some case studies are reported.

1845-74

VIDEOTAPE: A REVOLUTION IN THE MAKING.
Modern Med 41 (23): 28-33. Dec 10, 1973.
R11.A1M6 P6N

Audiovisual centers, Audiovisual equipment, Audiovisual instruction, Medical education, Video cassettes, Video tapes. Abstract: Medical educators have not been using videotape, despite its value in achieving certain education objectives. Various advantages, as well as disadvantages to the use of videotape are mentioned in the article. The recent appearance of the self-contained cassette and the possibilities of the use of TV with computers, printed materials, and teaching aids is discussed. Sources of CHE videotapes are listed.

1846-74

VOLUNTEER DONATES SERVICES TO LOW-INCOME FAMILIES.
Agric Mark 12 (10): 14. Oct 1967.
A720.38 AG8

Educational programs, Elderly (65 + years), Florida, Food preparation, Home, Foods instruction, Low income groups, Nutrition education, Teachers, Volunteers. Extract: A Florida grandmother and former teacher volunteers her time to the U.S. Department of Agriculture to help recipients of donated foods to buy and prepare foods that are nutritious and a good money value. In addition to visiting homes and giving demonstrations, she has broadcast on radio and television. Some of her radio talks have been recorded for broadcast in other parts of the country.

1847-74

ACTION ON SERENA STREET.
E Waggoner
Nutr News 33 (3): 12. Oct 1970.
389.8 N957

Adult education, Colorado, Health education, Instructional materials, Low income groups, Teaching techniques, Textbooks. Extract: The Colorado Department of Education has published a story, at the first to fourth grade reading level, divided into chapters, about a family with health problems, to be used in adult basic education for persons with limited education. Each segment permits introduction of major health concepts, including diet. A teacher's guide is included along with a set of snap-lock beads representing daily food group servings.

1848-74

SOME PRINCIPLES OF ADULT EDUCATION.
F F Wagner
J Am Diet Assoc 44: 32-35. Jan 1964.
389.8 AM34

Adult nutrition education, Applied nutrition, Dietetics, Learning, Motivation, Student involvement, Teaching techniques. Extract: This article provides suggestions for dietitians who teach adults. Ideas for planning the learning experience and some useful teaching techniques are included. Adults are harder to motivate than children, but are able to participate in a wider range of learning experiences.

1849-74

IDENTIFYING COMPETENCIES IN THE FOOD SERVICE INDUSTRY: FINAL REPORT.
Linda H Wagner
Wisconsin, Board of Vocational, Technical, and Adult Education
Madison 11p., f2211. 1973.
TI911.2.H3 P6N

Curriculum planning, Employment, Employment practices, Food service occupations, Job analysis, Job placement, Job training, Vocational education. Bibliography: leaves 110-111 available from: LEASCO Information Products, Inc., 4227 Rugby Avenue, Bethesda, Maryland 20014; EDRS price MF-30.65, HC-36.58; ERIC Report No. ED 080 727.

Extract: This report documents a research project conducted to ascertain what specific occupational competencies are necessary for employees in the food service industry. Questionnaires were mailed to employers in restaurants and hospitals and to graduates of high school and postsecondary food service programs. The respondents completed 316 position evaluations

in 16 different job classifications. Most of this document consists of tabulated survey data, summarized to list the competencies needed for the 16 job areas by common elements for all 16 and also by competencies believed significant for specific jobs. From these data a curriculum will be constructed based on realistic food service job competencies and articulated among secondary education, postsecondary vocational education, technical education, and higher education.

1850-74

CONSTRUCTING INSTRUCTION BASED ON BEHAVIORAL OBJECTIVES; A MANUAL FOR MANAGERS OF LEARNING.
Henry H Walbesser, Edwin B Rutz, Larry D Goss
Stillwater, Engineering Publications, Oklahoma State University 111 p. 1971.
HF5549.63 P6N

Behavioral objectives, Teaching methods, Testing. Abstract: This manual is aimed at the teacher or instructor of a collage course. The book is a practical guide to writing objectives for lectures so as to increase the likelihood that the student will learn. The manual is divided into twelve instructional units, each one consisting of: an instructional objective, criteria, rationals, instructional activities, and self-assessment. The manual is a self-help, and hopes to at least bring into focus the importance of student and instructor working towards the same goals.

1851-74

THE NEW EDUCATIONAL TECHNOLOGY: WITH WHOM WILL YOU DANCE?
C A Wedemeyer
J Am Diet Assoc 53: 325-328. Oct 1968.
389.8 AM34

Educational objectives, Educational resources, Educational theories, Effective teaching, Instructional innovation, Learning behavior, Learning theories, Teaching methods, Technology. Extract: The changed context of education in the present, due to increased needs on many fronts, means teachers must employ new educational technology in teaching and learning the kind of systems now required is outlined, as is the teacher's task under this newer method.

1852-74

EVALUATION OF WORKSHOPS IN NUTRITION EDUCATION, 1972.
West Virginia, Dept. of Education, Bureau Of Planning, Research, and Evaluation
West Virginia, West Virginia Dept. of Education 35 p. Mar 1973.
TX353.E9 P6N

Evaluation methods, Nutrition education, School food service, Statistical data, Tests. Abstract: As a result of the 1969 National Nutrition Survey, the West Virginia Department of Education undertook a project that might prevent some of the problems resulting from poor nutrition in children. One objective was to conduct nutrition education workshops in cooperation with other divisions in the West Virginia Department of Education. This report is concerned with this one objective of five in the study, and its evaluation. Included are the pre- and post- tests.

1853-74

PROPER FOOD (FILMSTRIP).
Helen Westerberg
Chicago, Encyclopedia Britannica Films 1 filmstrip, 41 fr., sl, 35 mm, col. 1953.
TX353.P7 P6N AV (Proper food)

Basic nutrition facts, Breakfast, Fish, Food habits, School children (6-11 years). Abstract: A story about a young boy, Sam, who visits his friend for a few days. We find that Sam is not in the habit of eating the correct nutrients, and he is such too tired to join in the family fun. He goes fishing with his friend and catches a large fish which is cooked for him. This is the first time he has tasted fish, finds he enjoys it, and the rest of the seal. Of course, with a better diet, he is now in the mood to play and have fun with his friend. The filmstrip teaches the need for a varied diet, one rich in vitamins and minerals and low on frequent snacks of "empty calories".

1854-74

WHEN YOU GIVE A DEMONSTRATION. (SPA)
Rio Piedras, P.R. 9 p. Sept 1962.
TX364.CE P6N

Demonstrations (Educational), Food preparation, Foods instruction, Nutrition education, Teaching guides, Teaching techniques. Title of Original: Cuando me da una demostracion. Abstract: For those who give demonstrations on how to handle and cook food, this booklet provides helpful tips for preparation and teaching.

1855-74

TRAINING PLANS FOR HEROS.
Thomas F Whitu
J Home Econ 66 (5): 28-30. May 1974.
321.8 J82

Career education, Educational programs, Future Home-makers of America, Home economics education, On the job training, Program design, Vocational education, Work study programs. Extract: The expansion of home economics programs to prepare students for gainful employment is one of the ways educators have responded to the increasing demand for vocationally oriented programs. To a great extent, this expansion has taken the

form of cooperative education or HERO (Home Economics Related Occupations) programs. HERO sources use on-the-job training combined with related classroom experiences. In 1971, Future Homebreakers of America established PHA chapters in HERO programs to accommodate students enrolled in home economics-related occupations courses in the secondary schools. Chapter projects are coordinated both with classroom and with job training that provides opportunity for members to expand their learnings in the areas of personal growth, family life, vocational preparation, and community development.

1856-74

NUTRITION TEACHING.
P I Whitehead
Food and Nutr News 34 (9): 1, 4. June 1963.
389, 8 P7332
Behavior change, Educational objectives, Educational programs, Effective teaching, Nutrition education, Program evaluation, Program planning, Teaching methods.
Extract: The author explores concepts of nutrition teaching and learning and suggests means of increasing their effectiveness for nutrition education, which implies frequent re-evaluation, for the concepts have changed and will continue to. Teaching is more than telling; it involves learning which involves the learner. Problem-solving is one effective method to influence food choices. Nutrition education needs to be more behavior-centered.

1857-74

WHO IS RESPONSIBLE FOR DEVELOPING THE DIETARY HABITS OF YOUTH?--YOUTH PANEL DISCUSSION.
In Proceedings of the National Nutrition Education Conference, Washington, D.C., Nov. 2-4, 1971 p. 53-55. Apr 1973.
TR364.0529 P6N
Adolescents (12-19 years), Diet patterns, School lunch, Television.
Abstract: Five teenage students discussed some of the problems that occur in choosing meals that are nutritionally sound. They discussed school lunch, information communicated by the media, vegetarianism and the worth of the symposium to them.

1858-74

TELEVISION AND THE YOUNG CONSUMER: AN ANALYSIS OF CONSUMER NEEDS OF CHILDREN AND A PROPOSAL FOR THE UTILIZATION OF TELEVISION TO MEET THOSE NEEDS.
Sally Williams, Barbara McKenzie
The Committee on Children's Television
San Francisco, Committee on Children's Television 31 p. March 31, April 1-2, 1974.
HD784.T4W5 P6N
Child nutrition, Child nutrition programs, Children, Consumer education, Snacks, Television.
Abstract: This report analyzes the consumer needs of children and offers suggestions for utilizing television to meet these needs. A pilot study done in San Francisco to ascertain children's consumer behavior is described which included such factors as money available to children, money expenditure and the role of adults, peers and television in consumer decisions. The study concluded that food and snacks absorb much of children's income. It is also concluded that children do rely on television as a primary source of information. A current San Francisco approach to television consumer education is described along with a discussion of the potential of television consumer education. Included are types of programming which can be utilized and suggestions on types of information that should be made available to children. Those working with child education programs should find this report of interest.

1859-74

A MODEL FOR THE SYSTEMATIC INTEGRATION OF INSTRUCTIONAL MATERIALS INTO INDIVIDUALIZED LEARNING SYSTEMS.
Thomas C Wilson
Audiovisual Instruction 19 (5): 7-10. May 1974.
L81043.A9 P6N
Audiovisual aids, Audiovisual equipment, Audiovisual instruction, Educational planning, Educational resources, Individualized instruction, Instructional materials, Systems approach.
Abstract: The need for materials suitable for use in individualized instruction is becoming increasingly apparent. The model presented in this article suggests a series of procedures for the selection of media to be used in programs of individualized instruction. The components of this model involve 4 basic processes: (1) assessment of learning situation (what is to be learned and who are the learners); (2) determining methodology (what are the objectives of the lesson, in what order should content units be sequenced, and in what environment will the lesson be presented); (3) selection of media (which media best fits lesson content and learners, which commercial materials are best, or should materials be teacher/student developed); and (4) evaluating media effectiveness.

1860-74

WHY JOHNNY'S PARENTS DON'T READ.
M A Wingert, J F Grubbs, D S Friedberg
Clin Pediatrics 8: 655-660. Nov 1969.
RJ1.C5 P6N
Academic achievement, Evaluation methods, Health education, Information dissemination, Low income groups, Parent education, Reading, Tests.
Extract: A study of mothers registered at the pediatric emergency room of a large urban hospital determined their reading level, what level of vocabulary of health instruction material

they could understand, and what currently available printed material would be suitable to give them. Schooling level was the best predictor of reading ability. One-third of those tested dropped out of school before ninth grade. Informational material for lower socioeconomic groups should be written no higher than the sixth grade level.

1861-74

THE IMPORTANCE OF BELIEVING - IN TRAINING.
Harvey J Witherell
Training and Dev J 28 (10): 42-43. Oct 1974.
LC1C41.17 P6N
Attitudes, Personnel management, Training.
Extract: The training office has to sell management on the kind of training most beneficial for solving a particular problem or need. To do this the training officer has to diagnose the problems faced by management and prescribe the best remedies available in the training pharmacy. The training office will be successful in fulfilling its rightful role in any organization to the extent it makes itself valuable and productive to management and all employees.

1862-74

HEALTH CAREER CLUBS: IS IT TIME FOR A NATIONAL ORGANIZATION?
Karl S Wittean
An Vocational J 49 (3): 39-41. Mar 1974.
HF5381.5.V6 P6N
Career choice, Career opportunities, Career planning, Careers, Health occupations, Occupational guidance, Organizations, Paraeducational occupations, Work experience programs.
Abstract: In vocational education, students learn by doing. Formal approaches to education do not teach some students how to cope with the challenges of adulthood, how to gain self-identity, self-expression, direction, and meaning in life. Youth leadership programs in vocational education can provide foundations for (1) career education, (2) personal development, (3) interpersonal relationships, and community involvement. Two national vocational institutes have encouraged the concept that youth organizations should be developed to serve emerging vocational disciplines and that each clearly defined area of vocational instruction should promote a separate but cooperative leadership program. Health occupations education is a unique career field. The movement now lays claim to a distinct youth leadership program to support this occupational area.

1863-74

HELPING DISADVANTAGED FAMILIES IMPROVE THEIR DIETS.
I M Wolganot
Nutr Program News 4 p. Jan/Apr 1967.
1.982 A2N955
Attitudes, Diet improvement, Disadvantaged groups, Parent relations, Low income groups, Motivation, Nutrition education, Poverty, Teaching techniques.
Extract: Almost one-fifth of our population is considered to be living in poverty. They do not come to educational meetings, so they must be reached in other ways. The worker who wants to help these needs to know how they are living and earning, what their life styles and psychologies are, and what their limitations (often many) are. Workers must develop compassion. Personal contacts work best with persons of little education, and they gain much from helping with a demonstration of how to do something useful. Learning should be fun and made an uncoerced experience. Working with groups is economical and effective.

1864-74

WORK SIMPLIFICATION, SCHOOL LUNCH 10, INSTRUCTOR MANUAL.
[Washington?] 103 p. Mar 1972.
TR911.2.W62 P6N
Cook-helpers, Cooking equipment (Large), Cooking equipment (Small), Food preparation, Quantity, Food service training, Recipes, School food service supervisors, Work simplification.
Abstract: This manual has been developed to give on-the-job training to cooks, helpers and other school lunch workers in quantity food preparation that at the same time will teach them how to simplify and streamline their work. The teaching techniques used include lectures, demonstrations and role playing via skits. Both large and small equipment are considered in the ten lessons in the manual, and there are recipes for quantity cookery which is demonstrated. For school food service supervisors and other managers of food service institutions.

1865-74

GUIDANCE AND THE PROMISES AND DEMANDS OF CAREER EDUCATION.
Robert H Worthington
An Vocational J 49 (3): 62-64. Mar 1974.
HF5381.5.V6 P6N
Career choice, Career education, Career opportunities, Career planning, Occupational guidance, Vocational education.
Extract: The freedom to choose one's vocation is among the most treasured of all those promised American citizens. This freedom to choose, theoretically, is without limits. It extends even to the freedom to choose not to choose. It is practiced on the assumption that, given such freedom, most individuals will choose in ways that in the long run will bring satisfaction to themselves and serious contributions to society. But there can be no freedom of occupational choice for those who have never learned to make occupational decisions. One cannot choose from among opportunities unless he knows what those opportunities are. Even the best of decisions benefits

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1866-74

the individual little if he has no concrete ways of implementing the decisions made. SCW can speak about freedom of occupational choice unless the individual is given opportunity to understand himself as well as the variety of options open to him? The career education movement in American education simultaneously demands and promises a top priority for expanded career guidance, counseling, and placement.

1866-74

THE THERAPEUTIC DIETITIAN--A CHALLENGE FOR COOPERATION.
C M Yance
J Am Diet Assoc 47 (2): 96-103. Aug 1965.
389.8 AM34

Diet counseling, Dietitians, Health occupations, Health services, Patient care, Professional education, Therapeutic and special diets, Therapeutic nutrition.
Extract: The therapeutic dietitian serves as a coordinator between the dietary department and those who treat the patient, contributing knowledge to the medical personnel involved. Her functions include following patients' progress, education of other professional staff, and dietary counseling. There is need for more graduate-level trained specialists in dietetics.

1867-74

A DEMONSTRATION OF AUTOMATED INSTRUCTION FOR DIABETIC SELF CARE.
M A C Yance
Am J Public Health 59 (1): 110-122. Jan 1969.
849.9 AM33

Diabetes mellitus, Diabetic diets, Diet information, Effective teaching, Nutrition education, Program evaluation, Programmed instruction, Teaching methods, Therapeutic nutrition.
Extract: Teaching machines versus manual clinic teaching was tested among patients coming to diabetic clinics in eight New England hospitals. It was concluded that those who follow through increase their knowledge. Dropout rate was higher than among control patients, so this may not be an attractive way to learn for clinic patients. Desirable behavioral outcomes need to be built into the program.

1868-74

EAT RIGHT--YOU'RE ON CANDID CAMERA.
V Birke
Ext Serv Rev U S Dep Agric 43 (6): 3. June 1972.
1 2289228

Adolescents (12-19 years), Audiovisual aids, Diet improvement, Diet patterns, Films, Food habits, Instructional materials, Nutrition education, Teaching techniques.
Extract: A candid camera technique was a strong teaching tool in a teenage nutrition program. The program, entitled "Pitane--Choice or Chance," featured a 5-minute color film of teenagers in a local high school who were practicing poor eating habits.

1869-74

APPRAISING AND REVISING EDUCATIONAL HEALTH MATERIALS: A LOOK AT THE BOOKLETS FOR "PLANNING FAT-CONTROLLED MEALS".
M C Tubel
J Am Diet Assoc 54 (1): 25-28. Jan 1969.
389.8 AM34

American Heart Association, Diet information, Diet planning, Dietary standards, Evaluation methods, Fat-controlled diets, Research, Therapeutic and special diets.
Extract: This article describes the research, decisions, and protests that were made before the American Heart Association booklets for fat-controlled diets were revised. Sample menus, case recipes, and lists of foods allowed or avoided are included.

1870-74

20 WAYS TO BREAK THE BREAKFAST HABIT.
Forecast Home Econ 20 (1): f-132-f-133. Sept 1974.
321.8 H752

Attitudes, Breakfast, Labeling, Nutrition education, Student involvement, Student participation, Teaching methods.
Abstract: Examples of successful methods used in schools in different parts of the United States to promote breakfast eating are given. Food variety, presentation, nutrition education, and visuals are some techniques that worked well.

MENU PLANNING

1871-74

LOYN.
American Home Economics Association
Washington, Food Council of America 4-p. foldout. (n.d.).
TE364.A45 F5H
Food groups, Nutrition.
Abstract: If you love your family, you are told a good way to show that love is to insure the health of the members by

feeding them nutritionally sound foods. The Basic Four is stressed with the different foods in each group, and their need in the body listed.

1872-74

COMPUTERS 1984.
Joseph L Falinty
Food Management 9 (1): 50-53. 73. Jan 1974.
TK341.F69

Computer applications, Computers, Data processing, Decision making, Food service management, Institutional feeding, Menu planning, Prediction, Standardized recipes.
Abstract: By 1984 there will be more computers of every kind available, plus more foods and food products for more customers. To predict the future of computers in food management, we must predict the evolution of food management ideas and their computerization. There will be 3 evolutionary stages: (1) simple electronic data processing; (2) development of computerized management information systems with large data banks and instant access to information and progress to crossreference and interrelate facts and figures; and (3) use of computer systems for both data processing and decision making. Along the way, recipes will be standardized and coded to make menu planning almost instantaneous. Cost and food preference data will combine with menu data to generate purchase orders, inventory transactions, food issues, and as an necessary to administrator and control food delivery.

1873-74

ELEMENTARY MENUS.
Baltimore, Public Schools
Baltimore (10) l. (1972).
TE728.83 P5H (Eat the basic four foods every day)
Baltimore, Cycle menu, Elementary schools, Guidelines, Menu planning, School food service, School food service supervisor.
Abstract: The Baltimore, Maryland, public schools issued a new menu format in 1972. This booklet provides instructions and guidelines to help food service supervisors make the best use of the new menu-planning format at their individual schools.

1874-74

SECONDARY MENUS.
Baltimore, Public Schools
Baltimore (11) l. (1972).
TE728.832 P5H (Eat the basic four foods every day)
Baltimore, Cycle menu, Guidelines, Menu planning, School food service, School food service supervisor, Secondary schools.
Abstract: The Baltimore, Maryland, public schools issued a new menu format in 1972. This booklet provides instructions and guidelines to help food service supervisors make the best use of the new menu-planning format at their individual schools.

1875-74

ARE YOU A MEAT SHORT?
Eulalia C Blair
Inst/val Feeding 74 (1): 81-83. Jan 1, 1974.
TK1.255
Cooking methods, Cooking techniques, Food preparation, quantity, Meat, Meat cuts, Merchandising.
Extract: With feed prices reaching upward from slaying heights, it can prove worthwhile to turn to the neglected cuts of meat as a source of help. Today, there's no meat of quality that can be said to be cheap. But some cuts cost less than others due to the supply and the demand. Beef, lamb, pork, and veal all have prestige cuts and "lesser" cuts. In addition to the economy factor, these less demanded cuts of meat can bring fresh interest and variety to the menu. As with all other cuts of meat, their rewarding taste--and their success--depend on proper cookery. Low temperatures and longer cooking times are the foremost rule.

1876-74

NUTRITION AND DIET GUIDES FOR NURSING HOMES.
California, Dept. of Public Health
Berkeley, Calif., Dept. of Public Health 60 p. 1969.
TK361.C3 F5H
Diabetic diets, Fat-restricted diets, Liquid diets, Nursing homes, Professional education, Sodium-restricted diets, Soft diets, Special groups, diets.
Abstract: This booklet for the institutional dietitian offers menu and food serving suggestions for the kinds of diets most likely to need to be served to patients in a nursing home. They include soft and liquid diets, fat- and sodium-restricted diets, and diets for diabetics. They could be used in teaching student dietitians and nutritionists.

1877-74

MENU MATTER FOR CONSUMATION MATTER.
California School Food Service Association, Public Relations Committee
[Sacramento?] 1 v. (unpaged) illus. 1973.
TK355.C32 F5H
Food selection, Menu planning, Merchandising, Nutrition education, Public relations, School food service, Student involvement, Student participation.
Abstract: The school food service should be something more than just a feeding trough for students. Food service personnel can and should get involved in nutrition education effectively. The food served should be prepared not only nutritionally,

but also appetizingly and interestingly. Here is a wealth of ideas and nutrition information that the school menu maker can use to add fun and learning through the weekly meal plan.

1870-74

DIABETIC MEAL PLANNING: A GOOD GUIDE IS NOT ENOUGH.

E R Caso

Am J Nurs 62 (11): 76-78. Nov 1962.

488.8 AN323

Diabetic diets, Diet counseling, Diet planning, Food exchange, Food preferences, Patient care, Protein-fat-carbohydrate modifications, Psychological aspects.

Abstract: One of the organizers of the food exchange lists for diabetic meal planning discusses how to use such lists to best advantage. Regional or ethnic meal patterns need to be considered by the patient and his diet counselor and the patient's emotional reactions to the diet need to be considered by the counselor. Effectiveness of the list can be negated by incorrect or untrained use.

1875-74

DIABETIC MEAL PLAN.

Contra Costa County, Dept. of Health
Martinez, Calif. 12 p. Sept 1967.

TK361.E52C6 F818

Diabetes Mellitus, Diabetic diets, Diet information, Food exchange, Food intake, Meal planning, Therapeutic and special diets.

Abstract: A person with diabetes must be extremely careful of the food he or she eats. A physician should first be consulted to determine exactly the type of diet one should follow. This booklet provides exchange lists and some ideas for planning meals free day to day.

1889-74

TEACHING CHILDREN TO EAT.

Marisa Cronan

Sch Foodserv J 27 (10): 20. Nov./Dec. 1973.

389.8 SC86

Food habits, Food preferences, International foods, Nutrition education, School children (6-11 years), School food service, School lunch programs.

Abstract: This article explains how it is possible to teach school children to eat a variety of foods. The school food service should offer a wide variety of foods from one day to the next; and classroom teachers must make an effort to incorporate the appreciation of new foods in their class discussions with children.

1891-74

MIX AND MATCH FOR GOOD DEALS (FILMSTRIP).

Dorcas Film Industries

[N.F.], Evaporated Milk Assn. 1 filmstrip, 88 fr., ei, 35mm, col. [n.d.].

TK364.H52 F81 AV

Adults, Food groups, Food preparation, Menu planning, Milk, Recipes.

Abstract: The housewife is offered tips for combining food from the four food groups in nutritious meals for her family in this filmstrip. Suggestions include snacks, main dishes and meal planning tips. The film could be used in high school home economics classes.

1892-74

ELDERLY FEEDING WITH PLAIN.

Sch Foodserv J 28 (10): 32-34. Nov/Dec 1974.

389.8 SC86

Elderly (65 + years), Food programs, Massachusetts, Menu planning, Nutrition, School food service.

Abstract: Beef Burquadv, Sukiyaki and Grasshopper 'Me-can this be elderly feeding? You bet it can. A Massachusetts foodservice director uses innovative menu planning to create meals for the elderly.

1893-74

CATERING!

Tom Yarr

Food Management 9 (3): 52-55, 61-67. Mar 1974.

TK361.Y69

Catering, Cooking techniques, Food preparation, quantity, Institutional feeding, Menu planning, Recipes.

Abstract: Institutional food service facilities are used for a variety of non-institutional functions. Here are recipes and menu ideas for catering these affairs which can add to the food service's income.

1894-74

LEFTOVERS: MENU STANDCUTS THAT ARE BUDGET STRETCHERS.

Tom Yarr

Food Management 9 (2): 56-59. Feb 1974.

TK361.Y69

Cooking techniques, Cost effectiveness, Food preparation, quantity, Institutional feeding, Leftovers, Recipes.

Abstract: To save the dishes presented here as "leftovers" is really a misnomer--it is an efficient foodservice operation setting is really leftover. Planned-for dishes utilizing pre-cooked ingredients is a far more accurate way of describing what one normally and, unfortunately, negatively thinks of as leftovers. Even though leftovers are held in rather low regard here in the U.S., some of the most popular dishes from around the world are, in fact, leftovers, featured in this article are recipes for Scandinavian, Polish, Spanish, French,

English, and Near Eastern dishes all made from leftovers.

1895-74

A STUDY ON LINEAR PROGRAMMING APPLICATIONS FOR THE OPTIMIZATION OF SCHOOL LUNCH MENUS; SUMMARY REPORT.

Irene K Piodouff

Tulane University

New Orleans 16 1. 1972.

TK726.P5 F68

Computer applications, Cost effectiveness, Financial management, Food purchasing, Food service management, Information sources, Menu planning, School food service.

Grant OHS-7-70-0165(509). Bibliography: leaves 13-14 available from: LEASCO Information Products, Inc., 4827 Natchez Avenue, Bethesda, Maryland 20814; extra price MF-30.65, HC-33.25; EHC Report No. ED 067 788.

Abstract: This document summarizes the results of a project at Tulane University that was designed to adapt, test, and evaluate a computerized information and menu planning system utilizing linear programming techniques for use in school lunch food service operations. The objectives of the menu planning were to formulate menu items into a palatable, nutritionally adequate combination at minimum cost. The author did an empirical study of menu planning in the New Orleans public schools and found that the use of linear programming reduced raw food expenditures 13 percent over manual planning methods.

1896-74

FISH SANDWICHES FOR PROTEIN, PATRONAGE AND PROFITS.

Cooking for Profit 43 (260): 44-46. Apr 1974.

TK901.C65

Fish, Food preparation, quantity, Food service, Menu planning, Merchandising, Sandwich-making, Sandwiches, Seafood.

Abstract: Fish sandwiches can be as diverse as the variety of frozen breaded fish and seafood products available to the foodservice operator. Most of these products make good sandwich material. Fish sandwiches offer patrons high-quality protein in a very acceptable form. They also offer the operator an opportunity to merchandise a product that will build patronage and profits. Fish sandwiches can be served as types of bread, rolls, English muffins, or in taco shells. They can be dressed with a wide variety of sauces from standard tartar sauce to catsup or cocktail sauce, with interesting in-between ideas. Garnishment can include lettuce, tomato slices, lemon wedges, parsley sprigs, green pepper rings, onion rings, olives, bacon bits, or grated cheese.

1897-74

FROM THE PHOENIX FILE; MERCHANDISING AND MENU NOTES.

Food Serv 36 (10): 24-25. Oct 1974.

389.2538 F732

Arizona, Beef, Commercial food service, Crab, Menu design.

Poultry, Restaurants, Shrimp.

Abstract: Beef, poultry, crab, and shrimp appear in a variety of guises on menus in Phoenix, Arizona. Bills of fare from several restaurants are supplied.

1898-74

GALLOPING GOURMET FOODS TO PATIENTS.

Instit/vol Feeding 74 (9): 63. May 1, 1974.

TK1.155

Convenience foods, Cost effectiveness, Food preparation, quantity, Food serving methods, Hospital food service, Institutional feeding, Menu planning, Merchandising, New York City.

Abstract: By using convenience foods, a hospital in Brooklyn, New York, is able to provide patients with gourmet food specialties. This is no mean feat for a hospital whose patient population is a mosaic of cultures and religions from the surrounding Anglo, Spanish, black, Italian, Jewish, and Moslem communities. This article explains how the hospital's new food service works.

1899-74

BIGGEST HOLIDAY MONTH OF THE YEAR.

Janice Garr

Fast Food 73 (2): 127-131. Feb 1974.

389.2538 F82 F68

Advertising, Commercial food service, Food service management, Holiday foods, Menu planning, Merchandising, Public relations.

Abstract: When planning a special advertising and promotional campaign, food service operators should (1) determine their restaurants' inherent advantages and disadvantages relative to others; (2) analyze the potential market; (3) understand all available methods and media to reach that market; (4) formulate definite promotional plans; (5) coordinate all advertising and promotional material; (6) set up an advertising budget; (7) carry out the program; and (8) keep it in force for a definite period of time. This article provides specific suggestions for promoting holiday fare for Valentine's Day, Washington's Birthday, and Shrove Tuesday.

1899-74

A LA CARTE DISCOUNTS INTO PLUS SALES.

Janice Garr

Fast Food 73 (4): 137-142. Apr 1974.

389.2538 F82 F68

A-la-carte service, Advertising, Commercial food service, Food prices, Menu design, Menu planning, Merchandising, Profit, Sales volume.

Abstract: To increase sales, it is more advantageous to merchandise and promote the a-la-carte items rather than raise the cost of entrees. Selling these extras automatically increases

1891-74

sales volume and profit. These menus are rarely ordered, however, unless they are well prepared, attractively pictured, and effectively suggested by the waiter or waitress. Also, to sell a-la-carte items, can best offer dishes worth buying--dishes that customers would ordinarily not serve in their own home. This article provides suggestions for merchandising and merchandising a-la-carte dishes to increase sales.

1891-74

FISH AND SHELLFISH: TAKE YOUR PICK OF THE CATCH.

Janice Garr

Restaurant Bus 73 (6): 123-128. June 1974.

389.2538 P82 P8N

Commercial food service, Cooking methods, Cooking techniques, Fish, Food preparation, quantity, Frozen foods, Merchandising, Seafood, Shellfish.

Abstract: The wide variety of frozen fish products with their built-in labor and portion control features gives food service operators the opportunity to choose the species of fish, the portion size, the cut, and the method of preparation best suited to particular establishments. Fish may be poached, steamed, broiled, pan fried, deep fat fried and served in a variety of eye-opening ways as appetizers, main courses, soups, salads, and sandwiches.

1892-74

MENU IDEAS FROM THE RESTAURANT BUSINESS TEST KITCHEN.

Janice Garr

Restaurant Bus 73 (8): 83-88. Aug 1974.

389.2538 P82 P8N

Desserts, Main dishes, Prepared foods.

Abstract: Tart and pie shells, ready-baked, frozen, and in six forms combined with prepared filling give operators and managers limited only by imagination. Various combinations are described and illustrated.

1893-74

THE ENTIRE IDEAS TO CELEBRATE THE HOLIDAYS.

Janice Garr

Restaurant Bus 73 (11): 127-134. Nov 1974.

389.2538 P82 P8N

Catering, Commercial food service, Consumer economics, Food cost, Food service management, Menu planning, Profit.

Abstract: Suggestions for holiday merchandising of festive foods include analysis of the present economic situation and promotion of home catered parties. Many illustrations are included.

1894-74

CASSEROLES.

Janice Garr

Restaurant Bus 73 (9): 179-184. Sept 1974.

389.2538 P82 P8N

Casseroles, Food cost, Food preparation, Recipes.

Abstract: Casserole cooking is outlined in terms of recipes and assurance of the prepared dish. A luxury meal can be prepared at suits low prices using this mode of preparation.

1895-74

THE MENU MAGIC OF PROCEDES.

Janice Garr

Restaurant Bus 73 (10): 89-94. Oct 1974.

389.2538 P82 P8N

Breakfast, Fish, Food preparation, Frozen foods, Meat, Poultry, Shrimp, Vegetables.

Abstract: The great variety of frozen foods now available allows foodservice operators to offer any kind of meal, year-round and at reasonable cost. Preparation of several dishes is described, along with suggestions for combining complementary foods.

1896-74

PLANNING ETHNIC MENUS.

J A Gordon, V Kilgore

Hospitals 45 (21): 87-91. Nov 1, 1971.

NA96O.86 P8N

Cookery, Ethnic foods, Ethnic groups, Food preparation, Food selection, Foodways, Hospital food service, Menu planning, New York City.

Abstract: A New York hospital considers the food habits of six ethnic groups in planning menus: American Blacks, Jews, Puerto Ricans, Italians, Irish, and Chinese. Examples of typical dishes are given.

1897-74

ESSERT-O-RAMA III.

Laerie A Gorton

Cooking for Profit 43 (280): 28-35. Mar 1974.

TX501.C65

Cooking techniques, Desserts, Food preparation, quantity, Food service, Institutional feeding, Menu planning, Merchandising, Sales volume.

Abstract: Desserts can be made the highlight of an institutional food service menu. Here are pictured and described a wealth of dessert ideas for all year round: cakes and pastries; iced cream concoctions; after-dinner drinks; glazes and tarts; parfaits; puddings; and cookies.

1898-74

HOW TO PROMOTE BOARD PLANS.

Food Management 9 (2): 65. Feb 1974.

TX341.P69

College food service, Food service management, Menu planning, Merchandising, Student participation.

Abstract: The food service at Dickinson College in Carlisle, Pennsylvania, has instituted a plan that has delighted the boarding students--special meals. Once a month, an unusual meal is prepared featuring a special theme with foods to match. Past meals have included Oriental night, Riverboat night, Mardi Gras, an Indian Buffet, an Oa Feast, plus many others. Such touches make eating in the dining halls an exciting, pleasant experience.

1899-74

DIETARY CARTOONS IN CREATING PATIENT GOOD WILL.

R S Hoyt, R P Dickinson

Am J Clin Nutr 14 (2): 123-124. Feb 1964.

389.8 J24

Cartoons, Diet counselling, Hospital food service, Hospitals, Menu design, Nutrition education, Patient care, Teaching techniques, Therapeutic nutrition.

Abstract: A hospital dietary service undergoing disruptive remodeling, designed cartoons about diets to placate patients. The cartoons were well received and used subsequently as covers for discharge menus. Each was fashioned for a particular therapeutic diet.

1900-74

THE KEY TO SCHOOL LUNCH PARTICIPATION: UNFORGOTTEN MENUS.

Food Serv 36 (3): 59-62. Mar 1974.

389.2538 P732

Atlanta, Georgia, Food preferences, Food serving methods, Menu planning, Nutrition, School food service, School lunch programs, Student participation.

Abstract: In Cobb County, some 25 miles north of Atlanta, Georgia, the menus and techniques of serving are so interesting and imaginative that Cobb County schools have one of the highest rates of participation in the county. A total of 34,000 students out of an average daily attendance of 42,000 partake of Type A lunches--a participation rate of 81 per cent. Each of the 56 cook/supervisors in the Cobb County schools acts as an independent operator. While they receive menu recommendations and guidelines, each manager may design her own menu and daily specialities, adapting to local preferences and student attitudes. Managers of the food services plan their own menus, their own ordering of produce, meats, bread, and ice cream, but place orders for staples through county-wide bids. A typical menu is an Italian meal: spaghetti, garlic bread, tomato salad, and cold fruit dessert.

1901-74

SPECIAL DIETS: EVIDENTLY FEEDING EUGABOO.

Jack Lynne

Sch Foodserv J 28 (10): 36-43. Nov/Dec 1974.

389.6 JCN6

California, Elderly (65 + years), Hospital food service, Menu planning, Nutrition, School food service, Therapeutic and special diets.

Abstract: Feeding the elderly is fine, but so many older people need special diets. How do you meet these dietary requirements and still stay within a budget? A school foodservice director in Santa Cruz, California is able to provide a variety of special diets for her elderly customers on a break-even basis.

1902-74

MEAL PLANNING DURING PREGNANCY.

Minneapolis, General Mills Nutrition Service 16 p. 1972.

TX361.P7.M4 P8N

Adults, Basic nutrition facts, Food guides, Menu planning, Pregnancy diets, Weight control.

Abstract: This book for the pregnant woman discusses foods needed for her health and for her baby's, and ways to combine them in menus. There is a discussion of weight control, along with special tips for pregnant teenagers, and suggestions for dealing with nausea and other problems, under doctor's supervision.

1903-74

MENUS FOR THE POOR: NON-COOKED MEALS.

Joan O'Hion

Los Angeles, Food Stamp Advocates of Los Angeles County 8 p. Aug 22, 1972.

TX361.O5 P8N

Adults, Food purchasing, Low income groups, Menu planning.

Abstract: This booklet contains menus for two weeks along with a shopping list designed to give good nutrition to low income persons who live in single rooms without cooking or refrigeration facilities. Some of the items may need to be bought daily. Most are inexpensive.

1904-74

A COMPUTER-ASSISTED APPROACH TO MEAL PATTERNING.

Eleanor H Pao, Marguerite C Burk

J Am Diet Assoc 65 (2): 144-150. Aug 1974.

389.8 JN34

Computer applications, Diet patterns, Dietary surveys, Environmental factors, Meal patterns, Meals per day, Regional surveys, Socioeconomic influences.

Abstract: A new approach to meal patterning makes extensive use of computer programs (a) to group foods within meal components, (b) to combine these components into meal patterns, and (c) to code the patterns. This process is repeated for such eating occasions as breakfast in sequence within three time frames of the day. Results of applying this approach to 24-hr. diets

PAGE 166

of large samples of individuals in the North Central Region and in the South, obtained in the USDA's 45 spring 1965 Survey of Food Intake of Individuals, are reported as examples. Further research is under way which will relate the patterns of single meals to (a) a day's food patterns, (b) socioeconomic characteristics of the individuals, and (c) the day's patterns of nutrient intake.

1965-74

PATIENTS LEARN HOW TO CALCULATE SPECIAL DIETS IN HOSPITAL CLASSES.

F. Pherevill

Wad Hospital 112 (6): 100-101. June 1969.

NA900.N6 P&N

Chicago, Diet consultation, Diet planning, Dietitians, Hospital care, Patient care, Teaching techniques, Therapeutic and special diets, Therapeutic nutrition.

Abstract: A Chicago hospital holds classes for in-patients and out-patients on how to cope with and calculate their particular diets. The hospital dietitians serve as teachers. Visual aids and printed materials are utilized. The hospital dining area is used as a classroom, and each "class" sits around a table.

1966-74

PHOTOS AND RECIPES ON HOSPITAL MENUS INSTRUCT AND ALSO PLEASE PATIENTS.

Hospital 41 (16): 98-99. Aug 1967.

NA960.N6 P&N

Behavior change, Cookbooks, Diet improvement, Hospital food service, Meal planning, Menu design, Motivation, Nutritious education, Recipes.

Abstract: The General Conference of Seventh Day Adventists has devised menus for 40 participating hospitals with preprinted full-color photographs of two meals to be served for each day for one month with recipes on the back. A cookbook, for uniformity in hospital preparation, accompanies the blanks. These were designed to help activate patients to accept new dietary attitudes while they are in the hospital.

1967-74

MENU DESIGN: MERCHANDISING AND MARKETING. 2d ed. rev.

Albie C. Seabers

Chicago, Institutional Management/Voluntary Feeding 389 p. illus. [1971].

TX945.S4 1971 P&N

Advertising, Design needs, Food service management, Marketing, Menu design, Menu planning, Merchandising.

Abstract: This newly revised and updated volume is a comprehensive guide to all phases of menu preparation--design, artwork, writing, paper choice, type face selection, and printing. This edition also contains new chapters on room service menus, special occasion menus, and menus for German and Mexican-Spanish cuisine. Emphasis throughout the book is on making the menu an advertising/merchandising tool that will increase sales volume.

1968-74

FOOD FOR FITNESS. (SFA)

Texas A & M University, Agricultural Extension Service College Station, Tex. emp. [a.d.].

TX355.T44 P&N

Diet information, Food groups, Food guides, Meal planning.

Title of Origin: Consider para esthetics.

Abstract: To stay healthy, everyone must have daily servings of foods from the milk group, meat group, vegetable and fruit group, and the bread and cereal group, as well as some butter, margarine, or vegetable oil.

1969-74

TODAY'S SPECIAL: A FORTYFOURTH OF FOOD MERCHANDISING IDEAS.

Institut/Vol Feeding 74 (2): 37-43. Jan 15, 1974.

TX1.155

Commercial food service, Food service, Holiday foods, Institutional feeding, Menu planning, Merchandising.

Abstract: Here is a potpourri of food merchandising ideas for special and festive occasions from Chicago New Year to St. Patrick's Day, from Polish Advantages to National Krant and Freekforter Week, from Lent to Easter, from Russian Easter to the Fourth of July, plus many more.

1970-74

GOOD MEALS FOR BUSY DAYS (SLIDES).

U.S., Extension Service

Washington, D.C. 59 col. slides 2" x 2". Mar 1963.

TX728.G6 P&N AV (U.S. Extension Service. Filestrip and slide series no. C-106)

Convenience foods, Cooking techniques, Food preparation, Home, Food instructions, Measuring skills, Meal planning, Recipes, Recipe books.

With accompanying teacher's guide, cassette, and recipes distributed by Photo Lab, Inc., Washington, D.C.

Abstract: Today's housewife often combines household duties with emergency activities outside the home--including full-time and part-time jobs. These housewives eat thoroughly organized food preparation courses to get the most done in the shortest amount of time. Here are some recipes for quick and easy meals and instructions for their preparation.

1911-74

A MENU PLANNING GUIDE FOR TYPE A SCHOOL LUNCHEES. Rev. ed.

U.S., Food and Nutrition Service

Washington, D.C. 20 p. May 1974.

TX735.US P&N

Age groups, Menu planning, Nutrient requirements, School food service, Type A lunch.

Abstract: The goal of every school lunch program is to serve nutritionally adequate, attractive and moderately priced luncheon. School lunches that meet these standards are very real achievements and are the result of carefully planned menus. The Type A lunch requirements form a simple and easily followed pattern which shows the kinds and amounts of food to serve children; however, the quality of the lunch depends on the knowledge, ability and judgment of the person using the pattern in planning food combinations that will be acceptable to children.

1912-74

UPDATE ON FROZEN HEAT-AND-SERVE FOODS.

Cooking for Profit 43 (284): 23-28. Aug 1974.

TX901.C65

Food cost, Food preparation, Frozen desserts, Frozen foods.

Abstract: Conceivably a foodservice operation could be run today using nothing but frozen heat-and-serve foods. So extensive are their number and variety that a full and complete menu can be made up from appetizer and soup to and including dessert. While many operators feel that frozen heat-and-serve foods are costly, their price does include labor. Any decision concerning their use should take this into consideration. Frozen heat-and-serve foods give the operator good quality control. Choice of items should be made on taste test and analysis of the product as to the amount of solids to sauce and whether any particular brand has a flavor that appeals to an operation's clientele.

1913-74

MENU PLANNING: A BLUEPRINT FOR BETTER PROFITS.

Hubert E. Wisick, Peter E. Van Kleeck

New York, McGraw-Hill 160 p. [1974].

TX943.V5 P&N

Food service, Menu design, Menu planning, Standardized recipes.

Abstract: Designed for an introductory course in menu planning for commercial establishments, this text covers the characteristics of a good menu, types of menus, menu planning and purchasing, and the relationship between menu planning and personnel. It also explains the relationship between menu planning and equipment, and provides information on standard recipes--what they are, how to use them, how to set up, how to precast and how to determine selling price.

FOOD PREPARATION AND PRODUCTION

1914-74

THE BAKERS' MANUAL FOR QUANTITY BAKING AND PASTRY BAKING.

Rev., 3d ed.

Joseph Wendole

New York, Ahrens Pub. Co. 191 p. illus. [1972].

TX763.A27 1972

Baking, Batters and doughs, Food preparation, Quantity.

Available from NAL.

1915-74

ANYONE CAN MAKE GOOD ICED TEA.

Cooking for Profit 43 (280): 48-49. Apr 1974.

TX901.C65

Beverage dispensers, Beverages, Food preparation, Quantity.

Iced tea, Non-alcoholic beverages, Serving equipment, Tea. Abstract: Tea is a profitable menu item all year round. The new instant tea dispensers make tea service quick and, because tea cools out cold, less ice is used. This article describes the various ways of preparing iced tea, and gives special instructions for brewing tea leaves.

1916-74

ARE YOU SERVING GREAT FRENCH FRIES?

Cooking for Profit 43 (283): 28-29. July 1974.

TX901.C65

Cooking methods, French fried potatoes, Frying, Deep fat.

Abstract: Suggestions are listed which help the cook overcome problems in preparing French fries. Sogginess and greasiness are the most common customer complaints and these can be overcome easily by referring to the preparation check list included in the article. Frozen versus raw preparation is examined and frozen French fries win out on the basis of freshness, low transport costs, uniformity and required cooking time.

BIBLIOGRAPHY

1917-74

1917-74

AIDING EYE APPEAL TO FOODS.

Eruce H Auler
Indianapolis, IIT Educational Publishing 110 p. 1974.
TX82C.A9 F6P
Desserts, Food art, Food decoration, Food service management, Garnishes, Main dishes, Merchandising, Salads, Sandwiches.
Abstract: This book systematically discusses how to make food look attractive and appetizing--how to make platters, hors d'oeuvres, cold dishes, salads, hot entrees, desserts, and beverages look great. In addition to a unique collection of decorative effects, the book offers guidelines in color and texture, composing platters and platters, and accessorizing dishes, in order to give each food its maximum appeal.

1918-74

SANDWICH-CHAPT.

Anna Jane Baird
Sch Foodserv J 28 (6): 20-22. June 1974.
389.8 SCH6
Food preparation, quantity, Recipes, Sandwich-making, Sandwiches, School food service, School lunch.
Abstract: Knowing that sandwiches are the favorite choice at home, in restaurants or at school, the Kansas Wheat Commission sponsored a statewide sandwich contest for all institutional foodservice personnel. Originally written for six portions, sandwiches were judged for practicality, flavor, palatability, appearance, eye appeal, and ease of eating. Because 75 percent of the recipes entered were from women working in school foodservice, it was no problem for their originators to convert them to 100 portion recipes. Here are quantity recipes for French sandwiches, tuna custard sandwiches, chicken sandwiches, Teriyaki (or Teri) burgers, and sauerkraut burgers. All recipes fit the Type A requirements.

1919-74

MILK FROM DRY MILK. (SPA)

B Bay
Fort Collins, Colo. 1 single-sheet flyer printed front and back. Mar 1969.
TX379.B33 F6W (Colorado State University Cooperative Extension Service. Spanish nutrition brieflet 3-a)
Dried foods, Food preparation, Home, Milk.
Title of Original: Leche hecha con leche en polvo.
Abstract: Here are instructions for reconstituting dry milk solids.

1920-74

DRY MILK IN POTATO SCOP. (SPA)

B Bay
Fort Collins, Colo. 1 single-sheet flyer printed front and back. Mar 1969.
TX379.B35 F6W (Colorado State University Cooperative Extension Service. Spanish nutrition brieflet 3-a)
Cooking techniques, Dried foods, Food preparation, Home, Ingredients, Milk, Potatoes, Recipes, Soups.
Title of Original: Leche en polvo en salsa de papa.
Abstract: Dried milk can replace fresh milk when baking potato scuf. Here's a recipe.

1921-74

DRY MILK IN BREADS. (SPA)

B Bay
Fort Collins, Colo. 1 single-sheet flyer printed front and back. Mar 1969.
TX379.B34 F6P (Colorado State University Cooperative Extension Service. Spanish nutrition brieflet 4-e)
Breads, Cooking techniques, Dried foods, Food preparation, Home, Ingredients, Milk.
Title of Original: Leche en polvo para panes.
Abstract: Dried milk can replace fresh milk in bread recipes. Here are the proportions of dried milk for tortillas and for leavened bread.

1922-74

SALADS AND SALAD DRESSINGS FOR FOODSERVICE MENU PLANNING.

Eulalia C Blair
(Chicago) In: Institutions/Volunt Feeding Magazine 250 p. illus. (1974).
TX807.B5 F6W
Cooking methods, Food preparation, quantity, Main dishes, Menu planning, Merchandising, Recipes, Salad dressings, Salads, Side dishes.
Abstract: For cooks who want to increase their repertoire of salads, this book provides recipes and helpful hints for preparing green salads, gelatin salads, vegetable salads, fruit salads, big salads for entrees, and the dressings to go with all these. Two additional chapters give instructions for setting up a salad bar or buffet and for creating elaborate molded salads.

1923-74

THE SALAD BAR AS MENU-DECK-SCOE.

Eulalia C Blair
Instit/col Feeding 75 (4): 50-51. Aug 1974.
TX1.X55
Appic, Fish, Fruits, Gelatin, Meat, Merchandising, Salads, Vegetables.
Abstract: The importance of food presentation is emphasized. Salad bars can be designed around a single type or include a number of variations. Suggestions for adding unique touches that result in eye-catching displays are given. Freshness and

crispness add immeasurably to salad appeal.

1924-74

COOKING WITHOUT SALT. (SPA)

California Heart Association
Oakland, Calif. unsp. [n.d.].
TX652.C3 F6W
Cooking methods, Cooking techniques, Food preparation, Home, Meal planning, Mineral modifications, Recipes, Sodium-restricted diets, Therapeutic and special diets.
Title of Original: Cocinando sin sal.
Abstract: For people on salt-free diets, here are cooking tips and some recipes for preparing tasty dishes based on traditional Spanish-American foods. Suggested low-salt menus for breakfast, lunch, and dinner are also included.

1925-74

CAN YOU CATER TO SPECIAL DIETS?

Cooking for Profit 43 (28): 40-42, 63. May 1974.
TX901.C65
Catering, Commercial food service, Dietetic foods, Diets, Food selection, Formulated foods and specialized products, Merchandising, Therapeutic and special diets.
Abstract: Individual food service operators are the best judge of the extent to which they can cater to the special dietary needs of their customers. Thanks to the growing availability of dietetic and specially formulated foods, food services can offer their customers a number of dishes that they could not otherwise. Included here are recipes for egg dishes using low-cholesterol egg substitute.

1926-74

YOUR CHILD'S FORMULA. (SPA)

Carnation Company
Los Angeles, Calif. unsp. [n.d.].
TX361.C5C32
Food preparation, Home, Formula diets, Hygiene, Infant feeding, Infants (To 2 years), Maternal and child health, Milk, Sanitation.
Title of Original: La formula para su niño.
Abstract: Instructions are given in this pamphlet for preparing infant formulas, sterilizing bottles, and feeding the baby. Instructions on how to bathe an infant are also included.

1927-74

ALL ABOUT BAKING (CROSSWORD PUZZLE).

Florence A Cavley
What's New Home Econ 38 (3): 5. Mar 1974.
321.8 B55
Baking, Cooking methods, Educational games, Food preparation, Instructional aids.
Abstract: Here is a crossword puzzle that makes use of baking terms, ingredients, baked goods, and baking techniques as answers.

1928-74

FOOD PRODUCTION AND POPULATION.

Colin Clark
In Proceedings of the Western Hemisphere Nutrition Congress II Miami Beach, Fla., Sept. 2, 1971 p. 223-225. 1972.
TX345.W4 F6W
Animal sources of food, Caloric intake, Demography, Food production, Protein foods.
Abstract: Food production in Latin America is increasing, at a rate to keep pace with the steadily rising population. However, the increase is not the same in each country. Differences range from 112 grams of protein consumed per day per head in Uruguay to only 44 grams per day per head eaten by residents in El Salvador and the Dominican Republic. Mr. Clark discusses the amount of land available for food production in Latin America, and concludes that the population potential is still extraordinarily high. This article delves into the different types of soil and rainfall in various areas of Latin America, and stresses the need to use more vegetable protein rather than animal protein. The article is written for the professional in the field.

1929-74

TRICKS FOR TREATS: A FUN WITH FOODS PROJECT MEMBERS MANUAL.

U.S., Extension Service
Frances Cook, Evelyn B Spindler, Fern S Kelley
Chicago, National 4-H Service Committee 34 p. [n.d.].
TX355.V52 F6W
Basic nutrition facts, Elementary grades, Experiments, Food groups, Food preparation, Food safety, Meal planning, School children (6-11 years).
Abstract: For the 4-6 grade level group. This is basically a food preparation and menu-planning book focusing on the development of good food choices. The theme is the magic of converting ordinary foods into tasty, nutritious treats. The tricks to producing the treats involve techniques in the choice and preparation of the food and cleanup afterwards. The booklet contains many illustrations, explicit directions and enticing recipes along with self evaluation score sheets and a follow-up.

1930-74

COOKING WITH METRICS (KIT).

Corning, Corning Glass Works [n.d.].
QC93.C6 F6W by
Conversion, Liquids, Metric system, Recipes, Temperature.

PB89 169

- Abstract: The kit contains ditty watters, transparencies, a sorter, a teacher's guide, and a teacher's manual. A complete description of metric conversion in the kitchen covers solids, liquids, and length, in addition to temperature switchover. Several recipes are used to show equivalencies.
- 1931-74**
COULI COMMISSARY PRODUCTION SAVE YOU MONEY?
 Instit/vol Feeding 74 (9): 120, 142-144. May 1, 1974.
 T11.155
 Commissaries, Cost effectiveness, Facilities Planning and layout, Facility requirements, Food delivery systems, Food preparation and distribution systems, Food Preparation, quantity, Food service management, Quality control.
 Abstract: Food service organizations--commercial and institutional--are switching to the commissary method of food production and delivery. Such centralization of food preparation has been found to reduce operating costs for many types of food services. Managers of organizations that now use the commissary method are interviewed in this article and their food preparation operations are described.
- 1932-74**
TEMPERATURE KELVIN - K.
 L C Iosholdt
 Am Metric J 2 (1): 46-47. Jan/Feb 1974.
 OC91.A1A4 F6N
 Measurements, Metric system, Physical measurements, Temperature.
 Extract: The metric SI unit of temperature is the kelvin (K). The degree intervals on this scale are the same as on the Celsius scale. The temperature interval on the kelvin scale from ice point to the boiling point of water is 100 K. Water freezes at 273.15 K and water boils at 373.15 K. The lowest possible temperature is zero K, which equals absolute zero. The triple point of water is a fixed point on the kelvin scale at 273.16 K. This is defined as 0.01 degrees C and 32.02 degrees Fahrenheit. It is a reproducible point used for calibration of thermometers. The degree kelvin or degree of absolute temperature is identical to the degree Celsius. Celsius (centigrade) is derived by subtracting from the kelvin scale a constant number to make the ice point 0 degrees C. On this scale the ice point is 0 degrees and the boiling point is 100 degrees. Absolute zero is -273.15 degrees C. The Celsius scale has gained general world usage because of the commonly used temperature ranges covered.
- 1933-74**
TWO BASICS OF HAWAIIAN CUISINE: RICE AND FRUIT.
 Evelyn Evans
 Food Serv 36 (6): 29-36. June 1974.
 389.2538 F732
 Cookery, Cookery, Hawaiian, Cooking methods, Cooking techniques, Food preparation, quantity, Fruits, Recipes, Rice.
 Extract: In Hawaii, most menus begin and end with at least one tropical fruit. And rice is central to many main meal entrees. Because both are easy to prepare and serve in imaginative ways--you can put these items on your menu with minimal labor input. Here's a step-by-step guide to several methods of fried rice preparation, plus facts and serving suggestions on five tropical fruits. Recipes are included.
- 1934-74**
YOUR GUIDE TO FOOD PREPARATION.
 Evelyn Evans
 Food Serv 36 (3): 36-48. Mar 1974.
 389.2538 F732
 Beverage dispensers, Cooking methods, Cooking techniques, Food preparation, quantity, Hamburgers, Milk shakes, Pizza, Recipes.
 Abstract: This article provides practical advice for making pizza, hamburgers, and milk shakes--America's three favorite fast foods. Recipes are given for pizza dough and toppings--formulations for both oven baking and microwave heating. Instructions for making hamburgers by griddling, convection oven heating, char broiling, and microwave heating are presented, as are tips for preparing milk shakes using multi-flavor milk shake dispensing machines.
- 1935-74**
FAIRY FOR PROFIT: FISH 'N CHIPS.
 Evelyn Evans
 Food Serv 36 (4): 31-38. Apr 1974.
 389.2538 F732
 Cooking methods, Cooking techniques, Fish, Food preparation, quantity, French fried potatoes, Frying, deep fat, Merchandising.
 Abstract: The English favorite, fish 'n chips, is gaining popularity in the U.S. and Canada. Preparation of this dish, however, takes a skilled fry cook. This article gives the essentials of good fish 'n chips cookery and eye-catching merchandising ideas.
- 1936-74**
STEP-BY-STEP DIRECTIONS FOR MAKING (1) PERFECT PRIME RIB OF BEEF, (2) GOLDEN BROWN FRENCH FRIES IN ALMOST NO TIME! (3) AMERICA'S 2ND FAVORITE PIE, CHERRY.
 Evelyn Evans
 Food Serv 36 (1): 38-39, 42-44, 46. Jan 1974.
 389.2538 F732
 Baking, Beef, Cooking methods, Cookery techniques, Food preparation, quantity, French fried potatoes, Frying, deep fat,
- Fies, Roasting.
 Abstract: The quality of finished food determines whether customers will come back. Here are some handy tips (1) for preparing good roast beef in deck, convection, and microwave ovens; (2) for deep fat frying French fries; and (3) for baking cherry pies or heating them in microwave ovens. Roast beef, French fries, and cherry pie are three of the most popular food items in the United States. Since customers are very discriminating as to the quality of these items, the way they are prepared could make or break a food service operation.
- 1937-74**
NEPE'S HOW TO PREPARE 3 POPULAR PROFITMAKERS--WITH A MEXICAN ACCENT...
 Evelyn Evans
 Food Serv 36 (2): 46-47, 50, 52, 54. Feb 1974.
 389.2538 F732
 Commercial food service, Cookery, Mexican, Cooking techniques, Ethnic foods, Food preparation, quantity, Food service, Recipes, School lunch.
 Abstract: Whether for school lunch or a commercial food service operation, this article describes how to prepare tacos, how to create appetizers and salads using avocado, and how to cook Mexican rice. Merchandising ideas and recipes are included.
- 1938-74**
HELPFUL TIPS ON SALAD PREPARATION.
 Evelyn Evans
 Food Serv 36 (8): 36-37. Aug 1974.
 389.2538 F732
 Commercial food service, Equipment, Food sanitation, Salads, Space utilization, Storage.
 Abstract: Six basic guidelines are given for preparation; they include proper equipment, scheduling, a special work area, utilization of mobile equipment, adequate cold storage space, and maximum sanitation. A basic recipe is supplied and preparation procedures outlined.
- 1939-74**
PROGRAM A ROUND-THE-CLOCK BREAKFAST SYSTEM.
 Evelyn Evans
 Food Technol 36 (9): 28-34. Sept 1974.
 389.8 F7398
 Breakfast, Commercial food service, Convenience foods, Food preparation, Frozen foods, Microwave cooking.
 Abstract: Instructions are given for quick preparation of convenience breakfast foods including pancakes, waffles, french toast, sausage, hash brown potatoes, bacon, eggs, and combination dishes. Several methods of preparation are described including microwave cookery.
- 1940-74**
HOW TO SUCCEED WITH VEGETABLE COOKERY.
 Evelyn Evans
 Food Serv 36 (10): 34-42. Oct 1974.
 389.2538 F732
 Asparagus, Cooking methods, Corn, Microwave cooking, Pressure cooking, Steaming, Vegetables.
 Abstract: The steam-jacketed kettle, high and low pressure steam cookers, and microwave oven are especially good for preparation of vegetables. Asparagus and corn are used as examples in a description of preparation with each type of equipment.
- 1941-74**
THE MOVE IS TO CONVENIENCE DESSERTS.
 Evelyn Evans
 Food Serv 36 (11): 38-39. Nov 1974.
 389.2538 F732
 Convenience foods, Desserts, Food cost, Food preparation, Food service management, Food storage, Frozen foods.
 Extract: Consumer acceptance of convenience desserts has been a potent force in moving these products to the front of the food service scene. Many convenience desserts are ready to serve as purchased. Some are totally pre-prepared and need only defrosting or final reconstitution. Still others are made of convenience ingredients, such as canned pie fillings, cake mixes, pre-baked pie shells and frozen doughs. Even such ingredients as frozen egg yolks and whites, lime and lemon juice, milk, and a variety of garnishes come in convenience forms.
- 1942-74**
THE PROFESSIONAL CHEF. 4th ed.
 Culinary Institute of America
 LeRoy A Polso
 Boston, Institutions/Volume Feeding Magazine 470 p. illus. [1974].
 TI663.C6 1974 F6N
 Chefs, Cookery, Cooking methods, Cooking techniques, Food handling, Food preparation, quantity, Food service occupations, Gourmet cooking, Textbooks.
 Abstract: This is a comprehensive textbook on the art of professional cooking. It provides a complete training course in the responsibilities and skills of the modern chef. Besides being a basic text, it also serves as a handy reference work for professionals in the field. The recipes have been revised and updated to conform with new techniques, equipment, and products. Special sections provide information on food buying, kitchen organization, hygiene and sanitation, safety, equipment needs, and converting quantity recipes to greater or lesser amounts. The text is lavishly illustrated with color and

BIBLIOGRAPHY

1943-74

black-and-white photographs.

1943-74

FOOD: TOSSED GREEN HONCHICHY?

Isantit/vol Pandina 74 (10): 56. May 15, 1974.

TX1.155

Food preparation, quantity, main dishes, meal planning, menu planning, salad dressings, salads, side dishes.
 Abstract: Salads are not forever doomed to follow the appetizer and precede the entree. Salads can themselves make delicious entrees, especially if unisally concocted and creatively displayed with accompanying salad dressings of new and different types. Salads make good dessert items--especially the solid fruit kind--and cantare will even enjoy salads for breakfast. The trick is to stress both eye and taste appeal in salad making.

1944-74

FOR A MEAL WITHOUT COOKING: COMBUST A MAIN DISH SALAD.

What's New Home Econ 38 (5): 21-22. May/June 1974.

321.8 N55

Cooking techniques, food preparation, home, fruits, leafy green vegetables, main dishes, proteins, salad dressings, salads, vegetables.

Abstract: A main dish salad can be prepared from a variety of foods, and many leftovers may occur in handy. The four basic ingredients are (1) a protein source, (2) greens, (3) fruits and/or vegetables, and (4) variety/savory ingredients. The basic greens for salads are iceberg lettuce, butterhead lettuce, bibb lettuce, romaine, leaf lettuce, scarola, and/or chickory, Chinese cabbage, and spinach.

1945-74

TEACHING METRIC.

Thomas F Gilbert, Marilyn Gilbert
New York, Wiley 142 p. 1973.

OC91.G5 P5N

Conversion, independent study, measurement, metric system.

Abstract: This is a self-teaching guide, which supplies exercises and problems to allow practice in the language of metrics. The book is aimed at both the interested nonprofessional and the technician; the format allows thorough study or browsing.

1946-74

THE METRIC SYSTEM: SELECTED BIBLIOGRAPHY.

L Susan Hayes

Florida, Atlantic University

Boca Raton, Fla. 6 p. Apr 1974.

Z7144.H4H4 P5N (University Library bibliographic series no. 1)

Bibliographies, metric system.

Abstract: This compilation of recent publications on metrics and metrication covers books, journal articles, and Federal booklets, and includes Library of Congress call numbers. The labels are popular to highly technical. Some entries contain brief annotations.

1947-74

NUTRIENT LOSSES IN INSTITUTIONAL FOOD HANDLING.

Mary K Head

J Am Diet Assoc 65 (4): 423-427. Oct 1974.

399.8 AM34

Food handling, food preparation, institutional feeding, meat, nutrient content determination, nutrient quality, vegetables, vitamins.

Abstract: Gross effects on nutrients were determined relative to: holding foods at serving temperatures during transport to satellite serving areas; and conventional handling procedures in institutional kitchens. Ascorbic acid suffered loss in both situations.

1948-74

HOW TO MAKE AND SERVE BEAUTIFUL GELATINS.

Cooking for Profit 43 (283): 32-34, 50. July 1974.

TX901.C65

Apricots, bananas, desserts, gelatin, raisins, recipes.

Abstract: Recipes for chocolate raisin and apricot banana gelatin are supplied. A detailed table of helpful hints outlines handling of additives to the gelatin, and basic preparation techniques. A glossary of gelatin terms defines variations including aspics, auce, chiffons, creamers and others.

1949-74

HOW TO NOT BUILD A NEW CAFETERIA.

Food Management 9 (5): 27. May 1974.

TX341.F69

California, catering, contract feeding, convalescent foods, cost effectiveness, food preparation and distribution systems, school food service, student participation.

Abstract: A California catering firm saved a high school \$200,000 and let the school's finances back in the black. By offering prepackaged foods that can be refrigerated and reheated, the firm provides a wide variety of foods at prices comparable to those in other schools. The catering firm uses its own automated kitchen, hires its own employees, delivers as well as prepares all the food, and guarantees the school district three percent of gross sales to cover utilities cost and rental space.

1950-74

HOW TO REDUCE EXCESSIVE MEAT SHRINKAGE.

Cooking for Profit 43 (278): 42-44, 46. Feb 1974.

TX901.C65

Cooking methods, cooking techniques, cost effectiveness, food preparation, quantity, food service management, meat, roasting, temperature.

Abstract: Food service operators should investigate the cooking techniques used in their establishments for preparing meat. Meat shrinks meat, and reduction of shrinkage is a proven way to add profit or keep budgets in line. Tests have shown that low-temperature roasting (at 200 degrees F.) will produce anywhere from one to four extra servings from each roast. Although roasting at 200 degrees takes longer, the result is a moist, flavorful meat with excellent characteristic color, and furthermore, the fuel consumption needed at lower temperatures is less than at higher temperatures even with the extended cooking time.

1951-74

HOW TO USE TODAY'S BREADER AND BATTER MIXES.

Cooking for Profit 43 (284): 34-36. Aug 1974.

TX901.C65

Batters and doughs, fish, frying, deep fat, meat, vegetables. Abstract: Commercial breaders and batter mixes from manufacturers who make a specialty of these products are carefully processed to be used in hot frying compounds. Ingredients are processed at such higher temperatures than those encountered in a fry kettle so that they are resistant to charring or carbonizing. Charred particles in frying fats are one of the leading causes of fat breakdown. Commercial mixes are also processed to adhere better, resist sogging, keep crisp longer and to absorb less fat during frying.

1952-74

IDEAS FOR TEACHING METRIC COOKING.

Forecast Home Econ 19 (7): f15-f16. Mar 1974.

321.8 H752

Cooking techniques, food preparation, foods instruction, home economics education, home economics teachers, metric system, recipes, teaching techniques.

Abstract: The United States is virtually the only large country in the world that does not use the metric system of weights and measures. Within the next ten years, however, the country will convert to metric and that leaves home economics teachers with the task of using the system and teaching it to their students. This article presents some suggestions for metric instruction in cooking classes and provides nine metric recipes.

1953-74

THE IMAGINATIVE APPROACH TO THE FISH AND SEAFOOD ENTREE.

Modern Schools p. 12-13. Feb 1971.

LH3209.H6

Cooking equipment (large), cooking methods, cost effectiveness, fish, food preparation, quantity, main dishes, menu planning, school food service, seafood.

Abstract: A wide variety of seafood is available in an equally wide variety of shapes and sizes. Fishery products offer increased variety on daily menus and present a healthy profit margin to help average out overall food costs. School food service managers are using fish frequently to provide appealing, taste-teasing entrees and to supply essential nutrients in the school lunch. The various types of cooking equipment suitable for preparing seafood dishes include electric bake or convection ovens, electric fry kettles, electric steam cookers, and electric broilers.

1954-74

FROZEN GOLD (FILMSTRIP/RECORD).

Landel B Kotachaver

Frozen Potato Products Institute

Chicago, Ill. 1 filmstrip, 7C fr, 35mm, sl, col. [n.d.].

TP493.5.P7 P5N AV

Cooking methods, cooking techniques, cost effectiveness, food preparation, quantity, food processing, frozen foods, merchandising, potatoes, root, tuber and bulb vegetables.

Includes printed script of the narration. A background brochure on frozen potato products, and a record containing voiced narration.

Abstract: For commercial and institutional food service operators, here is a filmstrip presentation on frozen potato products and their uses. Information is given on (1) the history of the potato, (2) the latest potato processing techniques, (3) cost effectiveness studies run on French fries, (4) tips for successful deep-fat, griddle, and oven cooking, (5) new frozen potato products, and (6) serving and merchandising suggestions.

1955-74

HOME CANNING--HOW SAFE CAN YOU MAKE IT?

Anna Haino

Forecast Home Econ 19 (9): f-52-f-53, f-60-f-61. May/June 1974.

321.8 H752

Canned foods, canning, cooking methods, cooking techniques, food preparation, home, food preservation, food storage, recipes.

Abstract: With the advent of home freezing of foods, canning became less popular. Nowadays, with the emphasis on energy conservation, there is a return to canning as a technique that does not require the operation of a energy-guzzling freezer. In

- any canning operation, however, one must follow the procedures strictly to prevent the growth of bacteria and resultant food spoilage. Here are the basic instructions for home canning of fruits and vegetables and a quick recipe for making orange marmalade.
- 1956-74**
A CLOSER-UP ON COOKING WITH VEGETABLES.
 Anne Nanno
 Forecast Home Econ 19 (5): f-17, f-46. Jan 1974.
 321.2 N752
 Canned foods, Cooking methods, Cooking techniques, Food preparation, home, Food purchasing, Food storage, Fresh foods, Frozen foods, Vegetables.
 Abstract: Vegetables, along with fruits, make up one of the groups of the Basic Four. They are essential to a balanced diet and therefore should be prepared so as to conserve as many of the nutrients as possible. This article provides tips for purchasing fresh, frozen, dried, and canned vegetables and for cooking vegetables by boiling, baking, braising, steaming, and microwave cooking. The effects of food storage on nutrient content is also discussed.
- 1957-74**
METHODS OF MEAT COOKERY (FILM LCFF).
 Marriott Training Consultants
 Washineton, Marriott Training Consultants 1 cassette, 35mm, sd, col, 14 min. [n.d.].
 TX749.N42 P6N AV
 Animal sources of food, Cookery, Cooking instruction, Cooking methods, Meat.
 For use in Mastersatic Projector.
 Abstract: This filmstrip gives detailed explanations of the various types and cuts of meat and how to cook them. It introduces the dry heat and moist heat methods, outlining the uses and results of both.
- 1958-74**
HARVILS OF MICROWAVE (KIT).
 Corning, Corning Glass Works [n.d.].
 TX832.N3 P6N AV
 Food preparation, Microwave cooking, Microwave ovens.
 Abstract: The kit contains a filmstrip with audiocassette, seven transparencies, flash cards, a wall chart, and a teacher's guide. The concept and history of microwaves is covered, as are the correct selection of dishes for use in ovens, and the various types of microwave cookery.
- 1959-74**
FOOD FUNDAMENTALS. 2d ed.
 Margaret McWilliams
 New York, John Wiley and Sons 501 p. 1974.
 TX354.N32 1974 P6N
 College students, Food preparation, Food purchasing, Food science, Nutrition. Textbooks.
 Abstract: This book is designed for a college level beginning food preparation course. It is divided into three parts. The section on food preparation is the largest section and covers various types of food in detail. It includes information describing the food, its production and nutritional content, cooking methods, and food storage. The section called food management discusses food preservation, sanitation problems and meal management including a brief overview of nutrition and menu planning, food marketing, and meal service. The final section on food science offers information on colloids, carbohydrates, proteins and fats. The appendix offers miscellaneous information on nutritional values, consumer guides, and sources of educational materials.
- 1960-74**
MEAL PACKAGING: WALDEN PUBLIC SCHOOLS.
 Kitchen Planning 11 (1): 36-37. First Quarter 1974.
 NA8330.A1K5 P6N
 Central Kitchen, Food preparation and distribution systems, Food preparation, Quantity, Massachusetts, Receiving school, School food service, School lunch program.
 Abstract: The Malden, Massachusetts public schools switched to the Central Kitchen to comply with the state law to provide every school child with a hot lunch. They chose a semi-automated system with packaging conveyors that combined a manual filling operation with an automatic hooder. The average output is now 50 meals per minute. About 4000 meals are usually produced daily.
- 1961-74**
MEASURE UP, AMERICA, HERE COME METRICS.
 Instit/vol Feeding 74 (11): 61. June 1974.
 TX1.I55
 Conversion, Metric system.
 Abstract: A short note on metrication presents conversion tables for weights and liquid measure, and basic vocabulary for the system.
- 1962-74**
METRIC IMPROVES THE FLAVOR.
 In Metric J 2 (1): 36. Jan/Feb 1974.
 OC91.A11A P6N
 Cookies, Cooking techniques, Food preparation, Ingredients, Measurement, Metric system, Recipes.
 Abstract: The use of metric in cooking is even more practical than in some other areas. For years, recipes have been given in volume measure; use 1/8 teaspoon, a pinch, 1 1/2 ounces
- (liquid or dry) etc. Using the metric system, virtually all ingredients except liquids and eggs will be weighed on a scale. Elimination of guess work should improve the finished product and enhance its flavor. Where liquids are involved, metric measuring cups will be used. Prepare two batches of cookies, first using the customary measures, and then try the new metric recipe.
- 1963-74**
SIMPLIFIED MANUAL FOR COOKS [Rev. ed.]
 Frank O Hoosberg
 Des Moines, Iowa 233, [2] p. illus. 1973.
 TX820.N6 1973 P6N
 Cooking equipment (large), Cooking equipment (small), Cooking methods, Cooking techniques, Cocks, Food preparation, Quantity, Food service occupations, Food service training, Recipes.
 Abstract: This manual was written to meet the growing demand for a simplified course of study that would furnish students with information they need to know to become good cooks. It is designed for use in vocational classes and in on-the-job training. Key points are emphasized in each unit. Efficiency in cooking must grow out of the basic art of cooking. These assembled words and illustrations are for student cooks. Each unit emphasizes the on-the-job training approach. Motion economy is built into each lesson for simultaneous learning. The text is divided into six main sections that deal with (1) operational requirements (sanitation, safety, nutrition), (2) kitchen efficiency (scheduling, communications, equipment readiness, etc.), (3) kitchen tools and equipment, (4) food controls (food waste, portions, menu planning, etc.), (5) preparing and cooking food, and (6) supplemental information. This last section includes 51 recipes plus helpful ideas for emergency feeding, table service, purchasing and receiving food, and food weights and measures.
- 1964-74**
MEAL FOR TODAY, THE EASY WAY.
 National 4-H Service Committee
 Chicago: National 4-H Service Com. 33 p., with leaders' guide. 1970.
 TX364.N36 P6N
 Basic nutrition facts, Experiences, Food groups, Food preparation, Food safety, Meal planning.
 Includes members' manual and leaders' guide.
 Abstract: This set includes a 4-H member's food and nutrition manual designed for 12-14 year olds and a leaders' guide. Through preparation of the included recipes, children can learn about nutrition, meal planning and preparation and food buying. These booklets could be adapted to a variety of youth group situations.
- 1965-74**
FROZEN, PRECOOKED BEEF AND BEEF-SOY LOAVES.
 Linda M Nielsen, Agnes Frances Carlin
 J Am Diet Assoc 65 (1): 34-40. July 1974.
 389.8 M34
 Fat levels, Frozen foods, Ground beef, Moisture, Protein concentrates, Soybean products, Taste panels, Thiamin.
 Abstract: After storage at -4 degree F. for zero, two, four, or six months, frozen raw or precooked beef loaves were compared with precooked, frozen beef-soy loaves containing 30 per cent hydrated, fortified, textured soy. Total losses during precooking to 165 degrees F. internal temperature and reheating to 130 degrees F. were 18 and 8 per cent for beef and beef-soy loaves, respectively. Beef-soy loaves were less juicy and had a pronounced soy flavor. Fat percentage in ground chuck from which the loaves were made was 27: in raw loaves, it was 17 in beef and 13 in beef-soy; but in both beef and beef-soy, precooked and reheated loaves, it was 12 per cent. Thiamin retention (moisture-free basis) in reheated samples was higher for all-beef loaves-0.37 mg. per 100-gm. serving--compared with 0.29 mg. for beef-soy loaves.
- 1966-74**
FOUNDATIONS OF FOOD PREPARATION. 3d ed.
 Gladys G Peckham
 New York, Macmillan 546 p. illus. [1974].
 TX353.P4 1974 P6N
 Cooking methods, Cooking techniques, Food handling, Food packaging, Food preferences, Food preparation, Food preservation, Food science, Food standards.
 Abstract: This book is designed for the first college course in food preparation. Its aim is to present in usable form the basic principles of food preparation, illustrations of these principles, and the related detail and information that are necessary for the development of desirable food preparation standards. The subject matter has been divided into six parts. Part I sets forth the scientific principles related to food. Part II examines factors affecting food consumption. Part III deals with management in food preparation. Part IV discusses the preparation of foods and food products, highlights cooking principles, and related those principles to methods of preparation. Part V suggests procedures for preserving food in the home and provides information about modern methods of food preservation. Part VI discusses government control of food and gives basic consumer information.
- 1967-74**
THE KID'S COOKBOOK.
 Patricia Petrich, Rosemary Dalton
 Concord, Mitty Gritty Productions 183 p. 1973.
 TX175.P4 P6N

BIBLIOGRAPHY

1968-74

Children. Cookbooks, Cooking instructions, Utensils.
Abstract: This illustrated booklet for the Vauvagar set supplies a list of cooking rules covering toasts, nenas of utansilla, and assuring equivalents. The recipes cover practically every phase of eating experience, from soup to nuts.

1968-74

THE PREPARATION OF DRY MILK (FILMSTRIP). (SPA)
Guatemala, C.A., Carlos Castesino 1 filmstrip, 25 fr, si, 35mm. col. 1971.
SI259.P7 FCM AV
Child nutrition, Dried foods, Food preparation, Home, Foods instruction, Infant feeding, Milk, Nutrition education.
Title of Original: Preparacion de leche en Polvo (Filmstrip).
With accompanying teacher's guide in Spanish written by Victoria A. Connally. Natives are produced under the auspices of the Alliance for Progress.
Abstract: Milk is perhaps the most important food for infants and children. Dry milk is cheaper than fresh milk and is very easy to make. Directed toward Guatemalan housewives who have had little education, this filmstrip explains the benefits of dry milk, shows housewives how to reconstitute it, and strongly emphasizes that pure water always be used.

1969-74

START WITH HEALTHY COOKING.
Harvey D Ross
Pan Health 6 (4): 18, 19, 76, 78. Apr 1974.
RA773.F3 FCM
Cooking methods, Food handling, Food preparation, Food purchasing, Food selection, Food storage.
Abstract: This article offers practical guidelines on food purchasing, storing, cooking, and leftovers. Included are specific tips helpful in preparing fruits, vegetables, meat, fish, cereals, pasta, eggs, milk and cheese. The information is written for the housewife but would be useful to anyone involved in counseling consumers or involved in feeding programs.

1970-74

SALUTE TO SALADS: NOW TO MERCHANDISE SALADS.
Cooking for Profit 42 (281): 26-27, 62-63. May 1974.
TX901.C65
Food preparation, Quantity, Food service, Ingredients, Merchandising, Recipes, Salad dressings, Salads.
Abstract: Salads are a good item to promote on the menu. They are less expensive than other foods and so offer a higher profit margin. A salad's appeal lies mainly in the combination of colors and ingredients used. The most important merchandising aspect is the presentation, and the good garnishing becomes essential. A quantity recipe is included here for a fresh garden salad.

1971-74

FRY COOKING.
Ser-Vo-Tal Institute
Boston, Cahnara Books 64 p. 1974.
TX689.P7 FCM (Foodservice Career Education Series no. PS24)
Cooking instruction, Cooks, Equipment, Food service occupations, Frying, Deep fat, Instructional materials, Safety, Sanitation.
Abstract: This is one of a series of learning units for instruction in food service careers. Equipment and methods for fry cooking are described. Sections on safety and sanitation are included.

1972-74

BREAKFAST PREPARATION.
Ser-Vo-Tal Institute
Boston, Cahnara Books 148 p. 1974.
TX733.873 FCM (Foodservice Career Education Series no. PS26)
Breakfast, Equipment, Food preparation, Food service occupations, Instructional materials, Recipes, Sanitation.
Abstract: This is one of a series of learning units for instruction in food service careers. Cooking methods and equipment are covered, in addition to menu planning, which includes organic foods.

1973-74

LUNCHEON COOKING.
Ser-Vo-Tal Institute
Boston, Cahnara Books 148 p. 1974.
TX735.L8 FCM (Foodservice Career Education Series no. PS27)
Cooks, Equipment, Food preparation, Food service occupations, Instructional materials, Lunch.
Abstract: This is one of a series of learning units for instruction in food service careers. Use of equipment, menu planning, sample recipes, and cooking methods are thoroughly covered.

1974-74

SERVICE IN THE GRAND MANNER.
Commercial Kitchen & Dining Room 14 (1): 8-11. Spring 1974.
TX946.C6 FCM
Commercial food service, Cooking equipment (Large), Equipment, Food delivery systems, Food preparation, Quantity, Food serving methods, Kitchens, Las Vegas, Nevada, Mobile equipment.
Abstract: A new resort hotel in Las Vegas has several restaurants that serve 12,000 to 15,000 meals per day. The number of people involved in food preparation and service is something over 1200. All food is prepared in the hotel's central kitchen or commissary, and transported to satellite kitchens for serv-

ing. All food service facilities are on one floor connected by wide service corridors that permit fast movement of portable equipment.

1975-74

SIMMERING AND POACHING (FILM LOOP).
Sharon Oaks, Cal., National Educational Media, Inc. 1 cassette, Super 8mm ad, col, 15 min., 1973.
TX658.955 FCM AV
Cooking methods, Cooking techniques, Cooks, Food preparation, Quantity, Food service workers, Poaching, Simmering, Steaming. For use in Fairchild cassette projector. Also available in 16mm action picture film.
Abstract: A simmer is a slow boil with bubbles only occasionally coming to the surface. Poaching is similar to simmering, except that less liquid and a flatter pan is used. In poaching, only enough liquid is poured in to just cover the items being cooked; while in simmering, items are immersed in the bottom of a deep pot filled almost to the brim with liquid. Poaching is best for delicate food items such as fish, shellfish, eggs, and the like. This movie demonstrates the basic techniques of poaching and simmering.

1976-74

FOOD SERVICE MERCHANDISING: HAWAIIAN STYLE.
Bruce Smith
Food Serv 36 (6): 16-27. June 1974.
389.253E P732
Commercial food service, Cookery, Cookery, Hawaiian, Cooking methods, Cooking techniques, Food preparation, Quantity, Merchandising, Recipes.
Abstract: The cuisines of Hawaii combine the islands' natural resources--tropical fruits, fish, and seafood--with cooking techniques ranging from Japan to Germany. This "exotic" cuisine is available at all levels of the marketing spectrum in Hawaii, from elegant restaurants to drive-ins, and is oriented toward a leisure life style. Included here are recipes from some of Hawaii's finest restaurants.

1977-74

BARBADOS: BECUMTIPUL MERCHANDISING IDEAS.
Bruce Smith
Food Serv 36 (11): 28-29. Nov 1974.
389.253E P732
Barbados, Chicken, Commercial food service, Recipes.
Abstract: The tropical setting of Barbados provides a theme for food merchandising. Garniture and plating play an important role in island cuisine. A recipe for Barbados chicken sole is supplied.

1978-74

FERTILIZERS, FOOD PRODUCTION AND ENVIRONMENTAL CONSERVATION.
Perry E Stout
In Proceedings of the Western Hemisphere Nutrition Congress II
Miami Beach, Fla., Sept. 2, 1971 p. 293-299. 1972.
TX345.W4 FCM
Environmental factors, Fertilizers, Food production, Nitrogen compounds, Proteins, Soil conservation.
Abstract: For every additional human being that joins our number, something has to give way in the non-human part of the ecological system. This article deals with amount of nitrogen needed in the soil, as compared to the grams of protein per day per capita, using various sources of protein for human consumption. Comparisons are made with the amount of land needed to support life when the person uses only vegetarian protein, and the increase in land needed to support life when the protein ingested comes from cereals, eggs, milk and meat. The American diet of 1968 uses almost 100 gms of protein per capita per day. Because of the huge amounts of nitrogen added to the soil in the form of fertilizers, many conservationists are complaining because of "nitrogen pollution" in our water. The article, and the facts brought forth by Dr. Stout, will be of interest to the agronomist, the nutritionist and the conservationist.

1979-74

ELEMENTARY BAKING.
William J Sultan
New York, McGraw-Hill 268 p. illus. 1969.
TX763.S89 FCM
Baking, Cooking instruction, Secondary education, Textbooks.
Abstract: This textbook is directed toward the student, home-aker, and teacher. Units of work are arranged in graduated sequence. Instructions are given for all aspects of baking, including ingredients and equipment necessary and ways of storing and handling. Special emphasis is placed on reading recipe directions, understanding what is read, and applying directions to the process of baking.

1980-74

FOOD PREPARATION PRINCIPLES AND PROCEDURES. 6th ed.
Elizabeth Sutherland
Dubuque, Iowa, Brown 292 p. [1973].
TX353.S9 1973 FCM
Cooking methods, Cooking techniques, Food handling, Food preparation, Food selection, Food instruction, Home economics education, Laboratory manuals, Recipes.
Abstract: Preparation of good food requires the application of scientific principles to the processes of food selection and cooking. This training manual for college-level home economics students is designed to provide a wide range of experience with all types of food. It emphasizes the relationship of

- Food to physical well-being, and gives students opportunities to actually practice food preparation skills. This new edition incorporates more information on and experiences with frozen and convenience foods and with time and cost factors. Various chapters have been expanded to include discussion of natural foods, food additives and preservatives, and nutrition as it relates to special diets and dietary controls.
- 1981-74**
POTATO SHOPPING, STORAGE AND COOKING INFORMATION.
 The Potato Board
 Denver, The Potato Board 5 sided leaflet. (n.d.).
 TX558.P8P62 P5N
 Cooking instructions, Cooking methods, Food purchasing, Food storage, Potatoes.
 Abstract: This leaflet does exactly what the title promises, offering information on purchasing, storing and cooking potatoes. Types of potatoes and grades used are discussed as well as specific points for buying potatoes and home storage. Tips on preparation include guidelines for boiling, steaming, soaking, roasting, baking, sea roasting, and frying. This information should be of value to anyone who prepares this food item.
- 1982-74**
GETTING TO KNOW VEGETABLES (SHOW 'N TELL).
 U.S., Extension Service
 [Washington] U.S. Extension Service 2s. 7 in. 33 1/3 xps.
 f 1973].
 S8321.G4 P5N AV
 Flower, fruit vegetables, Food preparation, Home, Fruits, Leafy green vegetables, Nutrient sources, Pod vegetables, Root, tuber and bulb vegetables, Stalk vegetables, Vegetables.
 Includes 1 phonetic and 2 file keys. Designed for use with the General Electric Show'n Tell show viewer.
 Abstract: Fruits and vegetables comprise one of the basic four food groups. They are high in nutrients, especially vitamins A and C, and various acid vegetables such as beans are rich in protein and can substitute for meat. Fruits should have a serving of fruit or fruit juice at breakfast and a serving of both fruit and vegetables for lunch and dinner. A piece of fruit also makes a tasty, nutritious snack. All fruits and vegetables must be washed thoroughly before cooking or eating to remove impurities and as such of the pesticide residues as possible. Vegetables should not be overcooked. The longer the cooking time, the greater the number of nutrients that are lost. When selecting fruits and vegetables for a meal, consider their colors and textures and combine vegetables that offer a variety of tastes and hues.
- 1983-74**
INFORMATION ON SANDWICH MENUS AND RECIPES FOR THE SPECIAL SUMMER FOOD SERVICE PROGRAM.
 U.S., Food and Nutrition Service
 Washington, D.C. 2s p. Rev 1974.
 TX45.S.53505 P5N
 Child nutrition, Food handling, Food purchasing, Meal patterns, Menu planning, Recipes, Sandwich-making, Sandwiches, Summer programs.
 Abstract: Qualifications for reimbursement under the Special Summer Food Service Program of the U.S. Department of Agriculture are outlined by way of a regular meal pattern for 10-12 year old children. Instructions for sandwich making and proper handling procedures are given. Menus, recipes, and marketing guides are supplied for various types of sandwiches.
- 1984-74**
UNDERSTANDING THE METRIC SYSTEM (SLIDES): A VISUAL PROGRAM.
 Wethersfield, Janus Associates 30 slides, 2"x2", col. 1973.
 QC93.U52 P5N AV
 Mathematics, Measurement, Metric system.
 Abstract: A program to help train people in the basic concepts of the metric system. The work is presented in two parts and includes practical work, quizzes, and workshop applications. Much statistical work in nutrition is in the metric system and it is necessary that all students in the field be competent of this system.
- 1985-74**
USING STANDARDIZED RECIPES (NOTION PICTURE).
 Hollywood, National Education Media 10 min. sd. color. 16mm. 1972.
 TX740.U8 P5N AV
 Cooking techniques, Food preparation, Quantity, Food service, Food service workers, Ingredients, Measurement, Recipes, Standardized recipes.
 Abstract: A standardized recipe is one that is formulated to come out precisely the same way every time. It assures even, consistent food quality from one preparation to the next, a great boon to customer satisfaction. The trick is to follow the recipe exactly as it is written. This training film for food service workers shows a cook preparing standardized recipes for meat loaf and pudding.
- 1986-74**
METRICATION--ITS EFFECT ON FOOD PREPARATION.
 Charlotte Reye Walker
 As Metric J 2 (4): 15, 21-23. July/Aug 1974.
 OC91.A1A4 P5N
 Conversion, Food preparation, Home, Metric system.
 Abstract: Volume measurement standards are developed and conversion procedures presented. Temperature conversion to Celsius is illustrated and several recipes presented in metric form.
- Further recipe testing is suggested. The changeover probably will have little effect on present methods of home food preparation.
- 1987-74**
SANDWICHES PLEASE (FILMSTRIP).
 Wheat Flour Institute
 Chicago, Wheat Flour Institute 1 filmstrip, 78 fr., si. 35 mm, col. 1961.
 TX918.S2 P5N AV
 Food preparation, Meal planning, Recipes, Snacks.
 With narration guide and 16 p. Recipe booklet.
 Abstract: A little of the history of the invention of the sandwich, and many ideas for the preparation of sandwiches, both as the main course of a meal, or to the preparation of very fancy tea sandwiches to serve at parties, are shown in this filmstrip. Information is given on how to freeze sandwiches, and some ideas are given on how to prepare sandwiches that will be enjoyed by very young children or teenagers.
- 1988-74**
THE HILTON YEARBOOK OF CAKE DECORATING.
 Hilton Enterprises
 Chicago, Hilton Enterprises 184 p. [n.d.].
 TX771.U5 P5N
 Cakes, Catalogs, Equipment, Food decoration, Handbooks, Holiday foods, Molds.
 Abstract: A true handbook of decoration of cakes for the season includes a four-part course outlining border techniques and flower-making, lettering, and special forms equipment, molds, tools are presented in catalog form.
- 1989-74**
HOW TO BUILD A CENTRALIZED KITCHEN.
 David Wolk
 Food Management 9 (5): 83. May 1974.
 TX341.Y69
 Central kitchen, Connecticut, Facility requirements, Federal aid, Food delivery systems, Food preparation and distribution systems, School food service, School lunch programs.
 Abstract: In Norwalk, Connecticut, the public school students are all being provided a nutritious, hot, Type A lunch thanks to a new central kitchen facility built in 1973. The kitchen can produce 7,000 hot lunches a day for truck distribution. Use of a centralized facility eliminates repetitive meal operations and provides for better portion and quality control.
- 1990-74**
10 WAYS TO A SUCCESSFUL SALAD.
 Cooking for Profit 43 (281): 35-36. May 1974.
 TX901.C65
 Food preparation, Quantity, Food service, Ingredients, Recipes, Salad dressings, Salads.
 Abstract: Here are 10 helpful tips for food service personnel who wish to make successful, good-tasting, eye-appealing salads. Quantity recipes are included for Marinated Celery, Vegetable, and Tuna Bowl and for Lettuce Slaw.

EQUIPMENT

- 1991-74**
ANOTHER THIRTY DAYS... LUNCHBOUNDS CONSERVE ENERGY.
 Sch Foodserv J 28 (1): 15-16. Jan 1974.
 389.8 SCH6
 American School Food Service Association, Conservation, Energy, Energy crisis, Guidelines, School food service.
 Extract: In an attempt to help the country conserve its energy resources, ASFSA's Legislative Committee outlined methods of conserving energy. (1) Plan, prepare, and serve one meal a week without using large pieces of equipment. (2) Reachable delivery systems to eliminate one trip a week. (3) Combine deliveries with school agency services when possible. (4) Preheat ovens only for necessary periods, and turn off when cooking is completed. (5) Use lighting only when necessary. (6) Reevaluate uses and versatility of equipment in the event of a severe fuel shortage. (7) Pool rides to and from work and use public transportation.
- 1992-74**
SCHOOL LUNCH DESIGN CRITERIA.
 Thomas D Bailey
 Florida, Dept. of Education
 Tallahassee, Florida State Dept. of Education 50 l. illus. 1965.
 TX911.2.83 P5N
 Buildings, Design needs, Dining rooms, Equipment, Facilities planning and layout, Facility requirements, Food serving methods, Kitchens, School lunch programs.
 Available from: LEASCO Information Products, Inc., 4827 Rugby

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1993-74

Avenue, Bethesda, Maryland 20014; ERS Price HP-80.25, HC-82.40; ERIC Report No. ED 014 851.
 Extract: In order to serve as a guide for architects, county superintendents, and school lunch supervisors, this report specifies criteria for school lunch programs. Areas discussed include (1) selection, procurement, and installation of equipment with respect to the number of meals to be served, (2) requirements for future expansion, (3) sanitation and safety, and (4) facilities and requirements for dining rooms, kitchens, serving areas, dish washing areas, and storerooms.

1993-74

GUARANTEES/WARRANTIES: ARE YOU GETTING YOUR DOLLARS WORTH?
 Ira E Bear
 Restaurant Bus 73 (5): 189-196. May 1974.
 389.2538 182 P&N
 Consumer education, Equipment, Food service, Guarantees, Merchandise information, Purchasing, Warranties.
 Abstract: A survey was made of hotel/ motel and educational equipment manufacturers to find out (1) what, if any, guarantees and/or warranties come with the merchandise, and (2) what special features do the guarantees and/or warranties offer that other manufacturers' do not. Responses ranged from no reply to claims of uniqueness in guaranteeing performance as well as parts and labor. Food service operators should pay special attention to guarantee or warranty language dealing with: (1) duration (should be a one-year minimum); (2) initiation (should begin immediately upon installation and start-up); (3) parts obsolescence (minimum of five and maximum of ten years); (4) bilingual instructions (in both Spanish and English); (5) standard service resort forms; (6) warranty languages (scientific, legible, and easily intelligible); (7) warranty exceptions (must be in writing on warranty document); and (8) warranty responsibility (specific language stating who is responsible for warranty judgment).

1994-74

SPECULATORS, BOARDERS, GAMBLERS.
 Joe Elair
 Food Management 9 (9): 21-22. Nov 1974.
 TI341.769
 Equipment, Equipment maintenance, Food service management, Food service workers, Job training.
 Abstract: Training employees to use expensive equipment to its utmost capacity is an important function of foodservice management. Machines standing idle, while they could be used to have greater utilization, means losses in money and personnel time.

1995-74

PRODUCTION OF THOUGHTS AND IDEAS ON SCHOOL BUILDINGS OF TOMORROW--A SPEECH GIVEN TO THE 1ST ANNUAL SCHOOL ADMINISTRATORS SEMINAR OF THE AMERICAN SCHOOL FOOD SERVICE ASSOCIATION (VAIL VILLAGE, COLORADO, DEC. 6-8, 1967).
 Donald F Burr
 School Administrators Seminar, 1st, Vail Village, Colo., 1967
 Washington, Education Resources Information Center [18] 1.
 Dec 1967.

LE3216.A188 P&N
 Buildings, Design needs, Facilities planning and layout, Facility requirements, Prediction, School food service, Schools, Speeches.
 Available from: Lasco Information Products, Inc., 4827 Hugh Avenue, Bethesda, Maryland 20014; ERS price HP-80.25, HC-80.00; ERIC Report No. ED 014 973.
 Extract: This speech traces the new direction in flexible design of future public schools. Within the next several decades a multitude of new school buildings will be constructed. New instructional processes will be designed to foster individualized instruction as teacher techniques and instructional experiences are reduced to computer language for easy retrieval in teaching machines. Emphasis in building design will be on the learning environment, and will reflect concern for what the building does rather than what it looks like. Abandonment of the Type A hot lunch program will occur in the near future as school meals are developed and as individualized instruction becomes the mode of pupil learning. The lunch hour will cease to dominate the daily schedule and will be displaced by the automatic approach to pupil feeding programs. Lunches will not be restricted to one menu, but will be sensitive to the different U.S. cultures and will provide pupils the opportunity to exercise choice in eating habits.

1996-74

CAFF HABITERS BRIGHTENS OPEN SPACE SCHOOL.
 Sch Foodserv J 29 (8): 40, 43. Sept 1974.
 389.8 SCH6
 Behavior, Florida, Open plan schools, School food service, Student involvement.
 Extract: Individualized atmosphere extends from the instructional area into the lunchroom in this Florida school. The result is improved behavior, increased participation and a nice place to eat.

1997-74

CARPETING SVTS GROUNDWORK FOR ATHLETISM.
 Commercial Kitchen & Dining Room 14 (3): 14-16. Fall 1974.
 TI946.C6 P&N
 Commercial food service, Equipment, Restaurants.
 Extract: The ever-increasing emphasis on atmosphere in almost every aspect of the table cloth food service business has put area and area importance on carpeting as a basic part of the

restaurant's decor.

1998-74

A CENTRAL KITCHEN PROVIDES MEALS FOR INDIANAPOLIS SCHOOL STUDENTS.
 Modern Schools p. 10-11. Mar 1971.
 LE3209.H6
 Central Kitchen, Cost effectiveness, Facilities planning and layout, Food preparation and distribution systems, Indianapolis, Indiana, Receiving school, School food service, School lunch program, Student participation.

Extract: The Indianapolis Public School System has reached an efficient and economical solution to the widespread problem of providing hot lunches for students in schools which lack food preparation and service facilities. Began in October, 1965, the central kitchen serves as a model for school systems in need of a practical means of providing Type A lunches for students in kitchenless schools. The success of this school lunch program is the result of careful planning and execution, optimal facilities and equipment, and the financial co-operation of the U.S. Federal Government.

1999-74

COMMONWEALTH EDISON: ALL CONVENIENCE KITCHEN/PROBLEMS SOLVED.
 Kitchen Planning 11 (2): 27-30. Second Quarter 1974.
 NA8330.AIK5 P&N
 Cafeterias, Kitchens, Ventilation, Waste disposal.
 Abstract: To bypass the problems and large expense of vaulting a kitchen in a high-rise building, an all-convenience kitchen based on recirculating equipment which required no venting was installed. A plan of the facility is supplied. Some 1400 orders are filled in a service day. A waste disposal system installed along the dish line solves the problems of disposal in a high-rise.

2000-74

HOW TO MAKE A WATER FILTER FOR YOUR HOUSE (FILMSTRIP). (SPA)
 Victoria A Connally
 Guatemala, C.A. 1 filmstrip, 22 fr, ai, 35mm, col. 1971.
 TD449.C6 P&N AV
 Equipment, Household, Family environment, Family health, Filters, Water, Water conditioning, Water supply.
 Title of Original: Como hacer un filtro de agua para su casa (Filmstrip). With accompanying teacher's guide in Spanish written by Victoria A. Connally. Entire set produced under the auspices of the Alliance for Progress.

Abstract: Many Guatemalan families do not have a readily available supply of purified water. This filmstrip demonstrates how to build and use a homemade water filter. It is easy to construct, consisting of a reamed wooden platform atop which rests a clean oil drum or other water-tight barrel with a small opening in the bottom. Sand and pebbles are placed in the barrel. When the barrel is filled with stream water, the water is filtered by the sand, passes through the small hole in the bottom of the barrel, and falls into a jug placed below the platform.

2001-74

CONVEYOR BELTS--NEW DESIGN//NEW PERFORMANCE.
 Commercial Kitchen & Dining Room 13 (3): 14-16. Fall/Winter 1973.
 TI946.C6 P&N
 Conveyor belts, Custom-made equipment, Design needs, Facilities planning and layout, Food service, Warehousing equipment.
 Abstract: Mechanizing the physical movement of dishes, trays, racks and silverware is essential in most commercial and institutional dining and kitchen facilities today. Direct labor costs alone justify the need for efficient conveyor systems in food preparation, meal service, and cleanup. However, savings resulting from improved work scheduling, faster service, and better utilization of personnel, operating equipment, and space are also important. This article provides a technical description of the various types of food service conveyor belts and the recent improvements made in them by The Caddy Corporation of America.

2002-74

CROWN CENTER: CENTRAL KITCHEN/DIVERSE FOOD SERVICE.
 Kitchen Planning 11 (1): 17-24. First Quarter 1974.
 NA8330.AIK5 P&N
 Central Kitchen, Commercial food service, Design needs, Equipment, Facilities planning and layout, Facility requirements, Kansas City, Kitchens, Work flow.
 Abstract: The International Cafe, located in a new Kansas City shopping and business center, is actually seven specialty restaurants assembled around a central kitchen, planned and fitted out with the work flow and equipment in mind. Since the kitchen prepares seven complete ethnic menus a day, its operations are complex in the extreme. Problems of logistics had to be worked out before actual food preparation began a smooth operation. The Cafe now opens at 7 a.m. for breakfast, the ethnic dishes are brought out at 11 a.m., and the restaurants remain open until 8:30 p.m.

2003-74

DISHWASHER CONVERSION CAN PAY DIVIDENDS.
 Commercial Kitchen & Dining Room 14 (1): 12-14. Spring 1974.
 TI946.C6 P&N
 Cleaning, Cleaning equipment, Commercial food service, Conversion, Conveyor belts, Cost effectiveness, Dishwashers, Dishwashing, Warehousing equipment.
 Abstract: Conversion from rack or flight dish machines to a

- continuous conveyor belt system may be worth it in terms of cost. Time studies have shown typical continuous direct loading systems to be twice as fast as equivalent rackless flight washer systems. Rackless flight machines have theoretical capacities of up to 20,000 dishes per hour. This capacity is never reached, however, since the various manual loading rates of soiled ware (scrapping and sorting) by the fastest employees is seldom more than one dish per second, or 3600 dishes per hour. The direct loading (no scrapping or sorting) conveyor approach increases production from 600 pieces per man hour to 1200 per man hour--a doubling of existing washer capacity.
- 2004-74**
DISPOSING OF WASTE DISPOSAL REFRIGERATORS.
Instit/vol Feeding 75 (5): 31-32. Sept 1974.
TX1.155
Connectors, Equipment maintenance, Sanitation, Waste disposal.
Abstract: The proper selection of a capacitor depends on individual needs. Different types of equipment, initial and maintenance costs are discussed.
- 2005-74**
DOES YOUR WAREWASHING MEASURE UP?
Instit/vol Feeding 74 (12): 38. June 15, 1974.
TX1.155
Cleaning, Dishwashing, Food service management, Sanitation, Warehousing, Warehousing equipment.
Extract: A single-chamber dish machine takes less than two minutes to wash and rinse a rack of dishes. A conveyor dish machine handles a rack of dishes in 10 to 30 seconds, depending on the type of machine. The large flight-type dish machines have variable speeds of five to 10 feet per minute. Investment in a large-capacity dish machine means reduction in the time dishes are not in use, and the shorter each period of non-use, the fewer total dishes needed. Factors to consider in selecting dish machines include: (1) the set-up of your food service, (2) the type of system you have, (3) the amount of china to be washed, (4) the amount of silver to be washed, and (5) the number of dishes you can load per running foot on pegs or in racks.
- 2006-74**
EFFICIENT ENERGY MANAGEMENT: FITTING NEW EQUIPMENT INTO ENERGY-SAVING PROGRAMS.
Food Serv 36 (3): 12-13. Mar 1974.
389.2538 F732
Conservation, Cooking equipment (Large), Electricity, Energy, Equipment, Food service, Food service management, Purchasing.
Abstract: For efficient use of electrical kitchen equipment, food service managers should follow certain procedures. (1) Exact electrical specifications must be provided the manufacturer. (2) Be sure equipment is properly installed. (3) Get to know the new piece of equipment--read the instructions, familiarize yourself with the components, check cleaning and maintenance schedules, etc. (4) Check the performance of new equipment and have adjustments made immediately. (5) Keep a "life history" of each piece of equipment along with names and addresses of dealers and service representatives.
- 2007-74**
THE ENERGY SAVERS.
What's New Home Econ 38 (5): 22-24. May/June 1974.
J21.E W55
Cooking equipment (Small), Cooking techniques, Foil wrappings, Food preparation, hobs, Oven cooking bases, Pressure cookers, Pressure cooking, Thermometers (Cooking), Timers (Cooking).
Abstract: Here are some tips on cooking equipment and its use that will help save fuel energy, pots and pans should have straight sides, flat bottoms, snug-fitting lids, and be aluminum, chromium, earthenware, glass-ceramic, cast iron, stainless steel, or tin. Use small amounts of water when cooking and match the pan size to the burner size. Pressure cookers are excellent energy savers because they cook foods quickly. Aluminum foil and oven cooking bags are efficient energy savers. Thermometers and timers should be used whenever possible to insure proper results, with no overcooking and resultant energy waste.
- 2008-74**
ENERGY SAVING TIPS FOR FRYING.
Cooking for Profit 43 (281): 52. May 1974.
TX9C1.C65
Conservation, Cooking techniques, Energy, Fats and oils, Food preparation, quantity, Food service, Frying, deep fat.
Abstract: To save energy and costs in the deep-fat frying operation, thermostats should be checked daily; frozen foods should be fried frozen; kettles should be idled at 200 degrees; frying should not be done above 350 degrees; equipment should be kept clean; and fat should be filtered every day.
- 2009-74**
EQUIPMENT PROBLEM SOLVERS: 4-STEP PLANNING PAYS OFF FOR HOSPITAL.
Instit/vol Feeding 74 (12): 29. June 15, 1974.
TX1.155
Decision making, Design needs, Equipment, Facilities planning and layout, Facility requirements, Hospital food service, Management, Planning.
Extract: With careful planning, Erie County Comprehensive Health Care Center now has a well-operated hospital foodservice system specifically tailored to its needs. The four step progression covering all aspects of the proposed operation included (1) evaluation, (2) programming, (3) engineering, and (4) implementation. From the beginning, all conclusions were put in writing so that new personnel employed during the development of the project could easily inform themselves about the system.
- 2010-74**
THE FULL COURSE ON DINNERWARE (KIT).
Corning, Corning Glass Works 1 poster, 3 transparencies, 4 spirit masters, 10 flash cards. [n.d.].
TX877.F8 P&N AV
Costs, Dinnerware, History.
Abstract: This kit contains a teacher's guide, spirit masters, a poster, flash cards, and a feedback questionnaire, in addition to the transparencies. Basically a course on types of dinnerware and characteristics of each type, the kit also covers menu planning, arrangement, selection, and a brief history of the manufacture of dinnerware.
- 2011-74**
HOW TO REDESIGN A FOOD SYSTEM.
William Genharling
Food Management 9 (5): 85. May 1974.
TX341.F69
Delaware, Design needs, Dining rooms, Facilities planning and layout, Food delivery systems, Food preparation and distribution systems, Hospital food service, Institutional feeding, Kitchens.
Abstract: At a hospital in Delaware, a sort of "musical chairs" game was played with the crew that was remodeling the kitchen facilities. To keep an uninterrupted flow of work, each phase was moved in turn to a nearby area while the new equipment was installed in the kitchen. The food service workers were extremely conscientious during the remodeling period. They had to work with temporary provisions in cramped emergency quarters, yet all sanitation rules were carefully observed.
- 2012-74**
FOOD FACILITIES BLUEPRINT: WORLDTRADE CENTER (PART V): DISHWASHING FACILITIES, PRIVATE DINING ROOM.
Frank M Giampietro
Restaurant Bus 73 (5): 172-176. May 1974.
389.2538 F82 F&N
Cleaning, Cleaning equipment, Design needs, Dishwasher, Dishwashing, Facilities planning and layout, Facility requirements, Industrial food service, Warehousing equipment.
Extract: At the employee dining facilities of the New York State offices at the World Trade Center, soiled permanentware is handled in a unique manner as thousands of people are served daily. Separate dishwashing operations have been provided for each of two dining rooms, as the diner leaves the dining room, he stops at a pass-thru window, which provides access to a conveyor belt upon which the diner places the tray containing soiled dishes and utensils. The conveyor moves the tray into the dishwashing area. The soiled tray conveyor terminates in a combination scrapping trough and roller conveyor. Food wastes, scraps, paper napkins, and disposable cold drink cups are flushed by a running water scrapping trough. The soiled trays, dishes, and utensils are then placed upon a continuously revolving "oval-shaped" dishwashing system that propels the soiled permanentware through the dishwashing machine without need for extensive presorting of dishes. The sorting takes place as the clean dishes and utensils exit from the dishwashing machine, the dishwashing machine is unusual in that the prewash, power wash, power and final rinses are contained within a single machine.
- 2013-74**
STOP AIR POLLUTION IN YOUR KITCHEN!
Laurie A Gorton
Cooking for Profit 43 (282): 35-44. June 1974.
TX9C1.C65
Air contaminants, Environmental factors, Equipment, Equipment standards, Fire prevention, Color, Ventilation.
Abstract: The necessity for efficient exhaust systems, proper ventilation, grease extraction equipment, and make-up air in kitchens is emphasized as the means for stopping air pollution and preventing grease fires in ductwork. An illustration provides eight sure signs that make-up air is needed, and an air systems planners guide, which lists various types of equipment and sources, is provided.
- 2014-74**
GOURMET DINING...A LA HAPPER-WESSER.
Commercial Kitchen & Dining Room 13 (3): 9-11. Fall/Winter 1973.
TX946.C6 F&N
Automation, Convenience foods, Equipment, Facilities planning and layout, Food preparation, quantity, Hospital food service, Institutional feeding, Menu planning, Patient care.
Abstract: To improve service, increase efficiency, and provide patients with an interesting and tempting variety of freshly prepared meals, a hospital in Detroit has designed and built the most modern automated food service program possible. Food is prepared and portioned out into standardized pans for cooking or cold storage. These, along with pans of frozen foods, are then placed in specially designed racks that can be loaded into large floor-model convection ovens. These ovens, as well as chill-carts of similar design, can be propelled down hospital corridors for delivery of hot meals to patients' rooms.

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2015-74

2015-74

HALF-SIZE WAREWASHING SYSTEM DOES FULL-SIZE JOB.
Commercial Kitchens & Dining Halls 14 (2): 14-16. Summer 1974.
TX946.C6 P5W
Dishwashing, Equipment, Food service workers, Morale.
Abstract: An adaptation system installed in a 12 x 19 foot room took up half the space of the replaced system, but handles the same load. The system is described and its effect on operator efficiency noted. Installation and use increased employee morale to a high level.

2016-74

HOSPITAL STAFF & EMPLOYEE DINING.
Commercial Kitchens & Dining Halls 13 (3): 20-23. Fall/Winter 1973.
TX946.C6 P5W
Cafeterias, Design needs, Dining rooms, Facilities planning and layout, Hospital food service, Interior design.
Abstract: Employees of the Bristol Hospital in Bristol, Connecticut, helped choose the final color program of their new employees' dining rooms. The project architect offered a selection of three color schemes from which the final choice was made. Space was developed on repetition of basic diagonal and curved lines, four colors (navy blue, white, purple and black) and integrated overhead illumination. The result is an operation that seats the needs of people dining alone, in small groups, or with a large group. The dining room can accommodate 160 people, and diners choose free seating arrangements for two, four, or six. The dining facility also has a separate seating room to accommodate 24 people.

2017-74

HOW TO CHOOSE THE RIGHT CART FOR YOUR SERVING AND HOLDING PATTERNS.
Instit/vol Feeding 75 (3): 36. Aug 1974.
TX1.155
Carts, Service equipment, Transportation.
Abstract: Several factors control the selection of the right cart including distance between kitchen and destination, time of holding, and volume of food. Pros and cons of different types of carts are discussed.

2018-74

HOW TO DESIGN A NEW FACILITY.
Food Management 9 (2): 69. Feb 1974.
TX341.P69
Cost effectiveness, Design needs, Facilities planning and layout, Facility requirements, Food service management, Hospital food service, Institutional feeding, Operating expenses.
Abstract: Both the food management consultants and the equipment fabricator were aware that keeping costs down at the new Mission Bay Hospital in San Diego meant primarily one thing: keeping labor requirements at a minimum. Among other things, their combined efforts produced, a unique new circular tray assembly line.

2019-74

HOW TO SIZE AN EFFICIENT WATER HEATING SYSTEM.
Food Technol 39 (9): 16. 65. Sept 1974.
389.8 P7398
Cleaning equipment, Equipment, Equipment maintenance, Food service management.
Abstract: An "average" food service establishment uses about two gallons of hot water for every customer served, including preparation, dishwashing and clean-up. The energy used to keep food service operations "in plenty of hot water" can be substantial. However, energy and cost savings can be realized with proper sizing techniques and equipment selection for an efficient hot water system, followed up by good maintenance practices.

2020-74

FOOD SERVICE EQUIPMENT: SELECTION, ARRANGEMENT, AND USE.
Anne Katherine Jernigan, Lynne Mennen Foss
Ames, Iowa State University Press 122 p. 1974.
TX656.J4 P5W
Cooking equipment (Large), Cooking equipment (Small), Equipment, Food preparation, Food service, Food storage, Sanitation, Space utilization.
Abstract: This book provides information on the selection, placement, and use of food service equipment to obtain and maintain an efficient operation. It is directed to architects, engineers, dietitians, food service directors and consultants, administrators, and others who may be responsible for selection of equipment in hospitals, health care facilities, schools, and restaurants. It may profitably be used as a reference book in community colleges and post-secondary schools.

2021-74

KEEP YOUR COOL--COST-WISE THRU ICING, NOT SUNSHINE.
Instit/vol Feeding 74 (9): 69. Nov 1, 1974.
TX1.155
Air conditioning, Building equipment, Conservation, Cost effectiveness, Energy, Food service management, Temperature.
Abstract: Air conditioning systems are great energy users and are, therefore, costly. Here are some tips for adjusting air conditioning systems for more efficient operation.

2022-74

INSTRUCTIONAL STATIONS INCLUDE FACILITY.
Elsie King, Patrick Henderson
Sch Foodserv J 29 (8): 36, 38. Sept 1974.

389.8 SCH6

Arizona, Disposable, Food preparation and distribution systems, Open plan schools, School food service.
Abstract: Santa Clara Elementary School in Tucson, Arizona, an open plan school, uses a system in which students are served at their regular instructional areas. About 750 lunches can be served in 25 minutes, and the students clean their own areas and dispose of waste in nearby plastic containers. The program has been quite successful.

2023-74

THE KITCHEN--HEART OF A SCHOOL.
Sch Foodserv J 29 (8): 44. Sept 1974.
389.8 SCH6
Day care services, Kitchens, Nutrition education, Preschool children (2-5 years).
Abstract: The kitchen is often the center of a child's life at home yet is totally removed from his at school. A group of innovative young designers put the kitchen at the heart of this proposed day care center's activities, returning the kitchen to its important place in a child's life.

2024-74

HEALTHY MANUAL FOR THE AGED AND HANDICAPPED.
New York University Medical Center, Institute of Rehabilitation Medicine
Judith Laesezfeld Klinger, Fred M Frieden, Richard A Sullivan
New York, Essauess Special Editions 242 p., photos, recipes, resources list. [1970].
TX361.A3N4 P5W
Aged, Elderly (65 + years), Food preparation, Home, Handicapped.
With a forward by Howard A. Fusk, M.D.
Abstract: This manual is intended for the aged, handicapped, and those who care for them. Topics covered include kitchen planning and storage, special kitchen tools, hints for housekeepers with various handicaps, selecting small appliances and recipes. The appendix lists references, agencies and sources of special information and equipment.

2025-74

A LESSON IN ARITHMETIC.
Cooking for Profit 43 (277): 28-29. 46. Jan 1974.
TX901.C65
Cooking equipment (Large), Cooking methods, Cooking techniques, Cost effectiveness, Fats and oils, Filters, Frying, Deep fat.
Abstract: Where fried foods are important to the success of a food service operation, it pays to use high-quality fat and extend its usefulness by installing an automatic filtering machine. If the cost of a filtering machine plus filter paper and powder is \$503.70 for the first year, there is a net savings in fat costs of \$243.10, assuming 2 40-pound fryers absorbing an annual fat cost of \$1,497.60. The filter doubles the life of the fat, thus cutting the fat bill to \$748.80. Subtract \$503.70 for the cost of the filtering system and you have \$245.10 saved in fat costs.

2026-74

THE ABC'S OF MICROWAVE COOKING.
Microwave Energy Applications Newsletter
Acherat, N.H., Microwave Energy Applications Newsletter 26 p., illus. [n.d].
TX332.H52 P5W
College students, Cooking equipment (Large), Home economics education, Microwave cooking, Nutrient retention, Radiation biology, Safety.
Abstract: This booklet is designed to be used in home economics classes to teach students how to use the microwave oven, and some facts about the way it works, the effect it has on food nutrients, and safety precautions in its use. It would be suitable in college classes.

2027-74

MODULAR SYSTEM HEATS MEALS ON PLATE WITHOUT USE OF STANDARD OVENS.
Quick Frozen Foods 37 (4): 24, 49, 61. Nov 1974.
389.8 Q4
Atlanta, Georgia, Cooking equipment (Large), Frozen foods, Hospital food service, Hospitals, Refrigeration.
Abstract: New 3H equipment installed at Georgia Baptist Hospital in Atlanta allows the food service to go to frozen or cold plating and to work one meal ahead. Food is cooked and refrigerated, and just before service, cold plated, heated, and served in the same dish.

2028-74

NEW GUIDE TAKES GUESSWORK OUT OF KITCHEN PLANNING.
Sch Foodserv J 29 (8): 28, 31. Sept 1974.
389.8 SCH6
Cooking equipment (Large), Equipment, Food service management, Kitchens, School food service, Serving equipment, Storage equipment.
Abstract: To help with equipment selection and purchasing, the guide recommends pieces of equipment for preparation, storage, serving and dishwashing. It suggests various capacities, number and desirable features for equipment, so the guide can be used in schools of 100 to 1500 students.

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- 2029-74**
HEAVY DUTY CHLORINATED DETERGENT.
 Commercial Kitchens & Dining Rmcs 13 (3): 18-19. Fall/Winter 1973.
 TX946.C6 P68
 Cleaning equipment, Cost effectiveness, Detergents, Dishwashers, Dishwashing, Warehandling, Warehandling equipment.
 Extract: The research staff at Iconomics Laboratory went to work on a unique problem of chemical formulation and has recently introduced a high performance dishwashing detergent called Super Impact. The product is designed especially for the food service operator who must contend with water that is occasionally hard, or soil conditions that are exceptionally heavy. Super Impact combines increased alkalinity, water conditioners, chlorine, and an exclusive patented defoaming ingredient to provide the operator with superior cleaning action regardless of soil load and water hardness. A high strength alkali dissolves protein soils and emulsifies grease, the chlorine bleaches, stains, and breaks down food molecules so they can be flushed away. The defoaming ingredient prevents "stratification" of the wash pump that reduces the effectiveness of the wash action.
- 2030-74**
NEW LIFE FOR OLD EQUIPMENT.
 Sch Foodserv J 29 (8): 74. Sept 1974.
 389.8 SCH6
 Equipment, Equipment maintenance, Hawaii, School food service.
 Extract: Necessity has caused Hawaii's school lunch services to develop a preventive maintenance service to assure a longer life for its foodservice equipment in all the schools on Oahu.
- 2031-74**
PRESSURE FRYERS UP PRIED CHICKEN SALES.
 Cooking for Profit 43 (286): 57. Oct 1974.
 TX901.C65
 Chicken, Commercial food service, Deep fat fryers, Illinois, Pressure cooking, Pressure frying.
 Extract: Deep-fried foods have always been popular fare at Elder's Restaurant and Lounge in Quincy, Illinois. Pressure fryers have taken the load off the regular fryers, and customers like the flavorful, moist chicken they produce.
- 2032-74**
OPEN SPACE--CHALLENGING CONCEPT FOR SCHOOL FOODSERVICE.
 Sch Foodserv J 29 (8): 32, 35. Sept 1974.
 389.8 SCH6
 Facilities planning and layout, Open plan schools, School food service.
 Extract: In a Tucson, Arizona school meals are delivered to the students at their instructional stations. Another school in Florida with a conventional cafeteria has set aside a special dining room for students. And a group of designers in New York put the kitchen at the center of a proposed day care center with classrooms radiating out around it.
- 2033-74**
OPERATING AND MAINTENANCE SUGGESTIONS FOR AN EFFICIENT HOT WATER SYSTEM.
 Food Serv 36 (10): 17-18. Oct 1974.
 389.2538 F732
 Equipment, Equipment maintenance, Water heaters.
 Extract: Once an optimum system is chosen, and the electric water heating equipment is installed, good operating procedures and maintenance tasks become important routes to energy conservation, efficient equipment performance and long service life of your water heating system.
- 2034-74**
HOW TO BUY EQUIPMENT--THE SMART WAY.
 Dave Overbach
 Food Management 9 (9): 48-50, 26, 89. Sept 1974.
 TX341.F69
 Cooking equipment (Large), Equipment, Manuals, Purchasing, School food service, Servicing equipment, Storage equipment.
 Extract: USDA'S Food and Nutrition Service has just published a 95-page "Guide for Equipping On-Site School Kitchens." It's an answer to a foodservice director's problem of knowing what size equipment to buy, if it needs a lot of repairing, etc. It explains how to select and purchase equipment for new school foodservice operations or how to remodel and equip older school foodservice facilities. Various capacities, numbers and desirable features for equipment are suggested for schools feeding from 100 to 1,500 students. The guide recommends equipment for preparation, storage, serving and dishwashing.
- 2035-74**
PRESSURE FRYERS: VARIATION ON A THEME.
 Cooking for Profit 43 (286): 50-51. Oct 1974.
 TX901.C65
 Deep fat fryers, Pressure cooking, Pressure frying.
 Extract: Pressure frying carries deep-fat frying a step or two beyond open-pot frying: foods are moist, flavorful and cooking time is reduced for big loads.
- 2036-74**
PRODUCT SHOWCASE: TRASH COMPACTORS.
 Cooking for Profit 43 (283): 42-43. July 1974.
 TX901.C65
 Compactors, Costs, Pulpers, Sanitation, Waste disposal.
 Abstract: Voluntary reduction of trash by compactors can result in savings of 50 per cent of collection costs. Automatic sani-
- tizing cuts down or eliminates odors, contamination, and pests. Pulpers shred and reduce to land fill, paper, plastics, and food waste, but not glass or metal. Several units of both types are illustrated and capabilities described.
- 2037-74**
EQUIPMENT CENSUS: WHAT WOULD YOU DO IF ENERGY COSTS ROSE TO \$2 AN HOUR?
 Betsy Rankin
 Instit/vol Feeding 74 (6): 35-47. Mar 15, 1974.
 TX1.I55
 Conservation, Cooking methods, Cost effectiveness, Energy, Equipment, Food service management, Kitchens, Operating expenses.
 Abstract: Food service operators have counted on cheap energy to ease the load of expensive labor with automatic equipment. Now, however, energy supplies can no longer be taken for granted. Power will probably never cost as much as labor, but wasting it squanders precious national resources and puts a big dent in the food service pocketbook. This article, based on an equipment survey of food service managers, lists various types of kitchen equipment and explains how they can be operated to use less energy and thus save money.
- 2038-74**
WHEELS FOR FOODSERVICE SYSTEMS.
 Helen Samstad
 Cooking for Profit 43 (279): 45-48, 50, 54. Mar 1974.
 TX901.C65
 Cost effectiveness, Equipment, Food service, Food service workers, Mobile equipment.
 Extract: Mobile equipment is one of the most effective factors in increased efficiency and productivity in food service. The efficiency of the wheel is easily illustrated by the fact that a man pushing a one-wheeled barrow can transport half again as much as he can carry on his back. The waiter or waitress who carries heavily laden trays from kitchen to dining room; the bus boy who transports trays of soiled dishes to the dishwashing department, all walk more, carry less, produce less than if wheeled equipment were used for these purposes. Many restaurants have physical layouts that preclude the use of wheeled equipment, but certainly they operate less efficiently than those who place such of the burden of the day's labor onto them. Wheels cut hours of labor and time in every area of foodservice from receiving dock to dishwashing. The larger the operation, the more that wheels are needed. Mobile equipment of all types is more easily cleaned; such of it can be wheeled to automatic sanitizing equipment or pulled out to clean floors and walls.
- 2039-74**
SCHOOL KITCHEN IS DESIGNED TO KEEP PACE WITH ENROLLMENT.
 Modern Schools p. 7-9. Feb 1971.
 LB32C9.H6
 Design needs, Electricity, Equipment, Facilities planning and layout, High schools, Kitchens, Massachusetts, School food service, Student participation.
 Abstract: Waltham High School in Waltham, Massachusetts, has an all-electric kitchen facility in the new school building. It is designed to be flexible and expandable to keep pace with the steadily increasing student enrollment. This article describes various features of the new kitchen that the school's food service director feels are outstanding: dairy bar service; multiple serving lines; total paper service; separate bake shop area; vegetable preparation area; separate faculty dining area; roll-in type refrigerators and a walk-in freezer; plus many others.
- 2040-74**
SCHOOL LUNCH REPRESENTS MORE THAN FOOD.
 Instit Distrib 10 (7): 64. July 1974.
 BD92C1.I5 P68
 Equipment, Food economics, Food service management, Freezers, Marketing, Ovens, School food service.
 Extract: To think of the school lunch program solely as a market for food, paper and disposables is to overlook the frequently attractive opportunities it offers for sale of equipment. As is the case with school food purchases, a substantial share of equipment purchases are financed by federal funding.
- 2041-74**
GRILL COOKING.
 Ser-Vo-Tel Institute
 Boston, Cahners Books 60 p. 1974.
 TX681.G7 P68 (Foodservice Career Education Series no. FS25)
 Cooks, Equipment, Equipment maintenance, Food service occupations, Grilling, Instructional materials.
 Abstract: This is one of a series of learning units for instruction in food service careers. Equipment for grill cooking and its maintenance are described. Methods used in grilling are covered.
- 2042-74**
SERVICE ON WHEELS.
 Commercial Kitchens & Dining Room 14 (3): 10-12. Fall 1974.
 TX946.C6 P68
 Cafeterias, Commercial food service, Equipment, Food handling, New York City.
 Extract: Mobility is key to efficient food service in skyscraper operation. Providing food service to several thousand state government employees and visitors on 28 separate floors

BIBLIOGRAPHY

2043-74

of one of the world's tallest buildings takes not only skilled management, but daring innovation. Equipment used in this unique operation was carefully selected by New York State to meet unusual service conditions.

2043-74

THE STYLES OF INDONESIA.

Maury Salder
Intit/vol Paedine 74 (6): p. 54-55. Mar 15, 1974.
TX1.155

Commercial food service, Dining rooms, Food serving methods, Indonesia, Interior design, Menu planning.
Abstract: It is difficult to find an Indonesian restaurant in the United States, but there are a few. This article describes the interior decor and food serving methods of a successful Indonesian restaurant in Pasadena, California.

2044-74

SYSTEMS INTELLIGENCE IN THE FOOD SERVICE KITCHEN.

Modern Schools p. 10-12. Jan 1974.
LB32C9.M6

Cost effectiveness, Design needs, Equipment, Facility requirements, Organization, Purchasing, School food service, Systems approach, Work flow.

Abstract: Design of a school food service and subsequent equipment selection must be carefully analyzed. There are myriad equipment options, and it behooves the administrator to know exactly which items are necessary and affordable. In analyzing the food service system as a whole, careful attention must be given to each of the following five subsystems and the types of equipment needed to operate them successfully: (1) food receive and storage; (2) fabrication and pre-preparation; (3) preparation and processing (cooking/heating); (4) assembly, holding, and serving; and (5) clean-up and sanitation.

2045-74

THE ENCYCLOPEDIA OF PROFESSIONAL KITCHEN PLANNING.

John F. Traister
Kitchen Planning 11 (3): 50-60. Fall 1974.
NA833C.A1K5 F6N

Air contaminants, Commercial food service, Environmental factors, Equipment, Kitchens, Planning, Ventilation.

Abstract: This adaptation of a chapter of a forthcoming book supplies detailed diagrams of various types of venting equipment for commercial kitchen use. The useful cost of over-ventilation is emphasized. Proper selection of ventilation equipment in terms of planning is discussed. The text gives definitions of terms commonly used in this area.

2046-74

TRASH COMES AND GOES AT THE UNIVERSITY OF WISCONSIN.

Modern Schools p. 13. Jan 1974.
LB3209.M6

Cleaning, Cleaning equipment, College food service, Compactors, Waste disposal, Wisconsin.

Abstract: The problem of trash disposal at the University of Wisconsin's Student Union has been solved with the purchase of a giant compactor connected to collection chutes on the various floors of the building. The chutes lead to a 24-inch intake hopper that prevents trash back-up in the chutes. The machine handles 550 cubic feet of trash per hour. It is an extrusion-type that operates by forcing trash through a funnel-shaped compaction chamber. Compacted refuse is retained in the snout and on the next cycle, new trash shoves the compacted trash through the snout and into a receptacle for collection.

2047-74

TRAY MAKE UP: MCLENNICK JR. HIGH SCHOOL.

Kitchen Planning 11 (1): 36. First Quarter 1974.
NA8330.A1K5 F6N

Conveyor belts, Food preparation and distribution systems, Food Preparation, quantity, Junior high schools, Missouri, School food service.

Abstract: A junior high school food service in Missouri has a high-speed tray make-up operation that costs very little money—a standard model, fabric belted tray conveyor. Four kitchen workers, by using the belt, can prepare between 15 to 20 trays per minute. The kitchen serves a total of 4500 students.

2048-74

EQUIPMENT GUIDE FOR ON-SITE SCHOOL KITCHENS.

U.S., Food and Nutrition Service, Child Nutrition Division
Washington, D.C. var. pag. 00 July 1974.
TI656.053 F6N (Program Aid no. 10911)

Cooking equipment (Large), Cooking equipment (Small), Design needs, Equipment, Kitchens, School food service, Serving equipment, Storage equipment.

Abstract: The importance of planning and equipping school food service facilities is a matter of concern to many. Therefore, the combined efforts of architects, consulting engineers, equipment specialists, sanitarians, and state and local supervisory staff are necessary to assure a properly planned and equipped food service facility. Important basic points to consider in planning and equipping a food service facility are: (1) Equipment requirements: when initiating or expanding a lunch program, food service equipment requirements should be based on actual or estimated participation. Estimated participation should include those factors that could result in a future increase or decrease in participation. The avoidance of over equipping a food service facility is essential to good

management practices. Over-equipping not only costs more initially but also increases maintenance costs. (2) Classification of school: consider the age groups that will be attending school: elementary, junior or senior high or a combination of these. (3) Correlation of the school plant: the design of the entire school building determines the location and arrangement of the food service facility.

2049-74

HOW TO USE THE PRESSURE COOKER. (SPA)

E F Valentin
Rio Piedras, P.R. 2 p. Mar 8, 1966.
TI840.P7V3 F6N

Cooking methods, Cooking techniques, Food preparation, Home, Pressure cookers, Pressure cooking.

Title of Original: Como usar la olla de presión.
Abstract: Pressure cooking is quick and does not deplete nutrients. This paper explains the principles of pressure cooking, how a pressure cooker works, and the precautions to take when using it.

2050-74

VOLLRATH SCHOOL FOODSERVICE MANUAL.

Sheboygan, Wis., The Vollrath Co. 1 v. (various pagings).
1971.
TI656.V6 F6N

Cost effectiveness, Equipment, Equipment specialists, Facilities planning and layout, Food preparation and distribution systems, Merchandise information, Satellite, School food service, Systems approach.

Abstract: This manual was prepared to demonstrate the effectiveness of a line of satellite food service equipment manufactured by The Vollrath Company. Vollrath compares its own products with those of conventional school food service systems. Data is then presented to show that the Vollrath satellite feeding system is superior in every way to any other type of school food service operation.

2051-74

WATER HEATING FOR THE FOOD SERVICE KITCHEN.

Modern Schools p. 6-7. Nov 1973.
LB3209.M6

Cost effectiveness, Dishwashing, Equipment, Facility requirements, Merchandise information, Purchasing, School food service, Water heaters.

Abstract: School food service standards call for a water temperature of 180 degrees in the final sanitizing rinse cycle of dishwashers. An electric booster water heater heats the 180-degree water from the primary heater to the required 180 degrees for the final rinse. Two basic types are available: the instantaneous model (heats water quickly for immediate delivery) and the storage model (heats and holds water at 180 degrees). Specifications and manufacturers' names and addresses are given for six specific booster heaters designed for use with various dishwashing machines.

2052-74

SPECIALTY BAKERYWARE MAKES SPECIAL TREATS.

Judith B. Wettenstein
What's New Home Econ 38 (8): 6-7. Nov/Dec 1974.
321.E W55

Baking, Cooking equipment (Small), Molds (Decorative).
Abstract: Twenty-three types of decorative molds are shown and their uses described. A listing of sources is included.

2053-74

WHERE PRESSURE FRYERS REIGN SUPREME.

Cooking for Profit 43 (286): 54-55. Oct 1974.
TI901.C65

Chicken, Commercial food service, Deep fat fryers, Fish, Indians, Pork, Pressure cooking, Pressure frying.

Abstract: The American Heritage Inn in Kokomo, Indiana, does a landoffice business in pressure fried foods. Fried chicken is popular but so are deep-fried catfish, pork tenderloin sandwiches or deep-fried salet in season.

2054-74

TURN ON TO BETTER BREAKFASTS.

Kathy Wooten
Forecast Home Econ 20 (1): f-134-f-136, f-168-f-191. Sept 1974.
321.E H752

Appliances, Breakfast, Cooking equipment (Small), Recipes, Student participation.

Abstract: Using new equipment in cooking breakfast results in greater variety and time savings. Both of which excite students' interest. New equipment, including blenders, portable toasters and broilers, griddles, microwave ovens, and beverage makers are described. Recipes for use with each of the appliances are supplied.

2055-74

EQUIPMENT WITH A MEXICAN ACCENT.

Kathy Wooten
Forecast Home Econ 20 (3): f-38. Nov 1974.
321.E H752

Cookery, Mexican, Cooking equipment (Small), Ethnic foods, Utensils.

Abstract: Traditional Mexican cooking equipment is simple and functional, and the basic pieces are easily learned. The equipment found in most American kitchens can be used to simulate native preparation techniques. If some authentic utensils are

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- available, they can add to the enjoyment of preparing an authentic Mexican menu.
- 2056-74**
YEAR-ROUND SCHOOL PLAN OFFERS ICONCHY OF OPERATION.
 Modern Schools p. 4-7. Nov 1971.
 IB3209.N6
 Building equipment, Design needs, Educational programs, Electricity, Facilities planning and layout, Lighthouse, Year round schools.
 Abstract: An elementary school district that had reached the legal limit of its borrowing power but still needed more classrooms for the ever increasing student enrollment decided to adopt a year-round school plan. The students now attend classes in 6 shifts of 45 days with 15 days' vacation after each shift. This article describes how the school operates and the kinds of facilities and equipment needed under the new plan.
- 2057-74**
BERG TURNOVER IN THE CUISINOCCH.
 Commercial Kitchen & Dining Room 13 (3): 6-8. Fall/Winter 1973.
 TX986.C6 P6M
 Cafeterias, Cleaning equipment, Dishwashers, Dishwashing, Food service workers, Industrial food service, Job satisfaction, Warehousing, Warehousing equipment.
 Abstract: A company cafeteria has been designed to not only make the warewashing function more efficient, but also to better the working conditions and increase the job satisfaction of dishroom employees. This article describes how the warehousing system operates.
- 2058-74**
20 WAYS TO SAVE ON FAT COSTS.
 Cookies for Profit 43 (279): 62-63. Mar 1974.
 TX901.C65
 Cooking methods, Cooking techniques, Cost effectiveness, Costs, Fats and oils, Food service management, Frying, Deep fat.
 Abstract: Among the 20 ways to cut fat costs the most important are: (1) Select a high-quality, heavy-duty fryer composed specifically manufactured for commercial or institutional frying. (2) Maintain a turnover in each fry kettle of from 2 to 3 days. (3) Keep fryer equipment spotlessly clean. (4) Filter fryer fat at least once a day. (5) Make sure thermostat are correct and accurate. (6) Before food is placed in fry kettle, remove excess solature and breadine particles. (7) 350 degrees F. is recommended frying temperature for most foods. (8) Turn down heat to 200 degrees F. in slack periods. (9) Immediately replace fat that has begun to break down. (10) Do not salt foods over dry kettle.
- 2059-74**
AFLOATOXINS: STOPPING TROUBLE BEFORE IT STARTS.
 FDA Consumer 8 (1): 23-25. Feb 1974.
 TX335.P6 P6M
 Food and Drug Administration, Food safety, Peanuts, Toxicity, Toxins.
 Abstract: This article reviews the current situation concerning aflatoxins in our food supply. It discusses the products commonly affected and the tolerance level currently enforced. Research and control programs are in operation reflecting worldwide cooperation and will continue to result in further protection of the consumer. This information is presented not only for the consumer but also for those in the field of nutrition and foods.
- 2060-74**
SALMONELLA AND FOOD IN YOUR HOME.
 Robert Angelotti
 FDA Consumer 7 (6): 11-14. July/Aug 1973.
 TX335.P6 P6M
 Adults, Bacteria, Food contaminants, Food poisoning, Food spoilage, Salmonellosis.
 Abstract: The Food and Drug Administration is concerned in reducing the presence of Salmonella in processed foods. This article for the consumer tells what these micro-organisms are, how they cause illness, how homemakers can protect their families from them, and what the FDA is doing about the problem.
- 2061-74**
KITCHEN SANITATION AND FOOD HYGIENE.
 Bruce H Axler
 Indianapolis, ITT Educational Publishing 169 p. 1974.
 TX911.3.S3A9 P6M
 Dishwashing, Environmental factors, Food handling, Food sanitation, Food service management, Hygiene, Kitchens, Pest control, Sanitation.
 Abstract: The areas covered in detail include kitchen management; public health; food spoilage; sanitation and personnel; food handling; warewashing; equipment; environmental sanitation; pest control.
- 2062-74**
BUILDING CARE FOR HOSPITALITY OPERATIONS.
 Bruce H Axler
 Indianapolis, ITT Educational Publishing 129 p. 1974.
 TX928.A9 P6M
 Building equipment, Buildings, Cafeterias, Cleaning, Cleaning equipment, Commercial food service, Equipment maintenance, Restaurants.
 Abstract: This book offers concrete, practical data on equipment and supplies and presents major cleaning and cleaning maintenance procedures in a way that allows the manager to analyze his operation, communicate tasks to supervisors, implement training programs, and increase worker productivity. Step-by-step presentation and lists facilitate the manager's communication to workers and his specific cost control analysis.
- 2063-74**
LUNCHROOM SANITATION AND SAFETY.
 Baltimore, Public Schools
 Baltimore 1 v. (unpaged). 1970.
 TX945.B3 P6M
 Baltimore, Food service training, Hygiene, Instructional materials, Safety, Sanitation, School food service, Teaching guides.
 Title supplied. Mostly samples of forms, questionnaires, posters, etc. used to emphasize employee sanitation and safety practices.
 Abstract: For training school food service workers in the importance of and procedures for proper sanitation, hygiene, and safety, this annual provides needed instructional materials for use by school food service supervisors in the Baltimore, Maryland, public school system.
- 2064-74**
THE PROBLEM OF MALNUTRITION.
 J H Bengoa
 W M O Chron 20 (1): 3-7. Jan 1974.
 449.9 W892
 Anemia, Death rate, International programs, Malnutrition, Professional education, Protein-calorie malnutrition, WHO.
 Abstract: There are at least 100 million children undernourished in the world, mostly in the developing countries, according to this article for nutritionists and other health professionals. While some die from malnutrition, many more suffer from physical and possibly mental retardation and are very susceptible to infectious disease. The author reviews the trends in malnutrition, changes in causes over time, and discusses in some detail protein-calorie malnutrition and anemia. Since deaths associated with malnutrition are not reliably so classified, nutritional status of a population cannot be properly assessed on the basis of data on mortality. Widespread chronic undernutrition goes relatively unrecognized in many areas of the world, though it is nonetheless a serious social challenge.
- 2065-74**
RAPID NITROSATION OF PHENOLS AND ITS IMPLICATIONS FOR HEALTH HAZARDS FROM DIETARY NITRITES.
 E C Challis
 Nature 244 (5416): 466. Aug 17, 1973.
 472 N21
 Cancer, Chemicals, Digestion, Food additives, Food processing, Nitrogen compounds, Toxicity.
 Abstract: Sodium nitrite used as a food preservative may react with a variety of compounds to become potentially dangerous to the consumer, according to this brief research report. It forms compounds with phenol- materials in the food or normally present in the digestive tract which have been shown to produce cancer in animals. Since these compounds are much more readily formed than nitrosamines, study of the effects of these additives in animals more closely resembling man is urgently needed. The article is addressed to physicians, nutritionists and food technologists.
- 2066-74**
CLEAN CATERING: A HANDBOOK ON PREFERENCES, EQUIPMENT AND PRACTICES FOR THE PROMOTION OF HYGIENE IN FOOD ESTABLISHMENTS [with ed.]
 London, H. N. Stationery Off. 75 p. 1972.
 TX921.C5 1972 P6M
 Cleaning, Equipment, Facility requirements, Food handling, Food safety, Food service, Food storage, Hygiene, Sanitation.
 Abstract: Most important in maintaining cleanliness and safety is an understanding by all food handlers of simple food hygiene. People who have such understanding will so conduct themselves that good habits become automatic. In an establishment where everybody does this, but where the layout and equipment are not well designed, there is less risk to the public than in an establishment which is perfectly planned but where food is handled carelessly. On the other hand, well designed premises encourage clean habits and considered layout of well designed equipment enables the clean, quick, and orderly preparation of food. To keep food safe a caterer must understand how infection can be avoided. The first essential, therefore, is to prevent contamination. This booklet aims at presenting practical advice toward good design, layout, and personnel

2067-7a

practice in the handling and serving of food to the Public.

2067-7a

CLEAN UP EFFICIENTLY AND ECONOMICALLY.

Modern Schools p. 9-11. Oct 1973.
LB3209.46

Cleaning. Cost effectiveness, Dishwashers, Dishwashing, Facility requirements, Merchandise, Purchasing, School food service, Warehousing equipment.

Abstract: There are five types of warewashing machines on the market suitable for school food services: (1) counter and undercounter models; (2) free-standing (roll or hood type) models; (3) door type models; (4) conveyor rack models; and (5) conveyor belt models. Each type meets certain criteria. Selection of any one model depends on the characteristics of the particular operation in which it will be used. For the eight specific machines featured here, specifications are given, along with manufacturers' names and addresses.

2067-7a

NEEDS: STRONGER FDA CONTROLS ON AFLATOXIN.

Consumer Reports

Consumer Reports 38 (7): 438-439. July 1973.
J21.E C762

Cancer. Consumer education, Food and Drug Administration, Food inspection, Food safety, Molds, Peanuts, Toxins.

Abstract: Consumers should be warned against having to tolerate aflatoxin, a mold-produced poison which is associated with production, and a potent carcinogen, says this article for the consumer. The recent consumer organization found 20 percent of 50 samples of commercial peanut butter examined to be contaminated with this substance. Ground-to-order peanut butter had about half as many samples that were affected as commercial ones, but those that contained the toxin had higher levels. The article should be of interest to persons in charge of child feeding programs and nutrition educators.

2069-7a

THE FILMSTRIP (FILMSTRIP/CASSIETTE).

Continental Film Productions Corp.
Chattanooga, Tenn. 1 filmstrip, 122 fr., col., 35 mm., 10 min. f.n.d.l.
TX325.77 F6N AV

Food poisoning, Food service workers, Food storage, Pest control, Pesticides, Sanitation.

Abstract: This training filmstrip with audiocassette narrative is directed at food service workers and deals with conditions which draw pests and rodents. They require food, moisture, warmth, and shelter. Suggestions for proper storage, use of pesticides, and sanitation measures are given. The dangers of pest and rodent activities in food establishments include transmission of diseases and stripping of electrical wires.

2070-7a

THE UNWANTED FOUR (FILMSTRIP/CASSIETTE).

Continental Film Productions Corp.
Chattanooga, Tenn. 1 filmstrip, 132 fr., col., 35 mm.; 16 min. cassette tape. f.n.d.l.
RA64.US F6N AV

Food handling, Food poisoning, Food preparation, Food service workers, Foodborne diseases, Hygiene, Sanitation, Temperature.

Abstract: This training strip (with audiocassette) is aimed at food service workers. Food poisoning and its causes, effects, and prevention are outlined. Case histories of food poisoning are described and related to personal hygiene, food holding, and sanitation. The four major culprits and the types of food they find lodging in are described. Conditions which destroy staph, strep, salmonella, and clostridia are described. Prevention through personal cleanliness, sanitized equipment, proper cooking temperatures, and handling procedures is described. Other food borne diseases include trichinosis, botulism, hepatitis, and dysentery.

2071-7a

LET'S KEEP FOOD SAFE TO EAT (MOTION PICTURE).

Coronet Instructional Films
Chicago, Ill. 11 min. sd. color. 16 mm. 1964.
TX601.L4 F6N AV

Dishwashing, Food handling, Food poisoning, Food safety, Food storage, Hygiene, Microorganisms, Pest control, Waste disposal.

Abstract: Food safety means storing and handling food carefully, keeping it clean, and practicing good personal hygiene. Food improperly stored will turn bad and be unhealthy to eat. Washing of hands and dishes keeps germs from contaminating the food. Food or utensils dropped on the floor should not be used. Never eat food that has touched someone else's mouth. Throw away moldy food or food that has been improperly stored. Be sure to wash all fresh fruits and vegetables before eating them, and also wash dishes immediately after use. Keep garbage well away from the house, and kill any insects that have gotten inside.

2072-7a

EATING OUT SHOULD BE FUN--AND SAFE.

Forecast Home Econ 19 (9): 1-54. May/June 1974.
J21.E H752

Commercial food service, Food handling, Food poisoning, Food preparation, Food purchasing, Food safety, Food stores.

Abstract: Eleven million Americans are poisoned to some degree by food every year. To prevent its happening, people should take precautions. When eating out, check to see if the restro-

oes are well kept, and if the tables and tableware are clean. Checking for cleanliness is equally important at grocery stores. Meat, produce, and dairy products that arrived at the store clean and fresh can quickly become a health hazard if not properly handled. The final safeguard against food poisoning is careful handling and storage of food in the home.

2073-7a

FOOD SAFETY: A NEW LOOK AT CORPORATE RESPONSIBILITY.

FDA Consumer 8 (1): 20-22. Feb 1974.
TX335.76 F6N

Food and Drug Administration, Food handling, Food industry, Food inspection, Food quality, Food safety, Food standards.

Abstract: This article, of interest to those involved in the food industry, describes a food safety program developed under FDA's new Cooperative Quality Assurance Program. It enables food processing plants to have quality control programs developed for them specifically. This offers the company a greater assurance of a consistent quality product plus quicker utilization of FDA technical advice on safety and quality, since FDA is then familiar with the plant. FDA is also benefited as it becomes unnecessary for the agency to spend large amounts of time and money on inspection and the companies also furnish the agency with current product information. The companies participating in the program are outlined along with the requirements set by these companies and the monitoring methods used in the program throughout the year.

2074-7a

HOW HOT IS YOUR DISHWASHING?

Institut/vol Feeding 74 (9): 39. May 1, 1974.
TX1.155

Cleaning, Dishwashers, Dishwashing, Sanitation, Temperature, Water, Water heaters.

Abstract: The booster water heater, attached to the dish machine, has proved through the years to be an efficient and economical method of producing sufficient quantities of final rinse water for sanitizing. An electric booster water heater requires no flues or vents. Booster water heaters are available in various shapes and sizes, use gas or electricity, and are designed and constructed so that they don't unplug or disturb power lines. Component parts can be replaced with a minimum of effort.

2075-7a

POISONING MISADVENTURES: NARRATIVE EXCERPTS ON FOOD-BORNE DISEASES AND POISONING FOR THE PHYSICIAN, MICROBIOLOGIST, ATTORNEY AND NUTRITIONIST.

Lloyd Bryan Jensen
Springfield, Ill., Charles C Thomas 202 p. 1970.
RA1213.J4 F6N

Adults, Bacteria, Drugs, Food safety, Foodborne diseases, History, Lead poisoning, Toxicity, Toxins.

Abstract: Despite its subtitle, this book appears to be written for the lay reader, informing him about naturally occurring poisons and toxicants in foods, and bacteria-caused food-borne illnesses, that have occurred and recurred throughout history. The book could be used in introductory courses on foods and nutrition as a reading reference at the high school level and above.

2076-7a

EVALUATION OF MERCURY, LEAD, CADMIUM AND THE FOOD ADDITIVES ANARANTIN, DIETHYLPYROCATECHOLATE, AND OCYCL GALLATE.

Joint FAO/WHO Expert Committee on Food Additives
Geneva 84 p. 1972.

TX553.A336 F6N (World Health Organization. WHO food additives series, no 8)

Cadmium, Food additives, Food safety, Lead, Mercury, Professional education, Toxicity.

Abstract: Persons concerned with obtaining food for quantity preparation should be aware of the possible dangers of excessive amounts of certain food additives used as coloring agents and the metals mercury, lead and cadmium as food contaminants. This report from the United Nations organizations concerned with food safety presents a consensus of safe levels of these contaminants in food, water and the environment, and their toxicity to man.

2077-7a

KEEPING FOODS CLEAN.

FDA Consumer 8 (4): 23-26. May 1974.
TX335.76 F6N

Food and Drug Administration, Food contaminants, Food inspection, Food inspection regulations, Food sanitation.

Abstract: This article discusses the FDA Bureau of Foods responsibilities in keeping food free from contaminants. Now a sample is analyzed, what actually constitutes a contaminant and what services are provided by the Bureau are briefly discussed. This article would prove helpful to someone working in the food industry who needs to be familiar with this Bureau of the FDA and the action it takes.

2078-7a

MERCURY AS A FOOD CONTAMINANT.

P C Lu
W H O Chron 28 (1): 8-11. Jan 1974.
449.5 H892

Economic influences, Fish, Food safety, Mercury, Professional education, Proteins, Toxicity, WHO.

Abstract: The contamination of food with ethylmercury compou-

ads can lead to a fear of poisoning that is irreversible. Fish is the principal food affected. Overrestrictive measures to protect the consumer may deprive some populations of their chief protein source and impose hardships on those who depend on fisheries for their livelihood. This article for professional nutritionists discusses control measures and standards, indicators of exposure to mercury and other factors being studied by the World Health Organization on this subject, including a tentative level of the metal that can be considered safe from a health point of view.

2079-74

THE NEED FOR EDUCATION AND TRAINING IN RECOGNIZING HEALTH HAZARDS IN INDUSTRY.
Leonard F. Lucas
Training and Dev J 28 (8): 18-19. Aug 1974.
LC10a1.77 PGM
Accident prevention, Health, Safety, Safety education, Standards, Training.
Abstract: Since the Occupational Safety and Health Act took effect, inspections have increased substantially and compliance is very low. The need for personnel training in analysis of health safety risks and solution of these problems is described and suggestions offered for setting training programs.

2080-74

USE AND COST OF SUPPLIES FOR MACHINE WASHING OF PERMANENT TABLEWARE.
Patricia E. McCaughy, Geraldine H. Montas
J Am Diet Assoc 65 (5): 542-553. Nov 1974.
389.8 AN:34
Cost effectiveness, Detergents, Dishwashers, Dishwashing, Hospital food service, Hospitals.
Abstract: The use and cost of four compounds--praseoak chemical, wash detergent, rinse additive, and dilute chemical--commonly used for machine dishwashing were compared in nine hospitals, ranging in size from 25 to 863 beds and in volume of meals from a daily meal of 96 to 1,854. Multiple-tank, rackless and rack conveyors; single-tank, stationary rack door-type; and single-tank, rack conveyor, dual drive dishwashing machines were represented. Detergent concentration in the wash water, condition of the machine, thoroughness of dish scraping, and wash final rinse water temperatures affected costs.

2081-74

HOW EFFECTIVE PRODUCTS ARE RECALLED.
Margaret Morris
FDA Consumer 8 (2): 15-19. Mar 1974.
TK335.F6 PGM
Food and Drug Administration, Food industry, Food inspection, Food safety, Food standards, Recall.
Abstract: This article explains how recalls of products regulated by FDA are effected. The recalls are actually conducted by the company itself and monitored by the FDA with there being various reasons for a company recalling a defective or hazardous product. The recalls of products range widely in importance and in the amount of time and effort FDA devotes to them. A policy clarifying its specific role is outlined. Then to illustrate how a specific product would be recalled, the actual course of a recall is presented. Recalls also may trigger an investigation of an entire category of products, such as the benefit of the consumer. This information is of interest not only to the consumer but is of particular interest to anyone involved in the food industry.

2082-74

APPLIED FOODSERVICE SANITATION.
National Institute for Foodservice Industry
[Chicago] 224 p. 1974.
TK93.N3 PGM
Cleaning, Food handling, Food safety, Food service management, Food service training, Health inspection, Pest control, Sanitation, Waste disposal.
Abstract: Here is a volume belonging on the bookshelf of every foodservice manager. It is the central text for a course of study on the all-important subject of safeguarding the public from foodborne illness. It gives the reader and student practical guidance in safe food-handling without neglecting the scientific principles underlying good sanitation practices. The book covers techniques for protecting food from contamination in storage, preparation, and service; cleaning and sanitizing; pest control; cleanliness of facilities and equipment; sanitation and the customer; personal training; and detailed procedures for self-inspection by the foodservice manager.

2083-74

A SAFETY SELF-INSPECTION PROGRAM FOR FOODSERVICE OPERATORS.
National Restaurant Association
Chicago, Ill. 79 p. 1973.
TK911.3.N32 PGM
Check lists, Equipment, Evaluation, Facility requirements, Food service management, Food service workers, Guidelines, Safety, Working conditions.
Abstract: Both customers and employees are exposed to the accident and health hazards inherent in a foodservice operation. The employee faces all manner of operational hazards. Involved, on a routine basis, is the use of hand knives and cutting, chopping, grinding, slicing, and slicing equipment; high and low pressure steam; microwave ovens, hot stoves, ovens, broilers, grills, and griddles; hot water, hot cooking fats, and other hot liquids; open gas flame and red hot electrical heating elements; floors made slippery by accidental spillage

of fats or liquids, and even the hazards inherent in poor traffic patterns of many people busy getting out meals. A comprehensive and effective self-inspection program is essential to an organized safety program and provides the operator with information that he must have to evaluate the effectiveness of his safety efforts and to indicate the weak points which require action on his part.

2084-74

COLE FACTS ABOUT FOOD PROTECTION.
National Restaurant Association
Chicago, National Restaurant Assn. 6 p. leaflet. [n.d.].
RA642.N32 PGM
Foodborne diseases, Refrigeration, Safety.
Abstract: Information about the use of cold temperatures to slow up the reproduction of pathogenic bacteria is included in this leaflet. The facts included should be of interest and made available to every restaurateur. Correct care of the refrigeration unit is related. There is some information on the history of food preservation throughout the ages. The immediate refrigeration of foods that are high in protein is emphasized.

2085-74

FOUR FACTS ABOUT FOOD PROTECTION.
National Restaurant Association
Chicago, National Restaurant Assn. 6 p. [n.d.].
RA642.N3
Food preparation, Safety, Salmonellosis, Staphylococcal food poisoning, Trichinosis.
Abstract: This booklet, important for anyone who will be preparing or serving food, gives facts about the various diseases that can be the result of eating foods where the pathogenic bacteria are not destroyed. The three main causes of food poisoning are discussed, along with the correct and safe procedure in handling raw meat, fish, poultry, milk or eggs.

2086-74

PROTECTING THE PUBLIC (FILMSTRIPS/RECORDS); NATIONAL RESTAURANT ASSOCIATION. PRODUCED FOR THE NATIONAL RESTAURANT ASSOCIATION BY NORMAN FIFCE AND ASSOCIATES.
National Restaurant Association
Chicago, National Restaurant Association 3 filmstrips, 130, 104, 100 Fr., col, 35mm, 3 phonodisc. 1969.
RA565.F7 PGM AV
Bacteria, Disease prevention, Food preparation, Food sanitation, Food service training, Foodborne diseases, Hygiene, Sanitation.
Set includes: 3 filmstrips titled: The personal side; Food protection and Establishment and equipment sanitation; 3 records: 33 1/3 rpm, s/a.
Abstract: This is a 3-part audiovisual program for food service employees. Part I illustrates the individual's role in safeguarding food through good personal hygiene and safe food-handling practices. Part II gives rules for handling food in cooking, reheating, serving, and storage and explains the way time and temperature affect germ growth. Part III shows the difference between sanitizing and cleaning and emphasizes that all food service personnel have a responsibility for keeping things sanitary and clean.

2087-74

A REFERENCE MANUAL OF FOOD SERVICE SANITATION: EDUCATIONAL & TRAINING MATERIALS.
National Sanitation Foundation
Ann Arbor, Mich. 55 p. Nov 1973.
RA601.N3 PGM
Audiovisual aids, Cleaning, Educational resources, Food safety, Food service, Food service training, Hygiene, Instructional materials, Sanitation.
Abstract: In order to assist the food service industry, schools, hospitals, and other organizations in establishing sound programs in the fundamentals of food service sanitation, the National Sanitation Foundation education services has researched and developed this reference manual. Listed are various types of printed and audiovisual materials--still pictures, slide/tape presentations, training manuals for instructors and students, technical textbooks, programmed learning series, pamphlets, charts, and so on--that can be used to develop training programs as well as supplement existing ones. Materials are categorized by media and each entry gives information as to price, distributor, intended use, intended audience, and educational content.

2088-74

CLEAN DISHES (SLIDES-AUDIOCASSETTE).
National Sanitation Foundation, Educational Services
Ann Arbor, Mich. 140 slides, 2" x 2", col, and audiocassette-[n.d.].
TK657.D6C5 PGM AV
Cleaning, Detergents, Dishwashers, Dishwashing, Food service training, Sanitation, Warehousing, Warehousing equipment, Water.
Abstract: Dishwashing is one of the most important food service operations. Customers served with spotty, unclean tableware will not return. Tables and kitchens are that is not properly cleaned and sanitized become breeding grounds for bacteria that cause food poisoning. Dishwashing personnel must become thoroughly familiar with the equipment they use. If preliminary plates scraping or rinsing must be done, workers should be trained to make sure all food particles are removed. In the case of fully automatic equipment, clean dishes should be

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2089-74

checked periodically to make sure the equipment is performing up to par. Water temperatures for the final sanitizing rinse cycle must be quite high. This entails the use of a booster water heater the performance of which should be checked occasionally. Proper handling and storing of dishes after cleaning is important, too.

2089-74

NEW FORMULAS FOR MORE EFFECTIVE MAINTENANCE.
Inst./vol. Feeding 74 (6): 27. Mar 15, 1974.
TX1.155

Cleaning, Cleaning equipment, Detergents, Food service, Labeling, Merchandise information, Sanitation.
Abstract: The law demands and good health requires that food service establishments be kept spotlessly clean. There are two basic types of cleaning compound: all-purpose liquid cleaners and disinfectant cleaners. This article describes how each should be used, its contents, application, packaging, benefits, and disadvantages. Examples of nationally distributed all-purpose and disinfectant cleaners are listed.

2090-74

COMMON SENSE PEST CONTROL.

Helga Olkowski
Richmond, Calif., Consumers Cooperative of Berkeley, Inc. 54 p. 1971.

SB959.04 F6W

Biological control, Insect control, Pesticides, Rodent control, Sanitation.

Abstract: Insects, rodents and other pests can destroy foods growing in the ground, or cooperate with human consumers in the home, at the same time being a potential carrier of disease. The author of this book for the home gardener and homemaker offers a number of alternative methods of control of such pests than usual pesticides and sprays, only one of which is to consider whether the insect is in fact a pest and destroyer. Many are actually beneficial. Biological control used in gardening includes introduction of a variety of plants, which in turn encourages the presence of a variety of animals as well as insects.

2091-74

SANITATION/MAINTENANCE: OUTSIDE AND INSIDE APPEARANCES COUNT.

Pert Paley
Restaurant Bus 73 (5): 14-16. May 1974.

389.2538 F82 F6W

Cleaning, Food service, Maintenance, Safety, Sanitation.

Abstract: Proper maintenance of any food service establishment involves (1) keeping entrances and exits well-defined and lit, landscaped areas trim, and property free of debris. (2) Door handles, hinges, and windows should be kept clean and well oiled. (3) Lobby and reception area should be clean and free of hazards. (4) In the dining area gum should be removed from the undersides of tables; all furniture should be thoroughly cleaned once a week; rugs and tiles should be properly maintained. (5) Overhead and wall lights should be cleaned once a week, as should exhausts, side stands, all drawers, and dining room decorations.

2092-74

WHAT A FOOD SERVICE EMPLOYEE SHOULD KNOW ABOUT BACTERIA.

M M Pope, J R Whitener
St. Louis, Mo.: Pope's Catering Company 64 p. 1967.

RA642.P6 F6W

Bacteria, Food handling, Food poisoning, Food safety, Food service, Foodborne diseases, Hygiene, Microorganisms, Sanitation.

Abstract: Bacteria are microorganisms that can be found almost anywhere--especially around food. Some bacteria are useful (those that ferment wine and cheese, for example); but most are harmful to human health. Bacteria cannot survive in extremes of hot or cold, in very dry areas, or in direct light. They need moisture, room temperatures, and relative darkness in order to exist. Under favorable conditions, one bacteria can produce 281 trillion more within 24 hours. There are many places in a food service establishment where bacteria can thrive--in drain pipes, toilets, and garbage pails; on uncleaned cutting boards, counter tops, and floors; and on foods left standing. Bacteria are spread by people with cuts, sores, or dirty hands; by sneezing and coughing; on improperly stored or handled tableware; on clothing, feet, face, hair, and even on money. Insects and rodents carry bacteria, as do condiment bottles, raw foods, and furniture. Proper hygienic and sanitation practices kill bacteria and keep them from spreading.

2093-74

WHAT HAPPENED TO MUSHROOMS?

Donald Riester
FDA Consumer 8 (6): 11-15. July/Aug 1974.

TX335.F6 F6W

Canned foods, Food and Drug Administration, Food contaminants, Food processing, Food safety, Food spoilage, Mushrooms.

Abstract: This article explains the steps taken during the last year by the FDA to safeguard the commercial canning of mushrooms. Several cases of clostridium botulinum were discovered and a nation-wide check of plants was undertaken. It was found that scheduled heat treatments had not been properly adjusted to keep pace with other changes in the industry. Heat was not sufficiently penetrating to the center of the can and thus not killing the botulinum spores. Methods of public warning in such red alert cases and cost are also given. Those involved in various aspects of the food industry and food

programs may be interested in this example of FDA's role in consumer protection.

2094-74

HOLIDAY FOOD ALERT.

Elaine Pose-Ruderman
What's New Home Econ 37 (8): 22-25. Nov/Dec 1973.

321.8 U55
Bacteria, Food sanitation, Freezing, Refrigeration, Staphylococcal food poisoning.

Abstract: This article gives a few safety rules for avoiding potentially dangerous food preparation and storage practices in preparing meals for the holidays. The reasons for these rules are discussed. Information is given as to the correct method of storage for the various types of food that are used at the holidays. Safe temperatures are discussed in the long term of short term cooking, preparation and storage of the different foods.

2095-74

SAFETY IN THE KITCHEN.

Salen, Or., State Accident Insurance Fund 22 p. illus. [197-17].

RA640.5.S2 F6W

Accident prevention, Equipment maintenance, Food handling, Food service training, Food service workers, Kitchen fires, Safety, Safety education.

Abstract: Food service kitchen personnel work amidst virtually all the hazards normally found in industries that are considered such more dangerous. Because kitchen workers are generally very familiar with their surroundings and equipment, they may not realize the potential for major injuries, some of them lethal. Using cartoon drawings, this little booklet illustrates the hazards that one can encounter in a food service kitchen and shows how to avoid them.

2096-74

IS YOUR KITCHEN COOKING UP A PIPE?

Wilbert E Scheer
Fast Food 73 (1): 90,92,94. Jan 1974.

389.2538 F82 F6W

Electricity, Fire extinction, Fire prevention, Food service management, Kitchen fires, Safety, Ventilation.

Abstract: Nothing can ruin a food service business quicker than a fire. All attempts should be made to eliminate even the slightest possibility of a fire hazard. Igniting of kitchen grease is the largest single cause of restaurant fires. Wherever grease accumulates in the kitchen, it should be removed at frequent intervals--from under hoods, for example, or from filters. The second major cause of fires is faulty electrical wiring. Other causes included careless smoking habits, cooking equipment left running overnight, and arson. The need for employee training in fire prevention is paramount. Fire drills should be practiced regularly, and everyone taught to use the fire extinguishers.

2097-74

ACCIDENTS MUST MORE THAN THE INJURED PARTY.

Wilbert E Scheer
Fast Food 73 (2): 112,114,118,120,124. Feb 1974.

389.2538 F82 F6W

Accident prevention, Consumer protection, Food service management, Food service workers, Legal problems, Safety.

Abstract: There are two main types of food service accidents--those that are employee-related and those that are manager-related. Employee-related accidents involve carelessness, unconcern, or psychological upsets of some kind. Manager-related accidents are traceable to improper supervision, inadequate training, or poor relationships with and treatment of workers. Glass is the most common foreign matter in food served to customers. Strict rules for glass handling must be enforced. The most common customer-related accident is the so-called "cafe coronary" which is caused by a piece of food lodged in the windpipe on which the person chokes and suffocates. Food service workers should be prepared for such emergencies. An instrument that can be used by any unskilled person is available for dislodging food in the trachea, but managers should know the legal liabilities of administering such on-the-spot first aid.

2098-74

FORMATION OF NITROSAMINES IN A MEAT CURING MIXTURE.

M P Sen, W F Hiles, Barbara Donaldson
Nature 245 (5420): 104-105. Sept 14, 1973.

472 B21

Cancer, Cured meat, Meat products, Nitrogen compounds, Professional education, Spices.

Abstract: Research workers studying cured meat used as a filler of certain kinds of sausage found that black pepper and piperine in the curing compound reacted with the nitrite in the curing mixture to form some nitrosamines, products known to be cancer-inducing in animals. The chemicals in these spices which cause the reactions are identified in this article for the physician, nutritionist and food technologist. These spices may also react with the nitrite in the meat during prolonged storage or in cooking.

2099-74

CLEANING AND SANITATION.

Ser-Vo-Tel Institute
Boston, Cahners Books 58 p. 1974.

RA642.C5 F6W (Foodservice Career Education Series no. F505)

- Cleanina, Food service workers, Instructional materials, Sanitation.
Abstract: This is one of a series of learning units for instruction in food service careers. Areas other than the kitchen are emphasized.
- 2100-74
FOODSERVICE SAFETY.
Ser-vo-Tel Institute
Booklet, Cahnere Books 80 s. 1974.
TX6C1.P62 P6H (Foodservice Career Education Series no.P504)
Accident prevention, Food service workers, Instructional materials, Safety, Safety education.
Abstract: This is one of a series of learning units for instruction in food service careers. Both personal and customer safety are covered.
- 2101-74
KITCHEN SANITATION.
Ser-vo-Tel Institute
Booklet, Cahnere Books 108 s. 1974.
NA565.R52 P6H (Foodservice Career Education Series no.Y501)
Cleanina, Food sanitation, Food service occupations, Hygiene, Instructional materials, Sanitation.
Abstract: This is one of a series of learning units for instruction in food service careers. Thorough coverage of sanitation practices is included.
- 2102-74
THE METHOD IN SUCCESSFUL FOOD SERVICE: CLEAN.
Searle Brush Company
Sparta, Wisc. 1972.
NA565.R52 P6H
Broches, Cleanina, Cleaning equipment, Equipment maintenance, Food service, Materials, Sanitation.
Abstract: This manual was prepared to outline the sanitation ordinance and code, but more important, to provide a guide to total cleanliness wherever the preparation of food is performed. The brush, which is essential in cleanliness, is taken for granted and consequently is being inappropriately used in many cases. For the ultimate in cleanliness, it is necessary to have the right brush for the right job. After a review of the manual, the correct kind of sanitation can be performed.
- 2103-74
SUMMER SHUTDOWN OF THE FOOD SERVICE FACILITIES.
Modern Schools B. 10-11. May 1974.
LN3209.H6
Cleanina, Cooking equipment (large), Cooking equipment (small), Kitchens, Maintenance, Sanitation, School food service.
Abstract: School food services that close for the summer season must be very thoroughly cleaned and sanitized for the long period of closure. Here is a checklist of equipment pieces that must be cleaned and how to clean them.
- 2104-74
TEMPERATURE AND MICROBIAL PLASMA OF REFRIGERATED GROUND BEEF GRAY SUBJECT TO HOLDING AND HEATING AS MIGHT OCCUR IN A SCHOOL FOODSERVICE OPERATION.
S Tsoel, H F Matthews, E H Barth
J Milk Food Tech 37 (9): 457-462. Sept 1974.
44.8 JB24
Bacteria, Clostridium, Food preparation, Foodborne diseases, Gravy, Refrigeration, School food service.
Abstract: Bacteriological tests indicated that the greatest increase in the number of total aerobic bacteria in gravy occurred during cooling rather than holding. Although some colonies yielded coagulase positive staphylococci, the numbers changed little during holding or heating. Clostridium perfringens was not found in any sample of the gravy.
- 2105-74
TOUR WORLD, BY NCHLD: A ROCK YCH YOUNG ENVIRONMENTALISTS.
U.S. Environmental Protection Agency
Washington, D.C. 1973.
TE176.U5 Y6H
Adolescents (12-15 years), Air, Environmental factors, Pesticides, Pollution, Radiation, Sanitation, Water.
Abstract: This booklet with its poster-like full-page pictures describes the chief current environmental problems in the United States, and tells what the Environmental Protection Agency is doing about them, and what everyone can do to help. Food is concerned in terms of the effects of pesticides on the food chain. Other pollution problems discussed are air, water, waste, radiation and noise.
- 2106-74
THE USE OF CHEMICALS IN FOOD PRODUCTION, PROCESSING, STORAGE, AND DISTRIBUTION.
Washington, National Academy of Sciences 34 s. 1973.
TE553.A3U6 P6H
Additives and adulterants, Chemicals, Food processing, Food safety, Food storage, Pesticides, Professional education.
Abstract: The Food Protection Committee of the National Research Council addresses itself in this pamphlet to the professional nutritionist to the question of the safety of chemicals used in growing and processing food. Pointing out that all components of foods are chemicals, the report considers the technological reasons for using chemicals in food production, processing, storage and distribution, and problems arising from such use, research needed to solve the problems, and legislation enacted to ensure protection of the public from any hazards of introduced chemicals.
- 2107-74
BOTULISM.
Edmund A Zottola
Minnesota, University, Agricultural Extension Service
St. Paul, Agricultural Extension Service, University of Minnesota 16 p. 1972.
RC143.Z6 P6H
Botulism, Food poisoning, Food preparation, Food service workers.
Abstract: Everyone who is responsible for preparation and storage of food should be aware of how foods can become contaminated with botulinus toxin, and how to prevent it. This pamphlet discusses botulism from both commercially and home produced foods.
- 2108-74
PROTEIN 1984.
Isaac Ariev
Food Management 9 (1): 47. Jan 1974.
TX341.P69
Food consumption, Food industry, Food science, Food sources, Food supply, Food technology.
Abstract: This article, written for those in the food industry, presents one man's possible solution to the food shortage problems of the future. Protein is discussed in great detail. Since animal protein production is inefficient, the author suggests the use of plant proteins or ultimately a synthetic amino acid mixture fortified with vitamins and minerals and tailor-made to each individual's specific amino acid requirements.
- 2109-74
HOW WE GET OUR DAIRY FOODS.
Marjorie Ann Banks, John Hawkinson, Lucy Hawkinson
Chicago, Benefic Press 48 p. 1964.
TX355.B33 P6H
Butter, Cheese, Childrens stories, Cream, Dairy foods, Ice cream.
Abstract: This book can be read to preschool and kindergarten students, and read by first and second graders themselves. Information is given about the production of dairy products, from the various animals used by people for milk, to a more detailed look at the various kinds of dairy cows used in this country. A little information is given on raising the cow on the farm, and then after the cow has been milked, the process of the milk through the dairy plant is shown. Information is given about the making of butter, cheese, and ice cream. The final chapter shows how the food gets brought to the consumer.
- 2110-74
FORMULATING AN Imitation CHEESE SPREAD TO MAKE DAIRY PROTEINS GO FARTHER.
Wor F Pennett, Joseph A Ohren
Food Prod Dev 8 (4): 15. May 1974.
ND9CCO.1.P64
Cheese, Flavorings, Food processing, Imitation foods, New foods, Product development, Proteins.
Abstract: The feasibility of extending dairy proteins with a modified soy protein isolate was tested during development of an imitation Neufchâtel cheese spread, the first attribute sought and achieved in the snack spread was a bland product that could be flavored easily. Spreadability at varying temperatures was the second required characteristic. The next objective was a white or neutral colored product to allow addition of food colorings as desired in the development of various flavored spreads. The base product developed has a light cream color that can be easily altered with the addition of acceptable food colorants. The Prototype artificially flavored blue cheese snack spread was taste tested several ways with very acceptable results. This snack spread product has a unique advantage over most cheese spreads: it is spreadable at refrigerated temperature as well as at room temperature. Development work is in progress to simulate other types of conventional dairy products by extending the dairy ingredients with vegetable proteins.
- 2111-74
PLANT PROTEINS: PROGRESS AND PROBLEMS.
Kermit H Bird
Food Technol 28 (3): 31-32,34,35. Mar 1974.
389.8 P739H
Plant protein, Prediction, Textured vegetable proteins.
Abstract: The United States is entering a transition period in which our food economy will shift from being predominantly animal-protein-based to being predominantly plant-protein-based. The author describes current programs in which textured

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vegetable proteins are being used, projected usage of plant proteins by 1980, and questions that must be answered in order to make the transition smoothly.

2112-74

PACKAGING'S INDISPENSABLE ROLE IN THE FOOD INDUSTRY.
Aaron L. Brady
Food Technol 28 (8): 35-39, 65. Aug 1974.
389.8 F7398
Food cost, Food packaging, Food processing, Food science, Food technology, Professional associations, Seasonal availability of foods.
Extract: This article discusses the role and functions of packaging in the food industry, stresses the relationship between food technology and packaging technology, and urges active interaction between their respective professional societies.

2113-74

ALTERNATIVE USES OF FISH.
G. H. C. Burgess
Paq Bull 4 (2): 1-11. June 1974.
QD431.11P7 F6N
Developing nations, Fish, Fish protein concentrates (fpc), Food poisoning, Food processing, Food storage, Technology, Transportation.
Extract: Use of locally-caught fish to feed more than the coastal inhabitants of developing countries could make nutritional and economic sense were adequate transport and means of preservation available. The paper discusses the wide range of possible fish products and the technologies needed for their production.

2114-74

CANNING APRICOTS, PEACHES, AND PLUMS. (SPA)
C. Buslaff
Berkeley, Calif. 1 single-sheet flyer printed front and back. June 1971.
TX603.58 F6N (California University Agricultural Extension Service. One-sheet answers, no. 255)
Apricots, Canned foods, Canning, Cooking methods, Food preparator, Home, Food preservation, Peaches, Plums, Stone fruits.
Title of Original: Para enlatar chabacanos, melocotones, y ciruelas.
Abstract: Here are precise instructions covering the basic steps for canning peaches, plums, and apricots at home.

2115-74

THE PROMISES AND PROBLEMS OF THE NEW FOODS, UNIVERSITY OF GEORGIA, 1970.
W. O. Caster
Athens, Georgia, The Inter-institutional Committee on Nutrition Mar 18, 1971.
TP374.P7 F6N (The Inter-institutional Committee on Nutrition. Report no. 3.)
Breakfast cereals, Cost effectiveness, Eggs, Fish protein concentrates (fpc), Milk products, Nutritionists, Protein beverages, Soybean products.
Abstract: Eight papers that were read at a meeting of the Inter-institutional Committee on Nutrition in October, 1970 are here included. The promises and problems of the new foods are the topic of the conference. Most of the papers dealt with improving the protein content of foods, using soybean and fish protein concentrates. The problems of the nutritionist in learning of the new foods and their composition was brought out. Pricing of foods for the market was discussed.

2116-74

DAIRYMAN DON.
Cynthia Chapin, Joe Rogers
Chicago, Albert Whitman 32 p. 1964.
TX355.C4 F6N (Community helpers series)
Childrens stories, Dairy foods, Nutrition, Pasteurization, Processed foods.
Jene Barr, educational consultant.
Abstract: A book written to be read to young children or for first and second graders to read themselves, giving such information on dairy products. We are able to see the travels of the milk, from the cow, to big trucks, to storage tanks, through the process of pasteurization and homogenization and then to the bottling plant. There is some nutritional information given about milk, different types of animals used for milk production around the world are mentioned, as well as the use of milk to make plastics. Cleanliness during processing and storage is stressed.

2117-74

THE SUPER SOYBEAN: PROTEIN POTENTIAL, PROSPECTS AND PRODUCTS.
Donna Newberry Creasy
What's New Home Econ 38 (8): 18-19. Nov/Dec 1974.
321.8 W55
Engineered foods, Food economics, Soybean products, Soybeans, Textured vegetable proteins.
Abstract: A brief history of the uses of soybean is given. Soy proteins are available today in many forms: grits and flours, soy concentrates, and isolated soy proteins. Textured soy products are used in the home as extenders or replacements for meat. The impact of engineered protein products on the present food shortage is discussed.

2118-74

THE EFFECTS OF FOOD PROCESSING ON NUTRITIONAL VALUES.
Food Technol 28 (10): 77-80. Oct 1974.
389.8 F7398
Carbohydrates, Fats and oils, Food processing, Food storage, Minerals, Nutrient values, Nutritional quality, Proteins, Vitamins.
Extract: On an overall basis, the food preservation techniques in greatest use today do not result in major losses in the nutritive value of foods, and the more sophisticated methods of food preservation now being developed by advanced technology will retain an even higher percentage of nutrients. Factors to be considered in efforts to increase the retention of nutritional values must include the home preparation of food, institutional food systems, and further improvement in food processing technology.

2119-74

EXTRUDED FOODS: WHAT ARE THEY?
Cooking for Profit 43 (286): 48-49. Oct 1974.
TX901.C65
Extruded foods, Fish, French fried potatoes, Onion rings, Shrimp.
Extract: Extruded foods are foods that are finely sliced and pushed through special machines into shapes, almost any shape desired. Most of the available extruded foods come frozen, fully cooked, breaded and ready to heat in ovens or fry kettles. The exception is extruded french fries, probably one of the first extruded foods to be marketed to the foodservice industry.

2120-74

FROZEN TEXTURED VEGETABLE PROTEIN IS FLAVORED TO SIMULATE MEATS.
Quick Frozen Foods 37 (2): 30-31, 78. Sept 1974.
389.8 Q4
Frozen foods, Georgia, Hospital food service, Meat substitutes, Textured vegetable proteins.
Extract: A frozen form of textured vegetable protein has played an important role in reducing costs and improving nutritionalness of foods served at Central State Hospital in Hilledgeville, Georgia. Available ready-to-eat, it comes in three flavors, beef, chicken and ham. The products in chunks or diced form can be used alone or in combination with the products they simulate, and can reduce meat costs 15 to 35 percent.

2121-74

PROTEIN-FORTIFIED FOODS: THE "NEW" FOODS OF THE 1970S.
Janice Garr
Restaurant Bus 73 (3): 181-186. May 1974.
389.2538 F82 F6N
Food preparation, quantity, Fortified foods, Menu planning, Plant protein, Protein concentrates, Protein foods, Proteins, Soybean products, Textured vegetable proteins.
Extract: Protein-fortified foods were developed primarily to help overcome protein malnutrition in some 1.5 billion people worldwide. Edible soybean products are naturally rich in protein (80 percent of that found in milk protein). They are an additional source of protein in our diet and a comparatively inexpensive nutritious food to use in combinations with other foods that are rich, but more costly in protein. There are four basic categories of edible soybean products in wide usage today. One is soy flour and soy grits. Found in such products as frankfurters, bologna, nonspecific meat loaves, luncheon meats and chili con carne. The second is soy protein concentrate (about 70 percent protein), used in coarse ground meats, cereal products, high-protein breads, baked goods, prepared bakery mixes, baby foods, geriatric foods, and dietary specialties. The third is soy protein isolates (90-95 percent protein), used in the manufacture of meat analogs. And the fourth is textured soy protein which is capable of being spun or extruded and then manufactured into forms and textures that are similar in character to meat and fish products.

2122-74

ABOUT APPLES FROM ORCHARD TO MARKET.
Mary Hocre Green, Henry Luhrs
Chicago, Nelson Publishers 32 p. 1960.
TX355.G73 F6N
Apples, Childrens stories, Food processing, History, Marketing.
Abstract: This is the story of growing, harvesting, and shipping apples, written to be read to and read by preschool and primary school children. We follow farmer Green as he relates how his great-grandfather began his apple farm, and learn how farmer Green sustains, sprays and fertilizes his apple trees to insure a good harvest. Mary Green, the author, discusses the picking, crating and storing of the fruit by imported alien farm workers before it is sent to market.

2123-74

SAPP DIRECTIONS FOR HOME CANNING FRUITS AND POTATOES. (SPA)
Christine Groppe
Berkeley, Calif. 13 p. Apr 1970.
TX603.G7 F6N
Canned foods, Canning, Cooking methods, Food preparation, Home, Food preservation, Fruits, Recipes, Tcatoes.
Title of Original: Instrucciona para envasar en casa frutas y tatoes sin peligro de envenenamiento. California University Agricultural Extension Service booklet IA-63.
Abstract: Canning foods at home is a good way to save money.

- and keep a wide variety of fruits and vegetables available year round. Equipment needed for canning is listed and can be reused year after year. Precise instructions are given in this booklet for every step in the canning procedure.
- 2124-74**
PROTEINS FROM HYDROCARBONS.
 Sidney Gutcho
 Park Ridge, N.J., Nova Data Corp. 221 p. 1973.
 TP506.GW P5W (Food technology review, no. 4)
 Food technology, Hydrocarbons, Microorganisms, Patents, Professional education, Proteins.
 Abstract: Production of protein by fermentation by bacteria placed on various hydrocarbon bases is a source of obtaining this nutrient. This book for the food technologist and interested nutritionists describes the technology involved in the production operations, and provides a guide to the patent literature in this field.
- 2125-74**
LACTASE-TREATED MILK PROVIDES EASE TO DEVELOP PRODUCTS FOR LACTOSE-INTOLERANT POPULATIONS.
 E J Giv
 Food Prod Dev 8 (8): 50-60, 74. Oct 1974.
 ND9000.1.P64
 Dairy foods, Enzymes, Lactase, Lactose intolerance, Milk, Milk intolerance, Milk products.
 Abstract: An obvious approach in producing dairy products suitable for lactase-deficient persons is to employ lactase from nonhuman sources to hydrolyze milk's lactose during commercial processing. The consumer product would thus contain the digestible monosaccharides, glucose and galactose. Study of this approach was recommended.
- 2126-74**
FOOD ADDITIVES (SLIDES).
 Richard L Hall
 Annals, Nutrition Today 13 slides, 2" x 2", col. July/Aug 1973.
 TX553.A3F62 P5W AV
 Additives and adulterants, Convenience foods, Food industry, Food processing, Fats, Fats, Toxicants.
 Based on the article "Food additives" by Richard L. Hall in Nutrition Today vol. 8, no. 4, July/Aug 1973. With 12 syllabi.
 Abstract: Though discussions on food additives have become popular only in recent years, additives have been used since the beginning of time and play a vital and major role in our diets. Something should be done about environmental pollutants and natural toxicants, and proper use of pesticides and food additives should be observed.
- 2127-74**
FISH PROTEIN CONCENTRATE AS A MINERAL NUTRIENT SOURCE.
 Fred H Hoskins, Javier Lozano
 Food Technol 28 (3): 58-60, 62. Mar 1974.
 389.5 P7398
 Calcium, Fish protein concentrates (ffc), Iron, Magnesium, Minerals, Phosphorus.
 Abstract: Fish protein concentrate has been studied primarily for its value as a source of protein. However, other nutrients, namely minerals, are also present in FPC in considerable quantities. This study indicates that FPC products prepared from one freshwater and three marine species of fish are exceptional dietary sources of calcium, phosphorus, iron, and magnesium.
- 2128-74**
NACRSTRUCTURE AND Nomenclature of PLANT AND ANIMAL FOOD SOURCES.
 Debbie Liang Hau, Marion Jacobson
 Home Econ Res J 3 (1): 24-32. Sept 1974.
 TX1.M6
 Animal sources of food, Plant sources of foods, Prepared foods, Processed foods, Standards, Vocabulary.
 Abstract: This study set about to find accepted names for the macroscopic structural parts of 10 selected foods and to clarify these through diagrams. Botanical and zoological sources were consulted. Observations of the foods after cooking or preservation served to test the usefulness of the accepted terminology in locating changes.
- 2129-74**
FOOD FORTIFICATION.
 Joint FAO/WHO Expert Committee on Nutrition
 W H O Chron 26 (5): 307-312. July 1972.
 649.5 8992
 Cost effectiveness, Enrichment, Food technology, Fortification, Legislation, Nutrients, Professional education, WHO.
 Abstract: Fortification with vitamins, minerals or protein increases the quality of food, but other methods of achieving better nutrition may be more appropriate, and fortification programs should be considered in relation to a country's local resources for improving agriculture and promoting the nutrition education of the public. This WHO article reviews points to be considered in a fortification program. They include definition of the target group, selection of an appropriate food vehicle, consideration of technological factors, and of any legislation concerned, and analysis of cost benefits. The three nutrients to be particularly considered are iron, protein or amino acids, and vitamin B. Suggestions for implementation of such a program are offered. The article is suitable for nutritionists and policy planners.
- 2130-74**
PROCESSING MEAT PRODUCTS WITHOUT NITRATES OR NITRITES.
 R F Kelly
 Food Prod Dev 8 (7): 38-44. Sept 1974.
 ND9000.1.P64
 Clostridia, Food processing, Foodborne diseases, Meat products, Nitrates, Nitrites, Preservatives, Salmonellosis.
 Abstract: Several examples of successful processing without nitrates or nitrites are reviewed. A bibliography is supplied along with a list of patent literature.
- 2131-74**
NITRATE AND NITRITE SUBSTITUTES IN MEAT CURING.
 James D Keef
 Food Prod Dev 8 (8): 64-70. Oct 1974.
 ND9000.1.P64
 Antioxidants, Bacteria, Coloring agents, Flavor, Food additives, Meat, Nitrates, Nitrites.
 Abstract: When seeking substitutes for nitrite, we ought to know what we are substituting for. Nitrite has influence on color and flavor, and it has bacteriostatic and antioxidant properties. Are we looking for substitutes that will do all the things that nitrite does, or should we be satisfied with alternatives that are specific for only one of the effects? From a sales appeal standpoint, color development is the most important nitrite function. From a health standpoint, bacteriostatic action is most important.
- 2132-74**
SOY MEAT-ANALOGS: A NUTRITIONAL EVALUATION.
 Constance Kise
 Prof Nutritionist 6 (3): 2-3, 6. Summer 1974.
 SP95.A1P7
 Meat alternatives, Meat substitutes, Protein foods, Proteins, Soybean products, Textured vegetable proteins.
 Abstract: This article, of interest to nutrition educators, reports on five studies done comparing protein values and factors affecting these values in meat and meat analog products. Subjects, methods and results are given for each study. The results suggest that soy TVP products do not supply protein of equal quality to beef for the human. This disadvantage can be overcome "either by supplementing these products, enriching them, or feeding them in larger amounts." Quantitative/qualitative considerations related to vitamin and mineral supplementation (in the complete sense) present questions still to be resolved.
- 2133-74**
SINGLE-CELL PROTEIN IN PERSPECTIVE.
 E S Lipinsky, J M Litchfield
 Food Technol 28 (5): 16-24, 40. May 1974.
 389.5 P7398
 Food consumption, Food processing, Food safety, Marketing, Nutrient sources, Nutrient values, Product development, Proteins, Single cell protein.
 Abstract: Dramatic increases in the prices of meat products and animal feed ingredients have reawakened interest in single-cell protein (SCP)--MICROBIAL cells from algae, bacteria, fungi, and yeasts for use as a source of protein--very soon after early observers had reached the conclusion that large-scale usage of SCP was not economically competitive with conventional sources. This article explores the status and future prospects for the major SCP products, their potential applications, and the barriers that stand between the current state-of-the-art and large-scale acceptance.
- 2134-74**
THE SEARCH FOR ALTERNATIVE PROTEIN SOURCES.
 Anna Nanno
 Forecast Home Econ 19 (6): f44-f46, f48-f49. Feb 1974.
 321.8 N752
 Enrichment foods, Food composition, Food sources, New foods, Nutrient sources, Plant protein, Proteins, Soybean products, Textured vegetable proteins.
 Abstract: The high cost of meat coupled with the huge population that needs protein, has prompted a search in recent years to find alternative sources of this nutrient. On today's market are various forms of textured vegetable protein, a soy product nutritionally rich and relatively inexpensive. When mixed with ground beef, textured protein takes on the consistency and flavor of the meat. Other seasoned and flavored soy protein products can be used independently of meat in any number of dishes. Predictions are that production of soy protein products will increase tenfold by 1980. If this holds true, the new soy products will compete not only with meat but with each other, depending on consumer preferences. These seasoned foods will never completely replace meat, but their lower cost will make protein available to many who would otherwise go without.
- 2135-74**
WHY CHEMICALS?
 Manufacturing Chemists Association
 Washington, Manufacturing Chemists Assn. 14 p. [n.d.].
 TX553.A3N3 P5W
 Chemical properties of food, Food additives, Food preservation.
 Abstract: This leaflet put out by the Manufacturing Chemists Association attempts to answer commonly asked questions about the use of chemicals in our life. There are only four questions about food additives included. The questions include the reason for chemicals in our food, the purity and safety of the

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2136-74

chemicals, and the cost of these additives.

2136-74

CONVENIENCE AND FLAVOR, PLUS MILK'S NUTRITION IN A NATURAL SWACK.

Richard D McCorsack
Food Prod Dev 7 (9): 15. Nov 1973.
HD9000.1.P64

Milk products, Processed foods, Protein-rich mixture, Snacks. Abstract: A description of a new food product that has been introduced to the market. It is called Moo Munchies and is made of nonfat dried milk, wrapped into a form that can be used as a snack or added to other foods. Information is given on the patents.

2137-74

NEW DAIRY AND RELATED PRODUCTS.

Junius M McIntire
Am J Public Health 61 (1): 157-161. Jan 1971.
449.9 AN3J

Engineered foods, Food processing, Fortification, Milk products, Nutrients. Abstract: The imitation or formulated dairy products such as whipped toppings, infant foods, coffee whiteners, and imitation milks currently available for the consumer are discussed. Functionality and cost are both important limitations which deter milk products from competing with other foods. To overcome these, producers and manufacturers must seek the most economical means to deliver dairy products to the consumer, new methods of processing and modification must be considered. Review of restrictions and regulations must be made with the objective of retaining only those requirements which are necessary to ensure their quality and public safety. New food developments which incorporate milk and vegetable products appear very promising.

2138-74

PROCEEDINGS.

Meat Industry Research Conference, University of Chicago, 1973
Chicago, American Meat Institute Foundation 130 p. Mar 22-23, 1973.

TS1950.N4 1973 P6W

Flavorings, Hormones, Meat, Meat products, Nitrates, Nitrites. Abstract: This publication contains a series of eleven papers presented at the Meat Industry Research Conference in March of 1973. Seven of the papers discuss various effects of nitrates, nitrites, and nitrosamines in meat products while four concern various developments in meat ejection including hormones, water activity, use of polyphosphates, and the smoke flavoring process. Most of the papers include an extensive bibliography for further information. Food scientists and nutritionists interested in this information and questioned about the safety of the use of these substances and processes in meat should be aware of this publication.

2139-74

FOOD SCIENCE IN DEVELOPING COUNTRIES: A SELECTION OF UNSOLVED PROBLEMS.

National Research Council
Washington, D.C. 79 p. 1974.

TX361.N3 P6W

Developing nations, Food composition, Food processing, Health, New foods, Nutrition.

Abstract: This collection resulted from data collected from 300 scientists in developing countries. Each problem is organized to reflect description, background, solution approaches, special requirements, a bibliography, and key contacts. Problems covered include new foods, food processing, food composition, and nutrition and health. A list of contributors is supplied.

2140-74

STABILITY OF ASCORBATE IN BACON.

Harold L Navaark
Food Technol 28 (5): 28-31, 60. May 1974.

389.8 P7398

Ascorbic acid, Bacon, Cured foods, Food preservation, Food processing, Nitrites, Research.

Extract: Sodium nitrite has been used for centuries in food processing, particularly for curing and preserving meat (e.g., bacon) and fish. At present, these products represent the principal sources of nitrite in the diet. In the curing of meat, nitrite serves to develop the typical pink-red color and to protect the flavor, but the major reason for continuation of its use is its antimicrobial effect against strains of clostridia, including Clostridium botulinum. Its usage is limited to a maximum of 200 parts per million in the finished meat products. Since nitrosamine formation can possibly occur in vivo after nitrate bacon cured with nitrite, as well as in vitro before consumption, it is obviously important to have an adequate level of ascorbate present in the bacon as a means in order to prevent the reaction of nitrite with proline in the intestinal tract. In view of the well-known susceptibility of sodium ascorbate to oxidation decomposition, it is important to determine the stability of sodium ascorbate in bacon through the entire cycle of processing, storage, and preparation for eating.

2141-74

REDUCING THE SURFACE OIL CONTENT OF FRIED PRODUCTS.

H Hosaka, H L Weaver, H W Savva
Food Technol 28 (5): 50-54, 65. May 1974.

389.8 P7398

Cooking methods, Fat levels, Fats and oils, Food analysis, Food chemistry, Fried foods, Frying, Deep fat, Research. Abstract: Conventional fried food products generally contain a high proportion of oil derived from the frying operation. The high oil content is often not essential for product quality and is a disadvantage to both the food processor and the consumer. This article reports a procedure for removing excess surface oil to yield a product that has improved nutritive balance and does not leave oily areas on objects it contacts. There is no loss of product flavor or texture, and the oil removed is recoverable.

2142-74

FROZEN FOOD PACKAGING - TO SEE OR NOT TO SEE.

James W Peters
Food Prod Dev 8 (4): 32. May 1974.
HD9000.1.P64

Desserts, Food packaging, Frozen foods, Illustrations, Marketing, Packaging.

Abstract: Due to the build-up of frost on the windows of semi-truck containers in grocery store freezer cases, marketers of frozen foods must be especially careful in how they use such packaging. There are successful products in transparent packages, but the odds are that a paperboard carton with color food photographs will do the job better. Strong graphics and stacking ability are important features for frozen food packaging. Vertical freezer cases reduce the visual impact of pizza in a semi-truck wrapping, while cartons in vertical freezer cases can still catch the consumer's eye no matter how they are stacked.

2143-74

THE PRE-PLATED SOLUTION TO SCHOOL LUNCH.

Cooking for Profit 43 (7283): 26-36. July 1974.

TX901.C65

Cup-can, Nutrition education, Packaging, Prepackaged portioning, School food service, School lunch, Type A lunch.

Abstract: Serving pre-portioned hot and cold-hot combination lunches has solved space problems in many older schools which have no space for kitchens. Meals are formulated to conform with Type A standards. Pupil acceptance of the food is very high. A variety of options are available and the lunches are attractively packaged. Trays are disposable, thus dishwashing is eliminated.

2144-74

PROBLEM: HOW TO CUT MEAT COSTS IN HALF, SOLUTION: MEAT EXTENDERS.

Food Management 9 (8): 81. Aug 1974.

TX341.F69

Food cost, Food service training, Inservice education, Meat alternatives, Mentally handicapped, Safety education, Textured vegetable proteins, Virginia.

Abstract: Textured vegetable protein has allowed the head of the foodservice department at Lynchburg Training School in Virginia (for mentally retarded patients) to cut his meat bills in half. Other projects at the school are described and include an in-service program, resident training in foodservice occupations, and safety education.

2145-74

PROGRESS ON PROTEINS.

Instit/vol Feeding 74 (12): 33. June 15, 1974.

TX1.I55

Food inspection, Food standards and legislation, Nutrient sources, Nutritional labeling, Plant protein, Processed foods, Proteins, Single cell protein, Textured vegetable proteins.

Abstract: FAO guidelines for some engineered protein foods and food combinations (e.g., TV dinners) require that these foods provide the kinds and amounts of nutrients found in the traditional foods they replace. Textured vegetable proteins are now available that contain the proper balance of amino acids for a complete, high-quality protein. Fish and seafood may soon come under mandatory government inspection, as does meat and poultry. Proposed legislation for fish inspection hinges on the treatment of imported products which comprise the majority of U.S. processed seafood. A USA proposal would require that foods pending to be cooked show on the label the nutritional value of the product after cooking.

2146-74

TECHNOLOGICAL EATING OR WHERE DOES THE FISH FINGER POINT?

Margana Pyke
London, John Murray Publishers 114 p. 1972.

TX515. P9 P6W

Convenience foods, Food industry, Food production, Food technology.

Abstract: In this book, written for adults and professionals, the author expands on subjects from economics, anthropology, sociology, and psychology to law, indicating how these areas are all due to - or controlled by - modern advances in food technology. He gives us his viewpoint of how modern food technology has destroyed the home, especially the home meal, allowing technology to roam the streets. This is compared to sections in which he discusses the history of agriculture and its benefits and, in even more detail, the marvels of fruit shaking machines with details related to the frequency and the vibration distance. He also implies that because of the world demand for bananas we developed radio stations, air-conditioned restaurants, hotels, and hospitals, and then later he shows how the supermarket causes people to be shoplifters and

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- assesses the psychological devices used to prevent this.
- 2147-74
RADIOISOTOPES IN FOODS.
Washington, National Academy of Sciences 97 p. 1973.
TX553.P3 F6
Animal sources of food, Biology, Food technology, Legislation, Nutrition, Radiation, Research.
Abstract: Attention has for sometime been focused upon the possible impact of radioactivity in food and water on the human population as a result of the widespread dissemination of radionuclides from nuclear weapons testing, naturally occurring radioactivity and industrial and other nonmilitary uses of atomic energy. The objectives of this document are to: 1) provide a source of information for food scientists and technologists; 2) evaluate the data on radionuclides in food; 3) recommend research in relation to food contamination; and 4) consider what additional steps should be taken to monitor the national food and water supply.
- 2148-74
REPORT OF THE THIRD MEETING OF THE PAG AD HOC WORKING GROUP ON SINGLE CELL PROTEIN.
Proc Nutr Soc 32 (4): 1-7. Winter 1973.
02431.A1P7 P6N
Microorganisms, Meat foods, Nutrient sources, Protein advisory groups (United Nations), Protein foods, Proteins, Research, Single cell protein.
Abstract: The PAG Ad Hoc Working Group on Single Cell Protein (SCP) makes various recommendations as to (1) the suitability of SCP for human consumption, (2) the feasibility of SCP production in developing countries, (3) the correction of SCP protein values relative to nucleic acid content, (4) collaboration with other international groups, (5) recent developments in Spirulina, and (6) national acceptance of SCP.
- 2149-74
SOME EFFECTS OF PROCESSING AND STORAGE ON THE NUTRITIVE VALUE OF MILK AND MILK PRODUCTS.
B A Rolfs, J W G Fortar
Proc Nutr Soc 32: 5-15. 1973.
389.9 M953
Cheese, Dried foods, Milk, Milk products, Nutrient values, Pasteurization, Storage.
Abstract: This paper is concerned with the nature and extent of nutrient losses that occur during the heat processing and storage of liquid and dried milks, and during the preparation of some of the new products now being made from milk. The different methods used for pasteurization (HTST and UHT) are discussed, and the differences in the nutrients lost are compared. The use of the Tetra Pak for storage is mentioned. The use of dried milk and the use of different processes to dry the milk used comes into the discussion.
- 2150-74
ABOUT FOOD AND WHERE IT COMES FROM.
Terry Shannon, Charles Pavant
Chicago, Belmont Publishers 31 p., illus. 1961.
TX355.S52 F6N
Breads, Children stories, Coffee, Dairy foods, Eggs, Fish, Food processing, Meat, Rice.
Abstract: This is a book full of interesting facts about different kinds of foods and is intended to be read by children from 8 to 11 years of age. It is full of simple line drawings that explain such of the text. Information about the production (from growing the crop to the processing necessary) of thirteen different foods is included. The child is given an opportunity to see the different facets of producing the foods that are eaten.
- 2151-74
SOY PROTEIN PRODUCTS: TECHNOLOGY AND NUTRITIVE VALUE.
J Am Diet Assoc 64 (4): 398-401. Apr 1974.
389.8 AN34
Food composition, Food standards and legislation, Nutrient content determination, Nutrient sources, Nutrient values, Nutritional labeling, Plant protein, Proteins, Soybean products.
Abstract: In the U.S. as well as worldwide, use of protein products is increasing. Since soybean products are "invisible" ingredients, it is difficult to assess their use as related to nutrition because the nutritive value depends on all the ingredients with which the soy product is combined. Few studies have been done on the use of soy products in sodified diets. The soy standards are based in flavor and tend to make bland the foods with which they are mixed. Salt improves the flavor, which presents a problem for people on low-sodium diets. Besides soy, other forms of vegetable protein are becoming more important--cottonseed and peanuts, for example--and will assume a greater share of the future protein market.
- 2152-74
INNOVATIVE PROCESSED SOY FOODS FIND MARKETS IN AFFLUENT AND POOR SOCIETIES--PART 2.
Robert S Spauth
Food Prod Dev 8 (7): 92-93. Sept 1974.
BD9000.1.P64
Food production, History, Meat alternatives, Socioeconomic status, Soybean products, Texture.
Abstract: This continues a survey of history and development of soy. Emphasis is placed on nutritional innovations, texture improvements, and consumer acceptance. Consumption is steadily
- increasing, but soy competes with corn as a cash crop, which may be a limiting factor.
- 2153-74
EARLY SOY PROTEIN RESEARCH AWAITS A GOOD ECONOMIC CLIMATE FOR GROWTH: PART III.
Robert S Spauth
Food Prod Dev 8 (5): 41-42. June 1974.
BD9000.1.P64
Beef, Consumer economics, Food economics, Soybean products, Textured vegetable proteins.
Abstract: The large increase in sale of soy protein in 1973 is described and related to corresponding beef price jumps. Processing of soybeans to produce textured protein is described and a history of production development is included.
- 2154-74
ANN'S ADDITIVE STORY: ITS MEANING TO YOUR FOOD AND HEALTH (FILMSTRIP).
Evalyn Spindler, Peggy Walton
U.S., Federal Extension Service
Washington, D.C., Photo lab 35 fr., col. May 1971.
TX553.A256 F6N AV
Flavor, Food additives, Fortification, Nutrients, Research, Shelf life.
Also available in slides, with script.
Abstract: Ann explains that additives can improve nutritional value of food, add to flavor and appearance and lengthen shelf life. Additives can be used to flavor foods, as stabilizers, to achieve texture, as leavening agent, for coloring, as anti-caking agents, and to add nutrients to food. Increasing nutritional value through fortification is described, and the intensive research used to test chemical additives before use is reviewed. A narrative text is included.
- 2155-74
ANN'S ADDITIVE STORY: ITS MEANING TO YOUR FOOD AND HEALTH (SLIDES).
Evalyn Spindler, Peggy Walton
U.S., Dept. of Agriculture
Washington, D.C. 35 slides, 2"x2", color. May 1971.
TX553.A256 F6N AV
Flavor, Food additives, Fortification, Nutrients, Research, Shelf life.
Also available in filmstrip format, with script.
Abstract: Ann explains that additives can improve nutritional value of food, add to flavor and appearance and lengthen shelf life. Additives can be used to flavor foods, as stabilizers, to achieve texture, as leavening agent, for coloring, as anti-caking agents, and to add nutrients to food. Increasing nutritional value through fortification is described, and the intensive research used to test chemical additives before use is reviewed. A narrative text is included.
- 2156-74
INTRODUCTION TO FOOD SCIENCE AND TECHNOLOGY.
George I Stewart, Maynard A Aserins
New York: Academic Press 294 p. 1973.
TP370.S7 F6N
Career opportunities, Food preservation, Food processing, Food quality, Food safety, Food science, Food supply, Food technology, Nutrition.
Extract: An integrated picture is presented of the fundamentals of food processing and preservation, including nutritional aspects. The book is designed as a text for beginning students entering the food science field, but it is valuable to the general public. It offers detailed discussion of the major aspects of food science and technology, including: (1) the history of food preservation and processing--from prehistoric times to the present; (2) the nature and scope of world food problems; (3) food quality, human nutrition, and basic food spoilage and deterioration; (4) transformation of raw materials into safe, palatable, and nutritious foods; (5) effects of toxic chemicals and disease-producing organisms on man's health; and (6) career opportunities in food science and technology.
- 2157-74
PIONEER WORK ON PROTEIN FOODS.
A G Van Veen, Scott M L Van Veen
Nutr Newslett 11 (4): 22-25. Oct/Dec 1973.
QP141.A1N8
FAO/WHO, Fish, Food science, History, Nutrient sources, Peanuts, Plant protein, Proteins, Soybean products.
Abstract: World hunger and malnutrition problems first came to the attention of FAO, WHO, and UNICEF in 1949. Thereafter, food research and food aid programs conducted by these organizations led to the establishment of the Protein Advisory Group (PAG). PAG gave initial impetus to the search for new and cheaper sources of protein in forms readily acceptable to people round the world. The new protein sources that looked most promising during the 1950s were defatted fish flour, defatted soy meal, peanut products, cottonseed, sesame, sunflower seed, algae, and various young green leaves. Some of these products met with success; others with failure. In the early 1960s, the PAG broadened its scope to include agricultural, economic, and technological as well as nutritional aspects of protein research and development.

2158-74

2158-74

THE EFFECTS OF PROCESSING ON THE NUTRITIVE VALUE OF VEGETABLE-PROTEIN CONCENTRATES.

A A Woodhax
Proc Nutr Soc 32: 23-29. 1973.
389.9 #953

Plant protein, Soybean Products, Textured vegetable Proteins. Abstract: This paper is concerned with the influence on the nutritive value of vegetable-protein sources, when the processing involves light, contact with chemicals and heat. The effect on the different amino acids is discussed in the manufacture of soya-bean meal, groundnut meal, cottonseed meal, cruciferous oilseed, textured vegetable proteins and the leaf-protein concentrates. Different types of processing are described for each concentrate, and the nutritional differences that result from the different procedures used is described. Use of the various foods for animals or humans is also discussed.

PROGRAMS - GENERAL

2159-74

'HOW COME YOU GET MORE FOOD THAN I GOT?': A ONE-ACT PLAY.

Agric Mark 12 (11): 15. Nov 1967.
A280.38 AG8

Adult education, Consumer education, District of Columbia, Dramatic play, Educational programs, Food stamp programs, Low income groups, Teaching techniques, Televised instruction. Extract: Local workers in a neighborhood center are using improvisation skits and plays to teach low-income people how to use food stamps. They have even performed on educational television.

2160-74

FOOD FOR TOMORROW, BETTER NUTRITION TODAY.

V Z Adams
Ext Serv Univ S Dak Agric 39 (9): 6-7. Sept 1968.
1 EX#922X

Cost effectiveness, Diet improvement, Extension education, Food habits, Food sanitation, Food supply, Gardening, Nutrition education, Vegetables. Extract: Extension workers helped low-income Southern families improve their diets while cutting food expenses by growing and preserving vegetables in larger amounts than ever before. Before they began, extension agents collected information on participants' vegetable growing as well as food habits. Basic nutrition and diet guides were included in the program.

2161-74

A.E.A. REPORTS: POSITION PAPER ON CHILD NUTRITION PROGRAMS.

American Dietetic Association
J Am Diet Assoc 64 (5): 520, 521. May 1974.
389.8 AM34

American Dietetic Association, Child nutrition, Child nutrition programs, Food service, Food service management, Legislation, Nutrition education, Pediatric statements, Student involvement. Abstract: Here is the AEA's full position statement regarding child nutrition programs. In summary the statement reads: "An adequately nourished body is essential to physical and emotional health and contributes to readiness for learning. All children need adequate food and educational opportunities to learn good food habits. Achievement of comprehensive child nutrition programs will require reordering of certain priorities. The Child Nutrition Program must focus on meeting the child's nutritional, physical, psychological, and social needs through food, while serving as a vehicle for the child's learning about such interrelationships. Emphasis should be placed on the preventive aspects of nutrition and on active involvement of the child in his education about food and nutrition."

2162-74

OPPORTUNITIES IN HOME HEALTH SERVICES: GUIDELINES FOR DIETITIANS AND NUTRITIONISTS.

American Dietetic Association, Committee on Dietary Services for the Chronically Ill and Aging
Nutrition Section
J Am Diet Assoc 52 (5): 381-387. May 1968.
389.8 AM34

American Dietetic Association, Dietitians, Family health, Guidelines, Home health services, Nutritionists, Program planning. Extract: Home health care services are now widely available in the U.S. A set of guidelines, worked out by a committee of the American Dietetic Association has been developed for nutrition services in these programs. This paper outlines the functions of dietitians or nutritionists in these programs and describes how to implement such health care services.

2163-74

HUNGER AND DEVELOPMENT (KIT).

American Freedom From Hunger Foundation
Washington, D C, American Freedom From Hunger Foundation kit, 3 articles, 3 magazines, pamphlets, bibliography. [n.d.].
QP141.H8 PEN AV

Agricultural development, Caloric requirements (FAO), Developing nations, Hunger, Malnutrition, Projects, Protein foods. Abstract: The packet of information can be used in schools and with any adult group or club that may be interested in information and further action to help and hunger worldwide and in this country (20 million people in the U.S. are undernourished). Included is a 36 page magazine published by Kaiser Corporation with color pictures and articles, based on the topic of Food: an energy exchange system. There is an FAO book, A strategy for plant, enclosed, as well as the new school lunch and school breakfast Bill of Rights. The packet includes other pieces of information that may be used to advantage in studying the relationship between hunger and the development of an area.

2164-74

THE ART OF BUYING MEAT.

Agric Mark 10 (11): 3. Nov 1965.
A280.38 AG8

Baltimore, Consumer education, Cost effectiveness, Educational programs, Food purchasing, Meat, Meat cuts, Meat grades, Urban League. Extract: When buying meat, its purpose should be considered. A lower of grade of chuck can make as nutritious and tasty a pot roast as a "choice" grade. Lower meat grades are good in stews and as ground meat. These and other pointers are passed along to low-income housewives in Baltimore by field assistants in the Urban League Consumer Protection Program.

2165-74

APPLIED NUTRITION PROGRAMME AS MEDIA FOR MASS COMMUNICATION IN RURAL AREAS SURROUNDING TIRUPATI.

K Indira Bai
J Trop Pediatr Child Environ Child Health 19 (2A): 152-161. June 1973.

RJ1.A136 P6N

Adult nutrition education, Applied nutrition (Demonstration), Child nutrition, Communications, Food habits, India, Nutritional rehabilitation, Nutritional status. Special issue on practical anthropology. Abstract: This paper is in two parts. The first describes an applied program of nutrition education of fathers and other adults in a rural part of India, which is also attempting to give nutritional rehabilitation to preschool children. The second discusses results of a survey of nutritional status of these children, how they are fed, and the agricultural production of the region and what is done with the food produced. The paper has been written for the professional planner and nutritionist.

2166-74

HOME ECONOMISTS AS MEMBERS OF HEALTH TEAMS.

H S Barney, M C Egan
J Home Econ 69: 427-431. June 1968.
321.8 J62

Community programs, Family health, Health occupations, Health personnel, Health programs, Home economists, Home management, Nutrition education.

Extract: Home economists as health team members can provide special guidance in home management and family economics, consult with other professional staff, teach basic housekeeping skills to patients and families, help patients to solve home management problems, advise patients of community resources, and train home health aides and other auxiliary health workers. As these positions grow, further education may become necessary for the home economists holding these.

2167-74

YOU--SCHOOL LUNCH--AND EDUCATION.

W D Bosh
Sch Lunch J 16 (9): 40-45. Nov 1962.
389.8 SCH6

Applied nutrition, Nutrition education, School food service, School lunch programs, Student participation, Teaching techniques.

Extract: School feeding should be an educational experience to the students partaking of the meals. A state school lunch supervisor gives some pointers on how to help make it meaningful.

2168-74

BOYS BRIGHTEN SCHOOL CAFETERIA.

Theresa L Backer
Sch Foodserv J 28 (2): 42-46. Feb 1974.
389.8 SCH6

Food preparation, quantity, Food service workers, High schools, Home economics education, School food service, School lunch programs, Student involvement, Student participation.

Abstract: At the Souderton, Pennsylvania, high school, boys from the Bachelor Foods Class have started working in the school cafeteria right along with the kitchen staff, helping in food preparation from beginning to end. From the experience, the boys have learned the practicalities of food costing, food purchasing, the co-safety program, equipment use, and cooking techniques for quantity food service.

- 2169-74
A NEW NEED: THE NUTRITION PROGRAMMER.
 A E Berk, P J Levinson
 Amer J Clin Nutr 22 (7): 893-895. July 1969.
 389.9 J824
 Applied nutrition, Health occupations, Information dissemination, International programs, Nutrition education, Nutrition Policy, Nutrition programs, Precautions, World problems.
 Extract: Many of the current problems of world-wide nutrition call for a new kind of professional, a nutrition Planner, who could address the issues of communication, administration, economics, and programming, successfully translating research findings into large-scale action programs. Nutrition has outgrown its public health parenthood. This paper calls for development of such a new professional sub-group.
- 2170-74
FIG PAC ON CAMPUS.
 Nation's Schools 1 (3): 48-49. Nov 1974.
 L22904.W3 P28
 College students, Colleges, Commercial food service, Fast-food chains. Ohio.
 Abstract: The introduction of commercial fast-food operations into colleges in Ohio has proven highly successful. The economics of the movement are examined and controlling factors (size of the school is one) are discussed. Seven pitfalls are listed.
- 2171-74
BIRCHER-BENNER NUTRITION PLAN FOR SKIN PROBLEMS.
 Los Angeles, Wash 110 P. 1973.
 RM221.S558 P28
 Acne, Allergies, Dermatitis, Psoriasis, Psoriasis, Therapeutic and special diets, Vegetarian diets.
 Abstract: A short review of the human skin and its functions. The Bircher-Benner clinic in Geneva treats many skin problems by the use of fruit juices and a raw vegetarian diet. This book gives the details of the diet.
- 2172-74
BREAK MONOTONY--LIVE IN, DINE OUT.
 Joe Blair
 Food Management 9 (7): 27-28. July 1974.
 TX341.V69
 College food service, Student participation, Universities.
 Abstract: The university dining room was outfitted in festive decoration and a special menu prepared from committee recommendations sparked a successful special date night. An evening which would not conflict with studies was selected and all tables were reserved. Guests (students) were greeted by a hostess and were served by waitresses. An everyday experience for dormitory residents was thus transformed into a special event.
- 2173-74
SNACK LUNCH SHOULD BE MORE THAN A MUNCH.
 Blue Cross and Blue Shield
 Chicago: Blue Cross and Blue Shield 4 panel foldout leaflet. 1971.
 L23475.85 P28
 Meal planning, School lunch, Type A lunch.
 Abstract: This leaflet is intended to help school children serve nutritious adequate meals. To inform teachers about the meals served to children at a school cafeteria, the pattern for and an example of a Type A lunch are given. Examples are also given based on the Type A patterns for lunches that might be served at home or carried in a lunch box.
- 2174-74
THE MULTIPURPOSE WORKER--A FAMILY SPECIALIST.
 M L Elus
 Am J Public Health 55: 367-376. Mar 1965.
 449.9 AM33
 Community programs, Family health, Health education, Health occupations, Health personnel, Organization, Program planning, Public health programs.
 Extract: The cost and cumbersome nature of many diverse professional workers trying to help families with their health problems calls for new solutions. This physician suggests the use of some generalists for family specialists, with some education, reinforced by intensive, coordinated training by various specialists. Such self-purpose, modestly prepared workers with access to specialists have been successful in a number of European countries.
- 2175-74
DIAL-A-DIETITIAN SERVICE IN METROPOLITAN TORONTO.
 M A Rodley
 Can Nutr Notes 21 (2): 13-16. Mar/Apr 1965.
 389.9 C168
 Canada, Communications, Dial-a-Dietitian, Diet counselling, Diet information, Health programs, Nutrition education.
 Extract: The Ontario, Canada, Dietetic Association offers a telephone answering service, Dial-a-Dietitian, for people in greater Toronto. Member-volunteers, who serve about three days a year in rotation, receive guidelines for answering questions. An answering service takes the calls, and replies are made in one to two days. A related newspaper column also provides information.
- 2176-74
GARDENS FOR BETTER NUTRITION.
 D C Fork
 Ext Serv Rev U S Dep Agric 41 (12): 3. Dec 1970.
 1 EX892EX
 Diet improvement, Educational programs, Extension agents, Extension education, Gardening, Low income groups, Michigan, Nutrition education, OEC.
 Extract: A well-manned, quarter-acre garden can produce fruits and vegetables worth up to \$600. Surplus can be preserved for savings and food variety. A Michigan county's Extension workers in cooperation with the Office of Economic Opportunity were able to motivate low-income families (through garden clinics, donation of seed, and harvest fairs) to grow some of their own food.
- 2177-74
EXTENSION EDUCATION + FOOD PROGRAMS = BETTER LIVING.
 M S Erdaber
 Ext Serv Rev U S Dep Agric 37 (7): 6-7. July 1966.
 1 EX892EX
 Donated foods, Extension education, Feasible, Food stamp programs, Food instruction, Low income groups, Missouri, Paraprofessional training, Visiting homemakers.
 Extract: Missouri has provided food classes for mothers receiving Aid to Dependent Children. Low-income family members have been trained as homemaking aides by Extension home economists under the Office of Economic Opportunity program to help homemakers use and understand nutritional value of donated foods. Extension and welfare personnel work with food merchants--using radio announcements, bulletins, and posters--to tell low-income families how to obtain and use food stamps.
- 2178-74
PARTICIPATION OF COMMUNITY WORKERS IN A NUTRITION PROGRAM.
 A Breaulieu
 Can Nutr Notes 22: 101-108. Nov 1966.
 389.9 C168
 Canada, Community programs, Health personnel, Nutrition education, Nutrition programs, Nutritionists.
 Extract: The various roles the nutritionist may perform in the community and the population segments she may assist are outlined in this article. These include young pregnant women, the aging, those with very low incomes, clinic patients on special diets, in physical education, and in dentistry. The emphasis is on French Canada.
- 2179-74
DIET COUNSELLORS SERVE COMMUNITY IN THREE NEW JERSEY HOSPITALS.
 M Brunini
 Hospitals 39 (22): 94-98. Nov 1965.
 RA960.H6 P28
 Diet counselling, Educational programs, Hospitals, New Jersey, Nutrition education, Patient care, Program design, Therapeutic nutrition.
 Extract: As described earlier, New Jersey has a number of state-sponsored diet counseling services. The work of those located in hospitals is described in this report. Many of the counselors are part-time professionals. They work both with patients and their families to plan therapeutic diets, considering various factors related to the family's food habits. Only the physician can prescribe the diet and direct follow-up.
- 2180-74
A NEW KIND OF PATIENT SERVICE.
 M K Krush
 Nutr News 28 (4): 14. Dec 1965.
 389.9 M957
 Diet counselling, Diet information, Health programs, Health services, Home health services, New Jersey, Nutrition education, Patient care, Program design.
 Extract: New Jersey has a community health service called "Diet Counselling" for nonhospitalized patients. Services are provided through such agencies as the County Heart Association and Visiting Nurse Association. Diet counselors are experienced professionals. The State Department of Health subsidizes the program.
- 2181-74
"ASK KATHY": AN EXPERIMENT IN NUTRITION EDUCATION.
 K R Fufon
 Ext Serv Rev U S Dep Agric 40 (6): 12-13. June 1969.
 1 EX892EX
 Community programs, Demonstrations (Educational), Educational programs, Exhibits, Food stores, Low income groups, Nutrition education, Program design, Program planning.
 Extract: Limited income people do not often attend extension classes. Home economists in a Michigan county went to the inner city supermarkets of one food chain and set up information booths. Store managers' attitudes were reflected in those of patrons, in a friendly anxiety to ask questions. Consumers were glad to get recipes and food-buying information. The positive response has led the store chain to hire its own home economists and initiate block clubs for food stamp users.
- 2182-74
NUTRITION EDUCATION IN PUBLIC HEALTH PROGRAMS--WHAT HAVE WE LEARNED?
 A Burgess
 Am J Public Health 51: 1715-1726. Nov 1961.
 449.9 AM33
 Behavior change, Cultural factors, Effective teaching, Food

2103-74

habits, International programs, Nutrition education, Program planning, Public health programs, Social factors.
 Extract: Attempting to change the customs of people can be turbulent. Various experiences of social scientists who have tried to direct food habit changes in various cultures are recounted. Knowledge of and sympathy with the cultures in which one is working are essential for any success, as is some training in techniques of education. The kinds of problems which have been found are discussed.

2103-74

COOPERATIVE ACTION HARNESSES COMMUNITY FORCES.

A Burkart
 Ext Serv Rev U S Dep Agric 36 (6): 10-11. June 1965.

1 EX292EX

Adolescents (12-19 years), Community programs, Extension agents, Inservice education, Nutrition, Paraprofessional trainees, Professional education, Volunteers, Workshops.
 Extract: County Extension workers and a medical society auxiliary joined forces to present a teenage nutrition workshop for interested women throughout their state. Pioneers as well as professional and paraprofessional women attended. The cooperative affair was such a success that future ones will be held.

2104-74

SECRETARY BUTZ TALKS ABOUT SCHOOL LUNCH.

Earl L Butz

Food Nutr 4 (6): 2-4. Dec 1974.

ATX341.7615

Food programs, Nutrition programs, Nutritional status, U.S. Dept. of Agriculture, United States.

Abstract: In this excerpt from a speech to the American School Food Service Association 28th Annual Convention, the Secretary discusses the Department of Agriculture's responsibilities, food programs, and past and recent history of activities. He emphasizes the progress made in the nutritional status of Americans in recent years.

2105-74

CAFF OF THREE SEASONS STRESSES MANNERS, GOOD BEHAVIOR.

Sch Lunch J 23 (4): 51-54. Apr 1965.

389.8 SCH6

Attitudes, Behavior change, Design needs, Dining rooms, Etiquette, Motivation, School children (6-11 years), School food service.

Extract: To make the school cafeteria a more pleasant place and to improve children's table manners, part of this elementary school's lunchroom was converted into a sidewalk cafe through the efforts of students, parents, and teachers. Students whose cafeteria manners have been exemplary are allowed to eat lunch there.

2106-74

EVALUATION OF THE ATTITUDES OF RECIPIENTS OF HOME-DELIVERED MEALS.

Stella C Cairns, Arlene W Caggiula
 J Am Diet Assoc 65 (5): 560-562. Nov 1974.

389.8 AN34

Attitudes, Evaluation methods, History, Home delivered meals, Questionnaires.

Extract: There has been a rapid growth in the United States of local services for home-delivered meals, better known as "Meals-on-Wheels," which provide meals for the elderly or handicapped in their own homes. This study was designed to evaluate the attitudes of the recipients of five programs in the Pittsburgh area, using a series of fifteen statements which had been given scale values according to a procedure designed by Thurstone. One hundred and seventy-four recipients participated in the survey which disclosed that their attitudes were favorable.

2107-74

CALIFORNIA STEPS UP NUTRITION EDUCATION.

Inst/vol Feeding 74 (9): 57. May 1, 1974.

TX1.155

Community programs, Consumer education, Educational programs, Los Angeles, Nutrition education, Program design.

Abstract: Los Angeles has several community nutrition education programs in full swing. These include (1) a seminar for diabetic and their families, (2) housecalling aides who teach nutrition, money management, and food preparation in the home to low-income families, (3) a program to teach hospital food service workers the basics of nutrition, and (4) a community health fair dealing with nutrition as preventive medicine.

2108-74

EVALUATION OF THE ECONOMIC CONSEQUENCES OF MALNUTRITION.

David L Call, Richard Lencikurt
 In Proceedings of the Western Hemisphere Nutrition Congress II Miami Beach, Fla., Sept. 2, 1971 p. 312-317. 1972.

TX345.84 P88

Child nutrition programs, Economic influences, Fortified foods, Intelligence, Malnutrition, Nutritionists.

Abstract: The authors of this article discuss the interest politicians are now showing in the elimination of malnutrition. One hypothesis holds that the solution to malnutrition will lead to a faster rate of economic development within a country. Another hypothesis offered is that malnutrition in a society results in a degradation of the human being which is sad of itself is a social problem. Theatta or wheat flour fortification program and a child feeding program in Bombay, India are examined, and the impact is discussed concerning the

raising of the economic well being of a nation. The article deals with the question of evaluation of various methods of intervention programs and would be of most interest to the professional economist and nutritionist.

2109-74

CARDS, COMPANY AND GOOD FOOD.

Sch Foodserv J 28 (10): 44-46. Nov/Dec 1974.

389.8 SCH6

Elderly (65 + years), Food programs, Minnesota, Nutrition, Recreational programs, School food service.

Extract: To Bloomington, Minnesota senior citizens, having a school lunch means a chance to eat a tasty, nutritious meal, enjoy the company of other people of the same age and maybe play a hand or two.

2190-74

LET'S EEEK EREK TOGETHER.

BERRY J Chazen

Sch Food Serv J 28 (1): 58, 60-61. Jan 1974.

389.8 SCH6

Attitudes, Dining rooms, Environmental factors, Food habits, Human relations, Psychological aspects, School food service, School lunch programs, Student participation.

Abstract: The author says, "At a recent school food service conference the guest speakers...talked about preparation, packaging, distribution, heating, serving, and disposal. Arguments centered around machines, systems, and money. No one mentioned the emotional environment of a lunch program." The author suggests that school lunch rooms are rowdy, uncomfortable places primarily because the social atmosphere for eating is not present. Students have no share in the selection or preparation of their food, and the cafeteria personnel are merely faceless plate handlers. Meals are opportunities for warmth and sharing. Teachers should eat with their students; cafeteria workers should make an effort to learn children's names. The more positively, personally involved a child is allowed to become in the school lunch situation, the more nourishing will be his experience both physically and psychologically.

2191-74

STANDARDS AND PROGRESS IN DAY CARE CENTER PROGRAMS.

A D Chenoweth

J Am Diet Assoc 60: 197-200. Mar 1972.

389.8 AN34

Communication skills, Day care services, Educational programs, Food habits, Mental development, Nutrition education, Physical development, Preschool children (2-5 years), Program design.

Extract: Eating habits and attitudes about food are established early in life. Nutrition and feeding are therefore fundamental parts of day care programs. Through these, the child develops motor and verbal communication skill, experiences social interaction, and learns about food.

2192-74

PROMOTING CHILD HEALTH THROUGH COMPREHENSIVE CARE.

K Cluse

Children 16 (4): 130-137. July/Aug 1969.

NY741.A1C4 P84

Child nutrition, Children, Family health, Health programs, Health services, Low income groups, Medical services, Preventive nutrition, Program design.

Extract: Comprehensive health care projects to provide preventive as well as curative services for children are located in low-income areas throughout the country. New ways to reach children who need help are being explored. The projects are directed by a pediatrician aided by many other consulting specialists and aides. The care team usually includes a nutritionist. Programs are family-centered with a great deal of attention given to mother.

2193-74

COMMUNITY INVOLVEMENT: FEEDING THE ELDERLY - A NEW RESPONSIBILITY.

Inst/vol Feeding 74 (10): E2-E3. May 15, 1974.

TX1.155

Community programs, Congregate meals, Elderly (65 + years), Food delivery systems, Food preparation and distribution systems, National Nutrition Program for the Elderly, Nutrition programs, Program design, Wisconsin.

Extract: Older people often do not have enough reasons to get out and enjoy themselves. All it takes is something to do--with someone else. The problem may be most noticeable in rural communities where there is actually less to do--especially for the elderly. The people of Rusk County, in northern Wisconsin, solved this problem--and a collateral problem of proper nutrition--through a new U.S. Department of Health, Education and Welfare program the National Nutrition Program for the Elderly. Basically, it is a system of preparing 150 meals and transporting 50, in bulk, to people at Sheldon, and 100 individual meals to home-confined people in Bruce to the west. The benefit to the elderly of Rusk County is definitely two-fold: good nutrition from quality food, well-prepared, served appealingly in an attractive place; and a reason for doing something, getting involved, being healthy and happy. Costs for this program are shared by the county, the state, and the participants, whose contribution is voluntary. The county's cost runs about \$20 per person per month.

- 2194-74
NFP PROGRAM MEETS SPECIAL NEEDS OF WOMEN, INFANTS & CHILDREN.
Jan Maria Coanally
Food Nutr 4 (2): 5-7. Apr 1974.
TX381.Y615
Child nutrition, Children, Parents, Infant feeding, Infants (7 to 2 years), Maternal and child health, Nutrition programs, Pregnant women, Special Supplemental Food Program for Women, Infants, and Children.
Abstract: Pikeville, Kentucky, is one of 216 Project areas in the U.S. participating in the USDA's new Special Supplemental Food Program for Women, Infants, and Children. Under this program, the Food and Nutrition Service makes cash grants to health departments or comparable state agencies to provide supplemental foods to pregnant or lactating women, infants, and children up to four years of age. The FNS is also authorized to make grants to Indian tribes and to the Indian health service. Agencies can distribute food to health clinics, issue food vouchers redeemable at retail stores for specified items, or use variations of these two food delivery systems. Participants must reside in the Project area, be eligible for free or reduced-cost medical treatment, and be certified by clinic professional personnel to be in need of supplemental food.
- 2195-74
CONSUMER FOOD ECONOMICS--A L.C. COURSE ON GETTING THE MOST FROM FOOD STAMPS.
Agric Mark 12 (6): 4-5. June 1967.
R280.38 AG8
Education, Consumer education, District of Columbia, Food preparation, Home, Food purchasing, Food stamp programs, Low income groups, Meal planning, Program design.
Abstract: Community organizations, businesses, and federal and local agencies in Washington, D.C., joined together to help low-income people get the most from the Food Stamp Program. A significant project was an eight-week consumer food economics course for people at a neighborhood center. They learned budgeting, shopping, meal planning, food preparation, and how to get the most from meat. Certificates of achievement were given at the end.
- 2196-74
NUTRITION EDUCATION VIA PEOPLE-TO-PEOPLE.
J Cank
J Nutr Educ 1 (2): 9-11. Fall 1969.
TX381.J6
California, Educational programs, Expanded Food and Nutrition Education Program, Family nutrition, Home-making skills, Nutrition education, Program design, Program planning, Visiting home-makers.
Abstract: This article describes the Expanded Nutrition Education Program in California. Six program assistants (neighborhood workers) and staff assistants (supervisors) are given training in food and nutrition and other home-making areas. Program assistants reach out to clients by visiting neighborhoods, contacting schools, churches and other community organizations such as baby clinics. They help individual families in homes and work with groups. Results are slow, but there are small improvements.
- 2197-74
SUMMER FEEDING PUZZLE.
MARY Beth Christian
Food Management 9 (6): 31-32. June 1974.
TX381.P69
Child nutrition programs, Disadvantaged youth, Summer programs, Type A lunch.
Abstract: Logistics, delays in payment, site selection, training personnel, short program duration, and inflation are contributing factors to the major problems in summer feeding of needy children. The problem is that only 1.5 million of the 6 million children participating in the school year program are receiving type A meals during the summer. Some suggestions are offered for solution. Private industry can supply contract services where school facilities are not available. Local level rather than national programs might help the situation. The major concern is getting to the children and supplying nutritious meals throughout the summer.
- 2198-74
PARTICIPATION IN THE NATIONAL SCHOOL LUNCH PROGRAM IN WASHINGTON SCHOOL DISTRICTS.
Bruce Davis, David W Price, Jasper Veach
Goshington, State University
Pullman, Wash. 8 p. Nov 1974.
L83475.D32 P58 (Washington State Univ., College of Agriculture Center, Bull. No. 802)
Concessions, Eligibility, Milk, National School Lunch Program, Nonfood assistance program, National school breakfast program, School geography, Type A lunch, Washington (State).
Abstract: The purpose of this study was to determine why districts do not participate in the National School Lunch Program, even though a federal subsidy is offered to offset part of the costs of the program. Administrators in nonparticipating and partially participating districts were interviewed. Information was obtained about the general characteristics of the school districts, the attitudes in each district regarding the lunch program, assessment in the district, the need for physical facilities and difficulties with governmental regulations. Administrators from 16 fully participating districts were interviewed. Most of these results will be in another publication. However, certain assessment practices and opinions will
- be contrasted with those of nonparticipating districts.
- 2199-74
EVALUATION OF A LOW-COST INDIGENOUS FOOD SUPPLEMENT TO THE SCHOOL LUNCH.
Rajanna P Davadas, Uma Chandrasekhar, Kusua Latha Dhody
Indian J Nutr Diet 11 (3): 127-133. May 1974.
QP141.A1J6
Child nutrition programs, Food programs, International programs, School food services, School lunch programs.
Abstract: This paper, of interest to those involved in feeding programs, particularly for children, assesses the feasibility of incorporating low cost indigenous food supplements into children's meal patterns, and specifically in a school lunch program. The details of the resulting study are given including selection of children and school, indigenous food supplements used, and the specific school lunch menus offered to control and representative groups. Criteria used in assessment of nutritional status are listed. Results after six months showed that supplementation with these low cost indigenous foods exhibits similar trends in the growth pattern, haemoglobin levels and clinical picture to that of CSM, and hulgar wheat and salad oil supplied by CARE.
- 2200-74
DO FOOD STAMPS REALLY MAKE A DIFFERENCE?
Agric Mark 11 (1): 4. Jan 1966.
A280.38 AG8
Diet improvement, District of Columbia, Food purchasing, Food selection, Food stamp programs, Low income groups, Money management, Research.
Abstract: Distresses-in-training undertake a special nutrition project to help a large Washington, D.C., low-income family improve its food budgeting and buying. Reaching a better diet was slow until the Food Stamp Program started. Then the family was able to increase its food money by two-thirds. In four months, everyone's nutritional status showed substantial improvement.
- 2201-74
DONATED FOODS--THE BEGINNING OF A GOOD DEED.
Agric Mark 12 (5): 15. May 1967.
A280.38 AG8
Community programs, Diagnostics (Educational), Diet improvement, Donated foods, Food instruction, Low income groups, Nutrient requirements, Paraprofessional training, Visiting home-makers.
Abstract: Donated foods can improve the diets of low-income families, but they still need eggs, citrus fruits or tomatoes, green or yellow vegetables, potatoes, and suets. Participants need to be shown how to use donated foods. Trained neighborhood people have been hired to do this, with good results.
- 2202-74
EDUCATION BATTLES MALNUTRITION.
Agric Mark 14 (6): 15. June 1965.
A280.38 AG8
Agricultural Extension Service, Community programs, Expanded Food and Nutrition Education Program, Low income groups, Malnutrition, Nutrition education, Paraprofessional training, Pilot projects, Poverty.
Abstract: The Extension Service's Expanded Nutrition Education Program hired 5,000 nonprofessionals from local communities to work in 500 poverty areas of the country. This people-to-people nutrition education program proved to be successful in pilot projects. A like number of volunteers have also been helping.
- 2203-74
OPPORTUNITIES FOR NUTRITIONISTS AND DIETITIANS IN REHABILITATION PROGRAMS.
H C Egan
J Am Diet Assoc 49 (4): 295-298. Oct 1966.
389.8 AN34
Children, Educational programs, Mentally handicapped, Nutritionists, Physically handicapped, Special education, Teaching.
Abstract: There are numerous potential roles for nutritionists in rehabilitation programs. Some examples include: (1) teaching handicapped children and adults how to prepare easy-to-cook meals; (2) teaching good eating habits to patients in mental retardation clinics where feeding is a serious problem; and (3) providing diet counseling for patients in home care programs.
- 2204-74
WORKING TOGETHER IN COMMUNITY NUTRITION.
H C Egan
J Am Diet Assoc 45: 355-358. Oct 1964.
389.8 AN34
Community programs, Counseling, Health personnel, Instructional materials, Nutrition education, Nutrition programs, Nutritionists, Patient care, Training.
Abstract: Many social and technical changes taking place in communities today, altering traditional roles and saving families about, are changing the work of nutritionists. The author suggests that collaboration with other professionals in the community could improve nutrition services in patient education, preparation of educational materials, training of nutrition specialists, and consultation for group care facilities. Examples are cited.

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2285-74

CHILDREN FEEDING: WHAT'S ALL THE FUSS?
Sch Foodserv J 28 (10): 28-29. Nov/Dec 1974.
389.5 FCH6

Elderly (65 + years), Food Programs, Milwaukee, Nutrition, School food service.
Extract: Milwaukee, Wisconsin opened its neighborhood schools to senior citizens for lunch. Eating for the same meal as the kids and paying the same price as the teachers, senior citizens are no problem for this foodservice department.

2206-74

THE END OF COMMODITY FEELING?
Food Management 9 (6): 48-49, 71-73. June 1974.
TK341.P69

Boards of education, Child nutrition, Commodities, Costs, Legislation, School lunch programs.
Abstract: Problems arising from discontinuance of the commodity program are discussed. All institutions except schools will be cut off. Schools will receive a cash allowance but it is doubtful that quality can be maintained. The child nutrition lobby is fighting hard for continuance of the program or allocation funds with an escalation clause to maintain present school lunch program quality through offsetting rising prices. The possibility of funds being included in a general education grant, thus giving state or local school boards responsibility, could result in discontinuance of the school lunch program.

2207-74

DEVELOPING A REGIONAL PROGRAM TO HELP PATIENTS WITH DIABETES.
E C Itzwiller
J Am Diet Assoc 52 (5): 394-400. May 1967.
389.5 AM74

Diabetes mellitus, Diabetic diets, Diet counseling, Diet patterns, Health programs, Minnesota, Nutrition education, Patient care, Program design.
Extract: Because diabetic children were found to have inadequate knowledge of the disease, as did their parents and selected health professionals, Minnesota has established a Diabetes Detection and Education Center for the use of patients and professional people. Classes are held for one week for patients and their families. Details of the instruction are given.

2208-74

FOOD DEMONSTRATES THE USE OF COMMODITY FOODS.
Forecast Home Econ 17 (6): f-22-f-29. Feb 1971.
321.6 H752

Demonstrations (Educational), Donated foods, Educational programs, Food preparation, Home, Food instruction, Future Householders of America, Low income groups, Program design, Texas.
Extract: Future Householders of America gave demonstrations of how to use commodity foods to low-income women in several Texas locations. Businesses donated useful utensils as door prizes, utility companies lent equipment and personnel, and leaders of minority groups suggested suitable locations. The county welfare and home demonstration agencies helped too. The foods demonstrated included those least utilized. Recipes and other information were in both English and Spanish.

2209-74

FEEDING SUMMER'S CHILDREN.
Food Management 9 (6): 46-47, 68-71. June 1974.
TK341.P69

Attitudes, Costs, Disadvantaged youth, Eligibility, Food service management, Summer programs.
Abstract: Summer feeding programs are ineffective because of bad taste. Children must be eligible and proof of eligibility destroys the child's dignity through documentation of poverty status. Misuse of funds and food is noted and problems in allocation and spending of monies are described. Using schools as feeding sites may alleviate some problems. The children suffer because of complications in the program.

2210-74

EXTENSION TRAINING AIDS TO HELP NUTRIERS.
E Fleming
What's New Home Econ 34 (7): 15-16, 21. Oct 1970.
321.6 H55

Diet improvement, Expanded Food and Nutrition Education Program, Extension agents, Extension education, Home management, Low income groups, Nutrition aides, Paraprofessional training.
Extract: The work of the aides of the Extension Service in the national Expanded Food and Nutrition Education Program is described. Usually members of the community or ethnic group with which they work, show low-income families how to improve their diets and make best use of their resources.

2211-74

PILOT BREAKFAST PROGRAM ESTABLISHED.
Joan Forrester
Washington, D.C., ERIC Document Reproduction Service 4 p.
Illus. June 1968.
TK735.P6 P5H

Breakfast, Child nutrition programs, Disadvantaged youth, Federal programs, Program design, School breakfast, School breakfast programs.
Available from: Computer Microfilm International Corp., P.O. Box 190, Arlington, Virginia 22210. MF-30.25 HC-30.30.
Abstract: This article, of particular interest to school food service personnel, describes a pilot breakfast program in Florida set up by the Child Nutrition Act of 1966. The program

is specifically designed for the economically needy and long bus ride pupils, but it is open to all in attendance at the selected schools. The minimum nutritional requirements for a school breakfast are listed along with a description as to how breakfast costs are set. The project has resulted in noticeable changes in child weight gain, attendance and learning ability.

2212-74

NUTRITION ACTIVITIES IN POVERTY PROGRAMS.
M P Fowler
Nutr Program News 4 p. July/Aug 1966.
1.982 A2H955

Alabama, Community programs, Donated foods, Food preparation, Home, Low income groups, Nutrition education, Ohio, Paraprofessional training, Program design.
Extract: This article cites examples of activities in states that have provided nutrition education as part of their programs to help the poor. Leaders were chosen from an Alabama housing development for a brief course on food management which they in turn taught. Nurses in the Ohio Health Department, with the help of a nutritionist, learned how to make recipes from donated foods in order to teach these skills in homes.

2213-74

NUTRITIONAL IMPROVEMENT PROJECT, DPPP, FUND 57, COMPONENT 4: 1971-1972 EVALUATION.
Nellie Francien, Margaret Fleming
Washington, D.C., ERIC Document Reproduction Service 13 p.
Mar 1973.
L83475.P7 P5H

Breakfast, Child nutrition programs, Disadvantaged youth, Food programs, Food service, School breakfast, School breakfast programs, School food service.
Available from: Computer Microfilm International Corp., P.O. Box 190, Arlington, Virginia 22210. MF-30.65 HC-33.29.
Abstract: The objectives of the Nutritional Improvement Project were as follows: children will attend school regularly; children will develop a receptive attitude toward school; children will increase in level of achievement. The breakfast program in Cleveland Title I schools is described including the teacher served, place and mechanics of distributing the food and personnel employed. For the past five years there has been a continuing trend of lower attendance in Title I and non Title I schools. However the Title I schools receiving breakfast did not experience as great a decline in attendance between 1967-68 and 1970-71, and in 1971-72 showed a slightly greater gain in attendance than recorded in the near-poverty area elementary schools. Information on this program should be of interest to those involved in the nutritional care of children and in particular to those working with school breakfast programs.

2214-74

PROJECT HEAD START--A CHALLENGE IN CREATIVITY IN COMMUNITY NUTRITION.
M T Frankie, M P Senhouse, C Covell
J Home Econ 59: 24-27. Jan 1967.
321.6 J82

Diet improvement, Educational programs, Food habits, Food preferences, Head Start, New York City, Nutrition education, Preschool children (2-5 years), Teaching techniques.
Extract: Recognizing nutrition education as a responsibility of Head Start Program, New York City has employed nutritionists and dietetic interns to work with these programs. They eat lunch with the children, introduce new foods, and use games and other techniques to enlarge the child's knowledge of foods and encourage acceptance of unfamiliar ones.

2215-74

A TOUGH GAMBLE IN LAS VEGAS OR...HOW TO RECOVER A \$200,000 LOSS.
Lee Frederick
Food Management 9 (2): 44-48, 80-82. Feb 1974.
TK341.P69

Financial management, Food preferences, Food preparation and distribution systems, Food service management, Food service training, Las Vegas, Nevada, Merchandising, School food service, Student participation.
Abstract: The food service director of the Las Vegas public schools says, "I was a retired businessman at the time, having spent 35 years in many aspects of the food business. I had had absolutely no experience, however, in institutional foodservice, and here I was taking over an operation that fed 70,000 students and was \$200,000 in the red. The school board's reason for giving me the job was my success as an administrator. Still, their hiring me was a big gamble. That was 1972. Just one year later I was able to report to the school board that we had not only saved out of the red, but were \$100,000 in the black." This article explains how he did it.

2216-74

TOTAL MATERNAL AND INFANT CARE: REALISTIC APPRAISAL.
E M Gold, M I Stone
Am J Public Health 58 (7): 1219-1229. July 1968.
499.9 AM3J

Health programs, Health services, Low income groups, Maternal and child health, New York City, Nutrition education, Pregnancy, Pregnancy and nutrition, Program design.
Extract: To try to offset infant mortality among low-income people, New York has instituted a Maternal and Infant Care Program to provide optimum care for high-risk pregnant women

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- and to identify what factors affect pregnancy outcome. Care is given through the first year of the infant's life. A Mother's Club provides continuing pre- and post-natal education, which includes nutrition. The guidelines observed for this program are outlined.
- 2217-74**
EVALUATION OF FOOD SUPPLEMENTATION AS A NUTRITION ACTION PROGRAM.
John E Gordon
Pae Fell 3 (4): 14-23. Winter 1973.
OD431.A1P7 P58
Community programs, Diet improvement, Food distribution programs, Food supply, Nutrition programs, Program design, Program evaluation, Program planning, Supplemental feeding programs.
Abstract: Food supplementation for a particular population in a long-term community program involving the supply of selected foods to a specified target group on a regular basis. The foods provide nutrients in fixed amounts calculated to overcome a deficiency prevailing in the target group. A decision to intervene at a particular time/place is determined by the nature and extent of the problem(s), by comparative cost-benefit studies of the alternatives, and by the resources available in funds and/or experienced technical staff. Steps in program development include: (1) learning the extent of the nutritional disorders, their causes and effects; (2) incorporating this data in plans for an action program that fits with national development schemes and combines or enlarges pertinent non-nutritional activities such as disease control or health education; (3) implementing the program; and (4) continuous and periodic assessment of the program in terms of community health improvement.
- 2218-74**
NUTRITION BY PRACTICE:
E M Cousans
Sch Foodserv J 26 (7): 43-45. July/Aug 1972.
389.8 SCH6
Diet improvement, Food selection, Kent, Ohio, Nutrition education, School children (6-11 years), School food service, School lunch programs, Student participation, Teacher aides.
Extract: A coordinated program of foodservice, nutrition education, and supervised lunch hour activities was developed for elementary school children. The children were given two or three choices when selecting their lunches. A university student presented nutrition education material directed toward helping children select their day's lunch. This student supervisor also monitored the lunchroom and remained with the children during the recreational period following lunch.
- 2219-74**
A COMPREHENSIVE HOME-CARE PROGRAM FOR THE CHRONICALLY ILL.
H Grant
J Am Diet Assoc 42 (5): 399-402. May 1963.
389.8 AM34
Food delivery systems, Food preparation, home, Food purchases, Health services, Home health services, Maryland, Meals on wheels, Patient care, Visiting homecare.
Extract: A suburban Maryland county has developed a three-way approach to care of feeding chronically ill people, as part of the state's health department program. Relative effectiveness of each approach is compared and evaluated. The feeding program includes home-delivered meals, a homecare's information service, and a shopping service. Recipients pay for the two daily meals provided according to their ability.
- 2220-74**
NUTRITION AND POPULATION: A FAMILY PLANNING PROJECT.
S Gray
J Nutr Educ 2 (1): 25-26. Summer 1970.
TX341.J6
California, Consumer education, Diet improvement, Diet patterns, Family health, Family planning, Food habits, Health programs, Nutrition education.
Extract: The nutritionist can serve several functions in family planning programs. Nutrition education of the mother, if effective, not only improves her nutritional status but influences the eating patterns of her family as well. In a county health department, group classes provide information on meal planning, food buying, weight control, and how to assess nutrition information from mass media.
- 2221-74**
NUTRITION PEST--MORE THAN JUST FUN.
H P Groves
Ext Serv Rev U S Dep Agric 43 (3): 12-13. Mar 1972.
1 IX892EX
Demonstrations (Educational), Exhibits, Expanded Food and Nutrition Education Program, Food purchasing, Iowa, Low income groups, Nutrition education, Volunteering.
Extract: An "Eat, Grow, and Glow Fest" was planned by Expanded Food and Nutrition Education Program aides in Iowa. Publicity urged people to come to eat good food for better health, grow to know more about community agencies and how to use them, and glow as a result of the educational experience. The approach was effective in drawing many low-income persons who normally shy away from gatherings, there were crafts, displays, and food sales in which many of the poor participated.
- 2222-74**
GROWING WITH GOOD FOOD HABITS.
Agric Mark 15 (2): 9. Feb 1970.
A280.38 AG8
Community programs, Day care services, Dayton, Ohio, Federal aid, Special Food Service Program for Children.
Extract: The Dayton, Ohio, community helped raise funds (aided by the U.S. Department of Agriculture's Special Food Service Program for Children) to continue their Day Care Centers where children have learned to select and eat nutritious foods.
- 2223-74**
LOOKING FOR THE ANSWERS.
C Gustafson, W Steiner
J Nutr Educ 1 (2): 12-13. Fall 1969.
TX341.J6
California, Diet improvement, Diet patterns, Educational programs, Food stamp programs, Food instruction, Low income groups, Nutrient intake, Nutrition education.
Extract: To help low-income families who need nutrition information, a California county surveyed selected families for food habits, food preparation, planning and shopping, reading ability, and interest in nutrition. Results showed inadequate diets. Professional and community leaders were approached to encourage participation in the Food Stamp Program. A demonstration kitchen was set up. Flyers talking about food stamps were prepared to be hung on door knobs and handed out in markets.
- 2224-74**
TEENAGERS' GARDENS UPGRADE FAMILY DIETS.
L S Hamilton
Ext Serv Rev U S Dep Agric 40 (10): 3. Oct 1969.
1 IX892IX
Adolescents (12-19 years), Cost effectiveness, Diet improvement, Extension agents, Gardening, South Carolina, Vegetables.
Extract: Twelve teenage boys in South Carolina are raising vegetables in contiguous plots, with guidance from extension aides and agents, and making considerable contributions to their families' dietary intake. They are learning some of the newer techniques of agriculture which they should be able to pass on to others. Local businesses donated materials and an extension worker lent the land.
- 2225-74**
THE ROLE OF THE NUTRITIONIST IN AN ADOLESCENT CLINIC.
S L Haasler
Children 13 (6): 217-220. Nov/Dec 1966.
MV741.A1C4 P58
Adolescents (12-19 years), Clinical nutrition, Health care, Maturation, Mental retardation, Nutritionists, Obesity, Skin disorders.
Extract: One university medical clinic for adolescents employs a nutritionist as part of its interdisciplinary approach to the health problems of teenagers. She serves as an investigator (interviewing), as an advisor to the physician regarding desirable diet changes, as a therapist to counsel and supervise specific diet regimens, and as an educator of other professionals at the clinic. The most common problems dealt with are obesity, skin problems, growth retardation, and mental retardation.
- 2226-74**
HAMMOND, INDIANA LUNCHROOM BECOMES CLASSROOM EXTENSION.
Sch Foodserv J 29 (8) 88-89. Sept 1974.
389.8 SCH6
Cookery, American, Cookery, Chinese, Cookery, German, Cookery, Italian, Cookery, Scandinavian, Food service management, Indiana, School food service.
Extract: A foodservice supervisor has cooperated with a program that ties the school cafeteria into the study of foreign countries. Daily lunches during international week are matched with countries studied in social studies classes.
- 2227-74**
A DESCRIPTION OF PROJECT P.O.O.D. -- FOCUS ON OPTIMAL DEVELOPMENT OF CHILDREN. DURHAM, NORTH CAROLINA.
Lew W Hannon, Annabelle D Selph, Ruth P Baker
Washington, D.C., ERIC Document Production Service 29 p.
Aug 3, 1972.
TX364.H3 P58
Child development, Child nutrition programs, Disadvantaged youth, Elementary education, Health programs, Nutrition education, Program design.
Available from: Computer Microfilm International Corp., P.O. Box 190, Arlington, Virginia 22210. MF\$0.65 MC-\$3.29.
Abstract: These three reports describe project FOOD, a demonstration project stressing child health and development undertaken in two poverty area schools in Durham, North Carolina. Various aspects of the program including student background, program development such as objectives, grant request, formation and services provided by the multidisciplinary team, parent involvement and results are described. The particular input of the nutritional team members is discussed including food distribution programs and nutrition education activities of grades K-6. This information could be of interest to various school personnel who are also involved in child health care.

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ONE CHILD--ONE CHANCE: A REPORT ON THE SUPPLEMENTAL FOOD PROGRAM.

Stefan Harvey
Washington, D.C., The Children's Foundation 49 p. 1974.
TX361.C5N32 P6WChildren, Infants (To 2 years), Low income groups, Nutrition education, Pregnant women, Supplemental feeding programs.
Abstract: A history of the Supplemental Food Program is supplied and the gradual drop in the number of programs described. Seven programs are explored in detail in Washington, D.C., North Carolina, Georgia, Tennessee, Mississippi, Nebraska, and Iowa. The programs provide food and nutrition education to low income pregnant women, post-partum mothers, infants, and children under six.

2229-74

REACHING URBAN WOMEN.

C F Ray
Ext Serv Rev U S Dep Agric 32 (3): 59, 61. Mar 1961.
1 EX892EXBreakfast, Community programs, Flint, Michigan, Home care, Nutrition education, Nutrition knowledge, Program design, Urban areas, Visiting homemakers.
Abstract: The city of Flint, Michigan, increased breakfasts for some of its citizens, young and old. A survey showed breakfast needed improvement. Posters and pamphlets were distributed, trained home extension leaders gave talks, and demonstration public breakfasts were held. Newspaper stories, radio, and television were used. Homecoming aides have contributed greatly to the success of these programs.

2230-74

PRESCRIPTION DIETARY SERVICE.

C M Redsted
Nutr Rev 26 (4): 97-99. Apr 1968.
389.8 N953Dietetic foods, Food programs, Food purchasing, Food stores, Health programs, Merchandising, Nutrition programs, Patient care, Therapeutic and special diets.
Abstract: A nutrition scientist suggests that one way to keep patients on a controlled or preventive diet is to have a special prescription dietary service in a well-stocked grocery. Dietitians would prepare printed material for physicians indicating the kinds of diets available and how to enroll patients in the service. After initial evaluation and instruction from the nutritionists, the patient and his family would order all their food through this service.

2231-74

EUFETT MAKES THE DIFFERENCE.

Edward Hightower, Ronald Rhodes
Food Nutr 4 (1): 6-7. Feb 1974.
aTX341.P615Buffets, Food serving methods, High schools, School food service, School lunch programs, Student participation, Texas, Type A lunch.
Abstract: The switch from traditional cafeteria-style service to buffet-style has met with huge success at Gladewater High School in Texas. Student participation is up, food waste is down, and the students themselves have been cooperative in observing sanitation rules. Before the buffet started, cafeteria workers outlined the Type A lunch to students and explained why the various components are necessary. Since then, students have been very conscientious in selecting a well-balanced menu. Students actually eat more than before, but this extra cost in food is offset by the need for fewer employees in the cafeteria line. Consumption of desserts has declined, and students are now willing to try all sorts of new foods they would never have touched before.

2232-74

TRY THEM-A-FOUND.

Edward Hightower, Ronald Rhodes
Food Nutr 4 (1): 5-6. Feb 1974.
aTX341.P615Calorie-restricted diets, Georgia, High schools, School food service, School lunch programs, Student participation, Type A lunch, weight control.
Abstract: The food service at Mareville High School in Georgia has increased student and faculty participation by offering a choice of two low-calorie Type A entrees called "Trim-A-Pound". The low-calorie dishes are served in the express line and consist of either a chef's salad or a cold plate along with bread and butter and whole milk to meet Type A requirements.

2233-74

NUTRITION EDUCATION IN ACTION: HOME HEALTH CARE AGENCIES.

M M Hill
Nutr Program News 4 p. Mar/Apr 1968.
1.982 A2N955District of Columbia, Home health aides, Home health services, Medicare, North Carolina, Nutrition education, Paraprofessional training, Patient care, Seattle.
Abstract: Medicare pays for health services in an individual's home on a visiting basis for needed continuous care. In the District of Columbia, a nutritionist serves as consultant to the home health care team and trains the home aides in food shopping and preparation. A similar program is run by a North Carolina county. In Seattle, a hospital extension service provides health care in homes. A dietitian visits each patient for whom doctors prescribe diet modifications to evaluate

cooking facilities and shopping resources. The hospital also sends meals to homes on a temporary basis.

2234-74

NUTRITION EDUCATION FOR SPECIAL PROGRAMS--DIABETES AND ARTHRITIS.

M M Hill
Nutr Program News 4 p. Sept/Oct 1965.
1.982 A2N955Arthritis, Diabetes mellitus, Diet counselling, Diet information, Health programs, Nutrition education, Patient care, Program design.
Abstract: Federal and state programs of nutrition education for diabetics and arthritics are described. Many of these programs for diabetics include their families as well. Detection programs are stressed, because knowledge of arthritis is still limited, the afflicted are susceptible to food faddism. Educational programs emphasize authoritative information on diet.

2235-74

EXTENSION SERVICE PROGRAMS PROMOTE GOOD NUTRITION.

M M Hill
Nutr Program News 4 p. Nov/Dec 1963.
1.982 A2N955California, Community programs, Educational programs, Illinois, Nutrition education, Program design, Virginia.
Abstract: Nutrition short courses for professionals and homemakers wishing advanced nutrition are given in a number of California counties. They last one month and are held at time convenient for working women. The primary aim is to encourage wise food selection. Illinois has developed short courses on foods and nutrition for homemakers with young children (free baby sitting is provided). In Virginia, group weight programs for weight loss has been quite successful. Details for these programs are given.

2236-74

GOOD MORNING! IT'S TIME TO EAT!

M M Hill
Agric Mark 6 (9): 3-4. Sept 1961.
A280.38 AG8Attitudes, Breakfast, Diet improvement, Diet patterns, Food habits, Motivation, Nutrient intake, School breakfast programs.
Abstract: There are various reasons why schools should encourage children to eat a good breakfast. Schools can help establish and modify food habits that will be beneficial in adult life. This article suggests ways to handle problem eaters, especially teenagers.

2237-74

NUTRITION AND FOOD SERVICE ACTIVITIES IN DAY CARE PROGRAMS.

M M Hill
Nutr Conn News 4 p. Mar/Apr 1962.
1.982 A2N955Child nutrition programs, Day care services, Food service, Nutritionists.
Abstract: Some of the nutritional problems represented by day care centers in terms of lack of funds and trained staff are delineated. Nutritionists can help alleviate these problems and improve feeding of children attending day care centers.

2238-74

HELPING PEOPLE TO HELP THEMSELVES--EXTENSION AID PROGRAM.

M M Hill
Nutr Program News 4 p. Mar/Apr 1970.
1.982 A2N955
Educational programs, Extension agents, Extension education, Low income groups, Nutrition aides, Nutrition education, Paraprofessional training, Program design, Program evaluation.
Abstract: The extent and planning for the Extension Service program of using nonprofessional aides to help improve food use and nutrition of disadvantaged peoples throughout the U. S. This report tells how aides are selected, trained and supervised and how progress is evaluated by professionals and the aides themselves.

2239-74

SCHOOL LUNCH PARTICIPATION.

Mary M Hill, Erthein N Evans
Nutr Program News 4 p. Mar/June 1974.
1.982 A2N955Food quality, Portion control, Psychological aspects, School food service, School lunch programs, Student participation.
Abstract: Nutritionists, administrators, school lunch personnel, teachers, and parents have expressed concern about participation in and acceptability of school lunch programs. As a result of a review of the literature and years of observation, we will describe some typical school lunch situations, discuss some of the factors that influence both participation and acceptability, and offer some suggestions for upgrading school lunch programs where such changes are needed.

2240-74

FOOD AND NUTRITION SERVICES IN DAYCARE PROGRAMS FOR YOUNG CHILDREN.

M Hill, D F Nicoll, S Sadov
Nutr Program News 4 p. Nov/Dec 1966.
1.982 A2N955

Day care services, Federal aid, Food services, Government role, Head Start, Legislation, Mentally handicapped, Nutrition education.

- ation, Parent participation.
 Extract: Congressional legislation has enabled the improvement and expansion of day care services. At least one state has offered day care to mentally retarded children. Head Start programs have established food and nutrition education programs that include parents.
- 2241-74
SCHOOL LUNCH: A LABORATORY FOR DEVELOPING GOOD FOOD HABITS.
 N A Binton
 Sch Lunch J 18 (3): 38-40. Mar 1964.
 389.8 SC6
 Diet improvement, Educational programs, Food habits, Food preferences, Nutrient intake, Nutrition education, School food service, School lunch programs, Snacks.
 Extract: The school leachra is a fine laboratory in which a child may learn more about the foods that make up a good diet, and how to enjoy a wide variety of foods. The lunch should provide nutrients and reinforce classroom nutrition teaching. Plate lunches with limited choices can improve acceptance. Several ways of widening a child's encounters with unfamiliar foods are suggested. Schools should be discouraged from selling snack foods on the premises.
- 2242-74
FEEDING THE POOR.
 I B Birch
 Hospitala 44 (11): 97-100. July 1970.
 RA960.86 F6
 Community programs, Demonstrations (Educational), Donated foods, Food distribution programs, Food instruction, Health programs, Hospitals, New York City, Nutrition education.
 Extract: A New York hospital admitted a severely malnourished little boy. This incident made the hospital staff aware of hunger in the neighborhood. The government surplus foods program in the area needed emphasis and help, so local professional and social agencies formed a food surplus committee to function at the hospital. Food demonstrations were given to attract others in the clinic. Attempts to set up a secondary food distribution depot nearby, to get around transportation problems, necessitated increasing the number of recipients by increasing them of their eligibility.
- 2243-74
WHY HEALTH PROGRAMS ARE NOT REACHING THE UNRESPONSIVE IN OUR COMMUNITIES.
 W Mcff
 Publ Health Curr 81 (7): 654-658. July 1966.
 HA421.P8 F6
 Community programs, Health programs, Low income groups, Program design, Program evaluation, Program planning.
 Extract: Lower income families are usually not reached by customary health programs. Much of their time is spent maintaining existence. Health programs appeal to values poor people do not share. Programs might be more successful if the target group took part in the planning. Health services must be offered conveniently to those who need them, child clinics must have hours suitable for working mothers and must serve sick children. Informal neighborhood talks could help identify problems and local health aides could bridge many gaps.
- 2244-74
REACHING OUT TO THE ISOLATED AGED: A REPORT OF HENRY STREET SETTLEMENT'S PARTICIPATION IN PROJECT RENAISSANCE.
 John A Howells, Edward J Krauer
 New York, Henry Street Settlement Urban Life Center 18 p.
 Sent 1972.
 TE361.A3M6 F6
 Aged, Community action, Food programs, Professional education.
 Abstract: Those working in food programs for the aged should find this report of a demonstration project to reach the isolated and poor elderly offers suggestions of help. The Henry Street group brought meals and other services to the aged in Manhattan's lower East Side. Community aides delivered the meals and performed essential services for the household. Elderly, able-bodied volunteers served as home visitors. Photographs, and a week's menu in Spanish and English are included.
- 2245-74
NOW TO FEED THE AMERICAN INDIAN.
 Food Management 9 (4): 55. Apr 1974.
 TE341.F69
 American Indians, Donated foods, Ethnic foods, Food distribution programs, Food preparation, Equality, Food service training, Menu planning, School food service, Southwestern states.
 Abstract: The school food service creation at the Navajo reservation in Arizona, Utah, and New Mexico is making use of USDA donated foods and a program of food service training for school kitchen personnel. Health and medical services are also being provided on a large scale, giving instruction in nutrition education as well as treating disease and injury.
- 2246-74
FOOD FOR THOUGHT (MOTION PICTURE).
 Illinois, Department of Public Instruction
 St. Louis, Mo., Cine-Graphic Film Lab 1 reel, 16mm, sd, col,
 24 min. 1974.
 LB3479.05P5 P6
 Child nutrition programs, Food programs, Food service, School food service, School lunch, School lunch programs.
- Abstract: This film explains and promotes the School Lunch Program. It could be used as part of a campaign for establishing such a program in a school system or as an educational tool in teaching the program's organization and benefits. Information on the development of the School Lunch Program coat, how it is administered, the content of a type A meal, and specific benefits including the prevention of problems in behavior and learning, the establishment of a situation for improved communication between teacher and student, and the providing of an outlet for nutrition education are included. The relative low participation of students in this program is discussed along with suggestions for participation rate improvement.
- 2247-74
NEW YORK CITY'S BUREAU OF NUTRITION.
 G Jansen, G Christakis
 J Am Diet Assoc 40 (4): 301-306. Apr 1966.
 389.8 AN34
 Educational programs, Government role, Health education, New York City, Nutrition education, Nutrition programs, Program design.
 Extract: New York is one of the few American cities to have its own Bureau of Nutrition. It runs six nutrition clinics and three obesity clinics to help combat nutritional deficiencies. It has an anti-obesity program in high schools as well as a clinic regimen for weight reduction. The Bureau does surveys of anemia and malnutrition, alcohol and narcotic rehabilitation, and administers antismoking programs. In addition, it assigns nutritionists to tuberculosis and prenatal clinics and administers an anti-coronary club.
- 2248-74
NUTRITION PROGRAMS FOR PRESCHOOL CHILDREN.
 D B Jelliffe, E P F Jelliffe
 Amer J Clin Nutr 25 (6): 595-605. June 1972.
 389.8 J824
 Child nutrition programs, Community programs, Guidelines, Nutrition education, Preschool children (2-5 years), Program design, Program planning.
 Extract: Guidelines for child nutrition programs are presented. The 19 principles include adaptation to ecology, community participation, nutrition education, and integration with maternal and child health programs. Nutrition education, which should be a priority in health services, needs to be culturally acceptable, locally practicable, and pretested.
- 2249-74
NUTRITION PROGRAMS FOR PRESCHOOL CHILDREN.
 Derrick W Jelliffe, E P Patrice Jelliffe
 Amer J Clin Nutr 25 (6): 595-605. June 1972.
 389.8 J824
 Adult nutrition education, Child nutrition programs, Developing nations, Evaluation, Malnutrition, Nutritional rehabilitation, Preschool children (2-5 years), Professional education, Training.
 Abstract: This paper presents guidelines developed by a symposium on the subject sponsored by international groups concerned. Problems of preschool child health in developing nations are reviewed, and programs of potential solution are outlined. Among the points recommended are adaptation to local ecology, including the cultural pattern, community participation, remaining within the economic restraints, integration with maternal and child health services, focus on at risk districts and children, make education the primary role, train staff for function and need, and be guided by evaluation. Such programs should be acceptable within national planning, include hospitals, supplementary feeding programs and day care centers, nutritional rehabilitation centers, village improvement programs, and the like. Nutrition education of adults is considered to be an integral part of any program in nutrition for the preschool child. Nutritionists, planners and other health professionals will find the article of interest.
- 2250-74
JOE STEWART, SILVER PLATE.
 Food Management 9 (5): 48-50, 78, 80. May 1974.
 TE341.F69
 Decision making, District of Columbia, Equipment, Food delivery systems, Food preparation and distribution systems, Food service management, School food service, School lunch programs, Student participation.
 Abstract: Joe Stewart, director of food services for the Washington, D.C. public schools, has almost doubled participation in the Type A lunch program with no increase in budget other than for mandatory costs. The secret lies in good management--a willingness to make decisions and use common sense to get things done, rather than go the route of endless meetings, discussion, and feasibility studies.
- 2251-74
TEENS TACKLE NUTRITION PROBLEMS.
 D J Johnson
 Ext Serv Rev U S Dep Agric 40 (11): 20-21. Nov 1969.
 1 EX892EX
 Adolescents (12-19 years), Educational programs, Georgia, Nutrition education, Program design.
 Extract: State youth organizations are participating in their own nutrition program in Georgia and have been for some years. Extension workers and other adults have advised and served as resource people. The Georgia Nutrition Council gives policy judgment and financial support, and an appointed Executive

BIBLIOGRAPHY

2252-74

Board serves voluntarily to implement the young people's wishes. The youth organizations and some of their activities are listed.

2252-74

EVALUATION OF THE LOUISIANA NUTRITION EDUCATION PROGRAM.
 J N Jonas
 Natca News, Louisiana Cooperative Extension Service 58 p.
 fa. d. l.
 TX364.362 P5H
 Disadvantaged groups, Food habits, Food programs, Low income groups, Nutrition education.
 Abstract: This report outlines the procedure used to evaluate a special nutrition program in Louisiana and the results of this study. Information is presented on food habits and various factors affecting these food habits of the families involved. Changes with respect to the partici pants and their families as a result of the program are given in terms of consumption of foods from the Four Food Groups and nutrition knowledge. Sample forms used in the program are included. Those development consumer oriented nutrition education programs say find this program evaluation helpful.

2253-74

NUTRITION EDUCATION--AN INTEGRAL PART OF A SCHOOL FEEDING PROGRAM.
 L Juhua
 Nutr Program News 4 p. May/June 1969.
 1.982 A2H955
 Day care services, Food preparation, Quantity, Food selection, Nutrition education, Program design, San Francisco, School food service, School lunch programs, Student participation.
 Abstract: The San Francisco school district runs a number of children's centers where children say receive care for all or part of a day. Children receive lunch or other meals there, and parents say as they are able for the service. A nutritionist is employed to integrate meals into the curriculum. Interests expressed by the children are used by the teachers to enhance their knowledge of foods. Practical experiences in food buying and preparation for good nutrient intake are described.

2254-74

NUTRITION EDUCATION: AN INTEGRAL PART OF A SCHOOL FEEDING PROGRAM.
 Loretta Juhua
 Nutr Program News p. 1-4. May/June 1969.
 1.982 A2H955
 Nutrition education, Parent education, Preschool children (2-5 years), San Francisco, School breakfast programs, School food service, School lunch programs, Teacher education.
 Abstract: A program which includes preschool children is described. The program is based in San Francisco in 27 Children's Centers. The areas emphasized include food service, personnel training, good food habits, nutrition education for school children, teachers and parents.

2255-74

NEW PROGRAMS FOR PATIENTS WITH DIABETES.
 H Kaufman
 J Am Diet Assoc 44 (4): 277-279. Apr 1964.
 389.8 AM34
 Diabetes mellitus, Diabetic diets, Diet counselling, Diet instruction, Instructional aids, Nutrition education, Patient care, Teaching techniques, Therapeutic nutrition.
 Abstract: In several New Jersey communities, physicians can refer patients to qualified dietary counselors. About half the patients referred have been diabetics. In several areas throughout the country, diabetic patients can gain new understanding of their problems through classes. Summer camps for diabetic children offer similar educational experiences. Closed circuit television is being used to teach patients about diet. Some new booklets and mass produced food models are available for teaching.

2256-74

WE HAD A HEALTH FAIR!
 M S Kelly
 J Sch Health 34 (9): 408-410. Nov 1964.
 LH3401.J6 P5H
 Community programs, Educational programs, Exhibits, Health education, Health programs, Parent participation, Safety education, School children (6-11 years), Teaching techniques.
 Abstract: School health personnel, teachers, PTA, local health and safety agencies in Rochester, New York, all united to give a one-day health and safety fair for grade school children and parents. Exhibits were created by students. A child was admitted only in the company of two adults. Supper patterned after a school lunch was served.

2257-74

WE HAD A HEALTH FAIR!
 M S Kelly
 J Sch Health 34: 408-410. Nov 1964.
 LH3401.J6 P5H
 Community programs, Educational programs, Exhibits, Health education, Health programs, Parent participation, Safety education, School children (6-11 years), Teaching techniques.
 Abstract: School health personnel, teachers, PTA, local health and safety agencies in Rochester, New York, all united to give a one-day health and safety fair for grade school children and parents. Exhibits were created by students. A child was admitted

only in the company of two adults. Supper patterned after a school lunch was served.

2258-74

SUMMER IN TENNESSEE: TWO SPECIAL PROGRAMS.
 Linda Klein
 Food Nutr 4 (2): 8-9. Apr 1974.
 aTX341.P615
 Child nutrition programs, Disadvantaged youth, Memphis, Tennessee, Nashville, Tennessee, Program design, School food service, Student participation, Summer Food Service Program, Summer programs.
 Abstract: In Nashville, Tennessee, about 300 needy children participate in the National Summer Youth Sports Program. Under the program, children took part every day in sports and educational activities. When they arrived at 3:30 each afternoon, the kids received a free hot meal served at one of Tennessee State's dining halls. Meanwhile, in Memphis, the city's school food service system helps during the summer months by providing 17,500 picnic lunches for youngsters participating in the Park Commission's summer recreation programs.

2259-74

LUNCH IS SERVED IN SECONDS.
 Linda Klein
 Food Nutr 4 (3): 14-15. June 1974.
 aTX341.P615
 Cafeterias, High schools, School food service, Student involvement, Tennessee.
 Abstract: A Knoxville, Tennessee high school boasts an unusual cafeteria: no waiting lines. Equipment and handling procedures are described. Student involvement in menu preparation contributes to making this a special school service facility.

2260-74

COMPREHENSIVE SELF-IMPROVEMENT PROGRAM FOR INNER CITY OBESE TENNAGE GIRLS.
 A J Kline, J Sarron, M H Roberts
 J Sch Health 39 (1): 21-28. Jan 1969.
 LH3401.J6 P5H
 Adolescents (12-19 years), Diet improvement, Disadvantaged youth, Females, Food habits, Obesity, Self concept, Weight control.
 Abstract: Because inner city youth lack opportunities to develop social skills, a speech therapist was included in a multi-disciplinary team to help obese girls learn weight control. The girls were encouraged to develop social skills, decision-making ability, and improve their selfimage. Exercises, nutrition sessions, and speech refinement classes went on for three months. All girls showed improvement.

2261-74

KNOXVILLE BEATS THE ODDS.
 Instit/vol Feeding 75 (5): 78, 56. Sept 1974.
 TK1.I55
 Attitudes, Child nutrition, Equipment, School breakfast, School food service, School lunch, Tennessee.
 Abstract: Professionalism in school food service makes for happier, well-nourished children. In Knoxville, Tennessee school lunch and breakfast programs are well attended. A description of methods, equipment, and innovations is given.

2262-74

TEACHING BETTER USE OF DONATED FOODS.
 K Kristianson
 Ext Serv New U S Dep Agric 32 (7): 139. July 1961.
 1 EX892HX
 Demonstrations (Educational), Donated foods, Educational programs, Food preparation, Home, Food instruction, Mass media, Recipes, Televised instruction, Vermont.
 Abstract: Vermont Extension workers created a booklet with recipes on the nutritional value of donated foods and then went on television to show how to prepare them. Press and radio publicized the cosecondities and the pamphlets were given out by home demonstration agents and television and radio stations.

2263-74

PLANNING AND EVALUATION OF APPLIED NUTRITION PROGRAMS.
 Michael C Lathan
 Rose, Food and Agriculture Organization 126 p. 1972.
 TX360.L3 P5H
 Applied nutrition, Evaluation, Professional education, Program planning.
 Abstract: Program planners, health professionals, educators, and others working in both developed and developing countries will find this a comprehensive handbook. It discusses the why, how, and what of all phases of applied nutrition programs at the national level; the information could equally well be applied to new or existing programs.

2264-74

NUTRITION EDUCATION INVOLVES TOTAL SCHOOL.
 M E Lavigne, L Siegel
 J Sch Health 35 (3): 101-104. Mar 1965.
 LH3401.J6 P5H
 Educational programs, Food service workers, Nutrition education, Program design, School administration, School food service, School lunch programs, Teachers.
 Abstract: A public health nurse-school health consultant worked with other faculty and administrators and the school lunch personnel to develop an integrated eight-week, school-wide

- nutrition program in which all students participated. The success of the project was shown by great decreases in lunch waste and enthusiastic contributions to CARE on the part of the students.
- 2265-7a**
LEARNING TO USE USDA DONATED FOODS.
Agric Mark 9 (1): 3. Jan 1964.
A280.38 AG8
Arizona, Demonstrations (Educational), Donated foods, Food distribution programs, Food preparation, home, Food instruction, Home economists, Recipes, Televised instruction.
Extract: At the Navajo Tribal Fair, Arizone welfare home economists ran a commodity food distribution booth with cooking demonstrations, free samples, and recipes. Other states have held such demonstrations at food distribution centers. Eight educational television programs on donated foods in Vermont resulted in many requests for recipes. Some radio stations and newspapers have prepared special recipe leaflets.
- 2266-7a**
TEXAS COMMUNITY TACKLES TEENAGE FOOD AND NUTRITION PROGRAM.
C 5 Lee
J Econ Econ 55 (10): 763-766. Dec 1963.
321.8 J82
Adolescents (12-19 years), Community programs, Educational programs, Nutrition education, Program design, Student involvement, Student participation, Texas.
Extract: From a survey, it was found that teenagers skipped breakfast, feared fat, and ate poor snacks. A Texas county organized a nutrition steering committee made up of young people. At their first meeting, they presented a nutrition education program they thought would work. Before their program began, individual schools initiated scientific experiments and organized physical fitness contests. Newspaper informed the public about the program, and health professionals became involved. A county-wide meeting on food and nutrition led to requests for further local meetings. As a result of the program, food habits in many families changed.
- 2267-7a**
THE GREEN REVOLUTION: INCOME DISTRIBUTION AND NUTRITION.
Osa Lele
In Proceedings of the Western Hemisphere Nutrition Congress II Miami Beach, Fla., Sept. 2, 1971 p. 20-25. 1972.
TX345.W4 F5H
Economic influences, Employment opportunities, Food distribution programs, Grain products, Green Revolution.
Abstract: In order to assure the people of the world better nutrition, more than increased food production is needed. There must be the means for people to work, so that they have the money necessary to purchase this food. It is also very necessary for nutritional programs to be made available to the masses. Food fortification has to be available to help improve the quality of diet. Dr. Lele goes more fully into various economic influences in the food market.
- 2268-7a**
NUTRITION EDUCATION FOR THE AGED AND CHRONICALLY ILL.
Y Leone
J Nutr Educ 1 (3): 18-20. Winter 1970.
TX341.J6
Community programs, Diet counseling, Elderly (65 + years), Nutrient intake, Nutrient requirements, Nutrition education, Program design, San Francisco, Visiting homemakers.
Extract: Homemaker services in San Francisco are designed to prevent or postpone institutional care for the old or chronically ill. In addition to use of health aides, services include social work, nursing, and physical, occupational, speech therapy, and nutrition counseling. The home aide is most influential in effecting diet change. Food stamp participation has increased. A typical case history is described.
- 2269-7a**
NUTRITION PROGRAMS IN THE UNITED STATES DEPARTMENT OF AGRICULTURE.
E B Leverton
Am J Public Health 56 (5): 812-817. May 1966.
449.5 AM3J
Consumer education, Economic opportunity loans, Extension education, International programs, National School Lunch Program, Nutrition programs, Nutritional surveys, Research, U.S. Dept. of Agriculture.
Extract: Nutrition begins with food. Programs that concern consumers include the Extension Service educational program, the National School Lunch Program and the Economic Opportunity Loans to Farmers. USDA research activities have investigated human nutrient requirements, food conservation, and food expenditure, among others. It also has programs of food-related research in foreign countries and donated food for foreign aid.
- 2270-7a**
A LOAF OF BREAD, A JUG OF MILK AND THOU, GRANDPA.
Sch Foodserv J 29 (8): 62. Sept 1974.
389.8 SC86
Community involvement, Massachusetts, Parent participation, School lunch programs.
Extract: Community interest is an essential part of a school lunch program in Woburn, Massachusetts. The foodservice director has hit upon a unique method to get this message across--all he needs is a typical school lunch and grandparents of elementary school children.
- 2271-7a**
LESSONS FOR THE FEDERAL EFFORT AGAINST HUNGER AND MALNUTRITION--FROM A CASE STUDY.
Rosea Lukaczer
Am J Public Health 61 (2): 259-276. Feb 1971.
449.9 AM3J
Donated foods, Food distribution programs, Food stamp programs, Hunger, Low income groups, Malnutrition, Professional education, Texas.
Abstract: This paper is a report of a study of the lack of success of commodity distribution and food stamp programs for low income groups in Texas. The state does not provide financial aid for these programs, for which eligibility to participate is determined by the counties. When distribution of commodity foods was discontinued in favor of food stamps, applications in some counties (though not all) because the foods were free, stamped cost money. For public assistance recipients, these foods represented a saving of substantial portion of their budgets. Many public assistance recipients do not participate in any food program, and there are a number of counties in the state which do not have a food program, generating conditions of hunger and malnutrition. This report is for nutritionists and governmental administrators.
- 2272-7a**
LUNCH GETS THE O.K. IN OKLAHOMA.
Food Nutr 4 (5): 14-15. Oct 1974.
AT341.7615
Central Kitchen, Elementary schools, Food service management, Oklahoma, Prepackaged portioning, School food service.
Extract: Lunches come in pairs at the elementary schools in Pald, Oklahoma. The lunch pairs consist of a "hot pack" and "cold pack", which together make up a well balanced meal for the children. A central kitchen provides these lunches to the city's 14 elementary schools, which previously had no food service. In its first year of operation, the cafeteria was serving around 80 percent of the student body.
- 2273-7a**
PROGRAM EVALUATION: FOOD STAMPS AND COMMODITY DISTRIBUTION IN RURAL AREAS OF CENTRAL PENNSYLVANIA.
J Patrick Hadden, Marion D Yoder
University Park, Pa., The Pennsylvania State University 119 June 1972.
TX361.83 F5H
Commodities, Donated foods, Evaluation, Food programs, Food stamp programs, Nutritional status, Professional education.
Abstract: This study showed that families using food stamps had somewhat better diets than those that did not use food stamps, but only under certain circumstances. Little benefit was found more than two weeks after the purchase of food stamps. Food stamp families substituted a large proportion of their increased food purchasing power for expenditures other than on food that would provide the nutrients most beneficial to the family's diet. For nutrition educators and others concerned with the administration of food stamp programs.
- 2274-7a**
THE NUTRITION STORY FOR LOW-INCOME FAMILIES.
M Mahoney
Ext Serv Rev U S Dep Agric 33 (5): 188-189. Sept 1962.
J EX892EX
Food preparation, home, Food purchasing, Low income groups, Meal planning, Money management, Nutrition education, Paraprofessional training, Texas, Visiting homemakers.
Extract: Homemakers in a Texas housing project for low-income families were the object of a nutrition program that they helped plan and carry out as volunteers with the advice of Extension workers, other home economists, and church and civic leaders. They were shown how to store food items, how to prepare dishes from donated foods, how to stretch food dollars, and how to plan meals. Other housing units have requested help to establish similar programs.
- 2275-7a**
HOME AND SCHOOL COOPERATE TO ENRICH THE HOME-PACKED SCHOOL LUNCH.
W R Manning, L R Olsen
J Sch Health 32: 87-89. Mar 1962.
LW3461.J6 F5H
Bagger, Diet improvement, Guidelines, Meal planning, Nutrition education, Parent participation, Student participation, Teaching techniques.
Extract: This article tells how one school system cooperated with parents to improve lunches packed at home. Parents indicated the types of lunches they provide, and the school prepared printed guidelines suggesting other nutritious foods. Students used these lists in classes to evaluate the nutrient content of their home-packed lunches.
- 2276-7a**
THE ROLE OF THE COMMUNICATIONS SPECIALIST: THE "REACH-AND-FREQUENCY" USE OF MASS MEDIA.
Richard K Hanoff
In Proceedings of the Western Hemisphere Nutrition Congress II Miami Beach, Fla., Sept. 2, 1971 p. 156-168. 1972.
TX345.W4 F5H
Communication skills, Iron, Media selection, Proteins, Vitamin A.
Abstract: Although this article describes the way a new conc-

2277-74

ent would be taught through the use of television and radio, many of the basic ideas used by Mr. Hanoff would be of value to any educator. Using mass media, we are able to reach more people, in a larger range, and faster than any other method. The principles, though, in reaching and changing the ideas of people, would be the same, if you are teaching a single family, or a group of a million families. Included in the article are fourteen important "disciplines" to be used in messages given to the public.

2277-74

THE NEEE FOR SOCIAL ANTHROPOLOGICAL OUTLOOK IN COMMUNITY NUTRITION PROGRAMS.

E G Hartens

Can Nutr Notes 22 (10): 113-119. Dec 1966.

389.9 C168

Anthropology, Community programs, Cultural factors, Food habits, International programs, Nutrition education, Program planning, Resistance to change, Social factors.

Extract: Before launching educational programs in nutrition in any country, it is important to determine what changes are feasible and to have some idea where resistance might be expected. Illustrations of such problems are drawn from the anthropological literature, one a project among the South African Zulu, another from a program for Indians and Eskimos in Canada.

2278-74

TRENDS IN SCHOOL FOOD SERVICE.

Josephina Martin

Sch Lunch J 22 (8): 67-72. Sept 1968.

389.8 SCH6

Cost effectiveness, Food preparation and distribution systems, Food service management, Nonfood assistance programs, Nutrition education, Reduced price school lunches, School administration, School food service, Systems approach.

Abstract: Certain present trends in school food service should be carried on into future operations. (1) Programs will expand to include continuous school food service for all meals. (2) Nutrition education will become standard in all schools. (3) Systems will develop for assuring all students receive lunch--reduced-price, full cost, or free. (4) There will be more extensive federal non-food assistance. (5) School lunch operations will have to become more efficient. (6) Standards for food purchasing and quality control will be raised. (7) There will be more computer application to school lunch operations. (8) Better warehousing, preparation, and control of donated foods will be developed. (9) More and better school food service management training will be developed. (10) School administrators will take a more active role in food service planning and decision-making.

2279-74

A 'FAIR' WAY TO TEACH NUTRITION.

H Sarvosh

J Nutr Educ 2 (2): 48-49. Fall 1970.

TX341.J6

Community programs, Diabetics, Exhibits, Hospital food service, Hospitals, Nutrition education, Program design, Program evaluation, San Francisco.

Extract: A nutrition fair sponsored by a hospital was held at a San Francisco medical center. Twenty-nine groups participated with display, booths, films, and entertainment. Subject matter varied from new trends in hospital dietetics, infant feeding, low-sodium and low-calorie diets to pesticides in food and the relation of the dietary department to other hospital departments.

2280-74

FOOD AND NUTRITION PROCEDURES IN TIME OF DISASTER.

G B Mansfield

Rome, FAO 57 p. 1967.

TR361.W32 FEM (FAO nutritional studies, no. 21)

Administration policies, Civil defense and disasters, Community feeding centers, FAO/WRC, Hunger, Planning, Starvation, Storms.

Abstract: This manual is geared to help government officials provide food and water supplies to large numbers of people before there is considerable suffering, short, medium and long time food emergencies are discussed. The author discusses action to be taken to prevent hoarding, price controls, rationing systems, protection and conservation of food supplies.

2281-74

WEIGHT CONTROL IN PUBLIC SCHOOL CHILDREN.

J Haver

Postgrad Med J 45 (6): 267-269. June 1969.

R31.P6

Diet counselling, Diet improvement, Exercise, Health programs, Nutrition education, Program design, School children (6-11 years), Weight control.

Extract: A successful voluntary weight control program was instituted and carried on for several years in a Massachusetts school system. Emphasis was on increased physical activity and dietary education along with psychological support.

2282-74

IMPROVING NUTRITION IN THE INDIAN COMMUNITY SCHOOL, MILWAUKEE.

Franklin McCormick

J Am Diet Assoc 68 (4): 40E-40F. Apr 1974.

389.8 AH34

Adolescents (12-19 years), American Indians, Diet improvement,

Nutrition education, Nutrition programs, Nutritional deficiencies, Program design, School food service, School lunch programs.

Abstract: The Indian Community School is a private venture undertaken by Indians with support from local universities, churches, food purveyors, and interested citizens. The purpose of the school is to help Indian children, whose public schools have failed, to adjust to urban life. Classes are held in an abandoned Coast Guard facility and breakfast and lunch programs have been set up. Food, dishes, and equipment are donated, and the menu is a compromise between the Indian students' food preferences and the USDA foods available. Nursing students working with students' nutrition problems have established a health screening project in which health disorders requiring adjustment of food intake were discovered and corrected.

2283-74

TEAM APPROACH GETS RESULTS.

C P McCrady

Ext Serv Rev U S Dep Agric 33 (3): 61, 71. Mar 1962.

1 EX892EX

California, Community programs, Diet improvement, Educational programs, Mexican Americans, Nutrition education, Program design, Program planning, School food service.

Extract: A California county has involved 15 local groups in teaching nutrition. Groups include professional associations, PTAs, and community service organizations. Teaching methods have included short courses, a workshop for restaurant workers, and a nutrition puppet show. Educational materials were written in Spanish as well as English. Teachers and leaders were given a program to help increase their understanding of Mexican-American foods and nutrition and to aid increased use of school cafeteria food by Mexican-American children.

2284-74

MCDONALDS MOVE OVER.

Sch Foodserv J 28 (3): 44-47. Mar 1974.

389.8 SCH6

Menu planning, Merchandising, Nevada, School food service, School lunch programs, Secondary schools, Student participation, Type A lunch.

Extract: Noting that secondary students were not particularly wild about the Type A meal, the Clark County, Nevada, schools decided to give kids what they go out to get--hamburger, French fries, and a milk shake. The unique thing about the "combo", as this combination is called, is that it meets Type A requirements. The hamburger, consists of a two-ounce lean meat patty, bun made from enriched flour, lettuce and tomato (for one-quarter cup of the fruit and vegetable requirement), pickles and onion slices, and "goop" that consists of salad dressing, relish, catsup, and ketchup. Making up the rest of the combo plate are three-quarters cup of vitamin C-fortified French fries and a special milk shake. The shake contains the required half pint of fluid milk plus nonfat milk solids.

2285-74

FOR BETTER TEENAGE NUTRITION.

H McKinstry

Ext Serv Rev U S Dep Agric 32 (7): 147. July 1961.

1 EX892EX

Adolescents (12-19 years), Four H Clubs, Mass media, Nutrition education, Nutrition knowledge, Program design, Program planning, Student involvement, Television.

Extract: Teenage 4-H Clubs carried out various nutrition projects in a two-month television series. Projects included a snack contest, information on how to get children to eat breakfast, and animal experiments. Everyone in the program took part in the planning.

2286-74

THE GREAT PROTEIN FIASCO.

Donald S McLarn

Lancet ii: 93-96. July 13, 1974.

448.8 L22

Kwashiorkor, Marasmus, Protein malnutrition, Protein-calorie malnutrition, Protein-rich mixtures.

Abstract: This article points out that the world wide protein crisis, which has been acknowledged since the 1930s, is actually a fiasco and that the real nutritional problem has been the lack of nutrients in general with an energy gap. Nevertheless combat measures have been protein oriented and quite ineffective. Protein rich mixtures were developed but never commercially produced. Mixtures of local food stuff are now beginning to be emphasized. Research, scientific meetings, publications, and involvement of the food industry and public all emphasized proteins. The problems now beginning to be recognized in terms of total nutrients and many factors such as poverty, ignorance, bad housing, lack of family planning, etc. as well as dietary factors. Attempts are now finally being made by economists and others to include nutrition and these other factors at the national policy planning level. Protein requirements are being lowered and there is actually a concern about the "safe level of protein intake." Nutritionists and related professionals will find this viewpoint of interest.

2287-74

THE CHALLENGE FOR SCHOOL LUNCH IN THE PROGRAM OF YOUTH FITNESS.

S McManley, R Loverton

Sch Lunch J 17 (2): 13-26. Feb 1963.

PAGE 198

- 389.8 SCH6
Diet improvement, Energy, Food habits, Nutrient intake, Physical exercise, Physical fitness, School lunch programs, Snacks.
Extract: This article presents two points of view on the use of the school lunch program as a national physical fitness program: the first by a physical educator, the second a nutritionist. Good nutrition and exercise, as balanced factors, result in fitness. School lunch can share a supportive role to attain this goal. Today's child has access to many foods which fill social needs while supplying excess energy.
- 2200-74
TEEN TIME FOOD FARE: 'ACTION PACKAGE' FOR NUTRITION EDUCATION.
L. W. Mitchell
Ext Serv Rev U S Dep Agric 39 (8): 14-15, Aug 1968.
1 EX492FX
Adolescents (12-19 years), Disadvantaged youth, Educational programs, Illness, Nutrition education, Program design, Student involvement, Student participation, Summer camps.
Extract: An Illinois county has developed a Teen Time Food Fare for which teenagers take the leadership. Activities and programs are challenging, entertaining, and relatively unstructured. Summer camps and projects for helping disadvantaged groups are part of the total program.
- 2209-74
MODEL DINING MEANS MODEL SERVICES.
Sch Food Serv J 28 (1): 64, 65, Jan 1974.
389.8 SCH6
Dining rooms, Educational programs, Food service methods, Mesa, Arizona, Program design, School food service, School lunch programs, Student involvement, Student participation.
Abstract: It all began as a limited project to improve student behavior in the dining room. The staff at an elementary school in Mesa, Arizona, set as a model dining environment in which meals were served easily, and the table setting and food service handled by the students themselves. With classroom support from teachers who gave instruction in good eating habits, table settings, personal hygiene, trying different foods, and knowledge of various food service careers, the model program proved a huge success. Now the school's whole cafeteria has become a model dining environment.
- 2290-74
ST. MICHAEL'S MAKES A DEAL.
Benedicto Montoya
Food Nutr 4 (2): 12-14, Apr 1974.
aTX341.P615
California, Parochial schools, Private schools, School food service, School lunch programs.
Abstract: A private Episcopal school is getting Type A hot lunches every day at cost through a unique contract arrangement with the nearby public elementary school. The advantages for the parochial school are obvious--Type A lunches at reasonable cost with no food preparation problems. For the public school the advantages are less obvious but still attractive. A decline in the school's enrollment caused the food service to lose money. Preparing food for the parochial school saves the public school's kitchen self-supporting again.
- 2291-74
CANYON DEL CRO TURNS SACK LUNCHEIS INTO TYPE A MEALS.
Benedicto Montoya
Food Nutr 4 (6): 6-7, Dec 1974.
aTX341.P615
Arizona, School lunch programs, Student participation, Type A lunch.
Extract: At Canyon Del Oro high school in Tucson, Arizona, school officials have done away with the conventional school lunch with trays, silverware, and the somewhat formal setting of a school cafeteria. In their place are lunch bags, sandwiches and finger foods--all good for eating "on the run" or under a tree, and in Canyon Del Oro, for increasing school lunch participation.
- 2292-74
THE GOLDEN JAR: IT'S NOPE THAN A PLACE TO EAT.
Benedicto Montoya
Food Nutr 4 (4): 14-15, Aug 1974.
aTX341.P615
Cafeterias, California, School food service, Student interests, Student involvement, Student participation.
Abstract: At Rowland High School, in Rowland Heights, California, active student involvement and work resulted in a new cafeteria, where it is difficult to get a seat during lunch. Students participated in design, decoration, menu planning and actually ran the food service.
- 2293-74
GEORGIA TEENAGE NUTRITION PROJECT.
Karan Moran
In Proceedings of the National Nutrition Education Conference, Washington, D.C., Nov. 2-4, 1971. P. 71-74. Apr 1973.
TD364.U529 P6M
Adolescents (12-19 years), Career choice, Nutrition, Projects.
Abstract: A description of the Georgia Teenage Nutrition Project, including who are its supporters (financial and policy), what are its goals, who may become members of the group, and how the goals of the group are achieved in given. Since almost all of the work of the Georgia Teenage Nutrition Project is done by the teenagers themselves, and their major purpose is to identify and seek solutions to the nutritional problems of the state's teenagers, other youth groups will be most interested in the work done by the group.
- 2294-74
BETTER NUTRITION--ECONOMICALLY.
C. Napier
Ext Serv Rev U S Dep Agric 39 (3-4): 3-5, Mar/Apr 1968.
1 EX492FX
Arizona, Donated foods, Educational programs, Food preparation, Home, Food purchasing, Low income groups, Money management, Nutrition education, Spanish Americans.
Extract: Much direct assistance to the poor--money and food--is soon gone. Spanish-American homemakers in Arizona get something more lasting from homemaking aides. Neighborhood meetings, and home visits: information on how to cook surplus commodity foods, how to get good buys at the store, and how to prepare a balanced diet. This information began to spill over the border into Mexico and the program was staged there also, with equally good effect.
- 2295-74
NATIONAL NUTRITION POLICY STUDY.
NUTFAM Sept 1974: 2-5, Sept 1974.
TX341.W82 P6M
Hearings, Legislation, Nutrition, Nutrition policy, Nutrition programs.
Abstract: This article offers a partial review of the hearings sponsored by the National Nutrition Policy Study held in June 1974 and identifies their purpose, the six panels involved, and a brief overview of the three days of testimony. More specific information is given on the recommendations of two panels, namely the panel on Nutrition and Government, and Nutrition and the Consumer. Future realizations resulting from the hearings are suggested and the address for ordering panel reports is given. This information should be of great interest to all nutrition educators.
- 2296-74
RESOURCES FOR THE AGING: AN ACTION HANDBOOK.
Washington, ERIC Document Reproduction Service 276 p. in 2 vols. Feb 1967.
26663.A3M4 P6M
Bibliographies, Consumer education, Directories, Elderly (65+ years), Employment, Federal government, Health, Job training, Program planning.
Available from: Computer Microfilm International Corp., P.O. Box 19C, Arlington, Virginia 22210. MF41.25.
Abstract: This catalog presents information about federal grants-in-aid, basic service programs for the aging, foundations and trusts, and national voluntary agencies supporting programs for the aged or willing to assist local groups organizing programs. Resources are given for financial assistance, food and clothing, housing, health services, nursing care, equipment and training, small business loans and services, general education and recreation, consumer education, civil rights, veterans programs, planning, facilities and staffing, programs for specific regions or special groups, and for rural areas and small towns. Each program description includes the following information: purpose of program, form and extent of assistance, requirements for eligibility, and where to apply.
- 2297-74
CHILD NUTRITION PROGRAMS: A POSITION STATEMENT.
National Dairy Council
Chicago, National Dairy Council 3 p. May 15, 1973.
LB3475.P3 P6M
Automated food service, Child nutrition programs, Milk programs, Professional education, Snacks, Summer programs.
Abstract: In this position paper issued in 1973 the National Dairy Council states its stand on certain proposed changes in the Government's school lunch, school breakfast, special food service and special milk programs. It opposes sale of competitive snack foods in food service areas during time of service of regular lunches, protests the simplified "summer meals," which allow fruit juice to be substituted for milk, and the curtailment of the special milk program. Reasons for the objections are given. For school food service managers and nutritionists.
- 2298-74
SCHOOL LUNCH BREAKTHROUGH--POLITICS, TECHNOLOGY SPUR EXPANSION OF FOOD PROGRAMS.
National School Public Relations Association
Arlington, Va. 64 p. 1972.
LB3475.S34 P6M
Child nutrition, Deficiency diseases and disorders, Eligibility, Food service, Low income groups, Nutrition education, School breakfast programs, School lunch programs.
Education USA Special Report.
Extract: The National School Lunch Program, despite its laudable achievements over the past quarter century, still has plenty of problems--the main one being that many hungry children are still not being fed. Many critics cite these causes: the federal government bureaucracy, the paucity of congressional appropriations committees, poor direction of some state programs, and budgetary dollar-pinching by the present Administration.
- 2299-74
HELPING LOW-INCOME FAMILIES USE DONATED FOODS.
B. E. Peiff
J Am Diet Assoc 45 (4): 358-361, Oct 1964.

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2300-74

389.8 A934

Cooking equipment (Small), Donated foods, Educational Programs, Food Preparation, Home, Foods instruction, Kentucky, Low income groups, Rural population, Teaching techniques.

Abstract: This article describes some of the problems of rural people who receive donated foods. In a Kentucky county, sixth grade is the average level of schooling. Many homemakers use no recipes and have no measuring utensils. Most stoves were wood or coal-burning. Thus, many donated foods are difficult to use. Those who work with these people need to know familiar, well-liked foods as well as unfamiliar, unliked ones.

2300-74

INDUSTRY RESPONSE TO THE NUTRITION CHALLENGE.

F O Nashels

Food Technol 25 (6): 41-44. June 1971.

389.8 P7398

Advertising, Community programs, Consumer education, Food industry, Industry role, Labeling, Nutrient standards, Nutrition education, Nutritional labeling.

Abstract: This paper reports one food company's policy regarding the nutrient levels of its products and the labeling of nutrients. Its policy is to promote nutrition education through advertising and labeling. It also provides special promotions and programs for schools and women's organizations, gives information to food editors, provides philanthropic grants for food projects, supports joint nutrition education endeavors of various kinds, and also supports experimental television programming.

2301-74

CONGREGATE MEALS: Pt. 2, PROVIDING THE DINING ROOM SERVICE (VIDEOCASSETTE).

New Zealand Gerontology cd.

[Durham, N.H.] 30 ser. ed. BGV. videocassette. 1973.

TK51.C6 Pt. 2 P2N AV

Concrete meals, Dining rooms, Disadvantaged groups, Elderly (65 + years), Facilities planning and layout, Facility requirements, Food service, Food serving methods, Psychological aspects.

Abstract: Elderly people who come to a central neighborhood dining area for meals have special nutritional, physical, and psychological needs that should be taken into account when planning the food service facility. This videotape discusses the pros and cons of cafeteria, table service, and family style meals from both the staff and customer's point of view. Two main factors will determine the type of service selected: (1) the number of dependable volunteers available; and (2) the size of the available dining area. Cafeterias require fewer personnel to operate than, but they also require an investment in steel tables and many old folks with handicaps find it difficult to negotiate a cafeteria table or carry a tray. Table service and family style meals are more pleasing psychologically, but require more personnel and a larger dining area. Whatever the choice, the food should be tasty and nutritious, the dining area cheerful and clean, and effort should be made to adapt the food service to customers' individual food preferences and special dietary needs.

2302-74

PROGRAMS FOR FEEDING OUR POOR.

C L Newberry

What's New Home Econ 32 (6): 56-58. Sept 1968.

321.8 M55

Consumer education, Diet improvement, Donated foods, Food distribution programs, Food purchasing, Food stamp programs, Low income groups, Nutrition education, U.S. Dept. of Agriculture.

Abstract: The U.S. Department of Agriculture's food assistance programs are described. Case study distribution was the first. The Food Stamp Program has been the most popular, though it has had problems in getting people who are accustomed to buying small amounts on credit, to use food stamps. Along with the various programs, nutrition education is needed. Food stamp users are like new consumers since their buying power has been enhanced. Educational radio programs that have improved food habits have been accompanied by weekly printed lists, shopping guides, and leaflets distributed with the stamps.

2303-74

NUTRITION PROGRAMS IN STATE HEALTH AGENCIES.

Hilton Z Nicholas, Gratchan K Collins

Natr Rev 32 (3): 65-67. Mar 1974.

389.8 M953

Applied nutrition, Consultants, Dietary standards, Nutrition programs, Nutritional surveys, Nutritionists, Professional education, Public health nutritionists.

Abstract: A recent survey of nutrition programs in state health agencies showed a wide variation in numbers of nutrition positions, training and experience requirements, and in the administrative locations of the nutrition activity. This article for professional nutritionists and administrators discusses the role of the nutritionist in these organizations, and presents the major areas of involvement where their presence may help solve nutrition problems. These are nutritional surveillance, nutritional standards, nutritional consultation and applied nutrition research. Surveillance identifies the nutritional needs of the area, setting standards includes those for meal service, nutrition education, personnel training, and evaluation of nutritional status, for example. Consultation is for agencies and institutions as well as patients. The applied nutrition is directed to designing, implementing

and evaluating model programs for possible implementation locally.

2304-74

SALUTE TO THE PRESIDENT.

North Carolina School Food Service Assoc.

Raleigh, N.C. 8 p. May 1974.

L83475.S2 P5N

Educational games, North Carolina, Nutrition education, School food service, School lunch programs.

Abstract: A play, which pays tribute to the North Carolina School Food Service Association is presented. The trend is historical mainly, with a narrator, children performing in chorus, taking the parts of various types of equipment and nutrients.

2305-74

NUTRITION EDUCATION IN ACTION IN SAN DIEGO'S SCHOOL SYSTEM.

Food Serv 36 (8): 54-57. Aug 1974.

389.2538 P732

California, Educational programs, Food preferences, Food waste measures, Menu planning, Nutrition education, School food service.

Abstract: The nutrition education program involves instructional classes for students, teachers and parents. Tests are being made in kindergarten, first, second and third grades. The students received the same lunch menu during three separate weeks--the first time before any nutrition education, the second midway in the school year, and the third after completion of their nutrition training.

2306-74

NUTRITION PROGRAMS FOR THE ELDERLY: SELECTING A MEAL DELIVERY SYSTEM.

J Home Econ 66 (1): 43-45. Jan 1974.

321.8 J82

Community programs, Congregate meals, Elderly (65 + years), Food delivery systems, Food preparation, Food preparation and distribution systems, Food purchasing, National Nutrition Program for the Elderly, Nutrition programs.

Abstract: This article suggests some factors to consider in selecting a meal delivery system for community-based nutrition programs. Meals served in congregate settings are a basic component of the new National Nutrition Program for the Elderly. Signed into law in March 1972, the program is being implemented by the Administration on Aging, U.S. Department of Health, Education and Welfare. In selecting a meal delivery system, you may choose from two basic options or some combination of the two: (1) food prepared by program staff; (2) prepared meals from an outside source and delivered to one or more sites; and (3) some meal components, such as prepared entrées, purchased; other components, such as salads and desserts, prepared by program staff.

2307-74

NUTRITIONAL REHABILITATION CENTERS.

Paq Bull 3 (4): 8-10. Winter 1973.

QD431.A1P7 P5N

Diet improvement, Health care, Health services, Nutrition education, Nutrition programs, Nutrition rehabilitation centers, Nutritional rehabilitation, Program evaluation, Therapeutic nutrition.

Abstract: In areas with a high prevalence of protein-calorie malnutrition in young children, nutrition rehabilitation centers were in fact a useful means for reducing mortality and morbidity rates. Recent experience has indicated the value of nutrition rehabilitation centers in emergency situations. Experience has also shown that they produce a substantial favorable change in the attitude of doctors, and more importantly of public health workers, towards nutrition problems and programs. Nutrition rehabilitation centers have some limitations: for instance they are usually not applicable to the treatment of children under one year of age who often require special medical and nursing attention. Also, their operation is difficult in rural areas with a scattered population. Local availability of appropriate foods is a critical factor in obtaining maximum long-term benefits from the operation of nutrition rehabilitation centers. Although ideally other projects and programs would deal with this problem adequately, in some cases it may be necessary for the nutrition rehabilitation center to be involved.

2308-74

OCTOBER 13-19 IS DATE TO CELEBRATE NATIONAL SCHOOL LUNCH WEEK.

Sch Foodserv J 28 (4): 19-21. Apr 1974.

389.8 SCH6

Advertising, Exhibits, National School Lunch Program, National School Lunch Week.

Abstract: The theme for the 1974 National School Lunch Week is: "You Are What You Eat". This article describes how the theme will be promoted through the use of exhibits, posters, lapel buttons, and special note paper, napkins, self-attaching stamps and seals, calendars, and folders for notebook paper--all printed with the National School Lunch Week symbol: a performing elephant.

2309-74

ONE SCHOOL GROWS TOMATOES.

Food Matr 4 (3): 7. June 1974.

ATX341.P615

Gardening, Oklahoma, Student involvement, Tomatoes.

Abstract: Students at an Oklahoma school system with an eye

PAGE 200

- towards rising food costs grew tomatoes, lettuce, and some eggplant as part of their horticulture studies. Growing food for the school cafeterias has stimulated student interest in the meals served.
- 2310-74
USING PROGRAM AIDS TO TEACH INDIAN FAMILIES BETTER NUTRITION.
F J Otis
Ext Serv Rev U S Dep Agric 4C (4): 8, 14. Apr 1969.
1 EX892EX
American Indians, Consumer education, Diet improvement, Educational programs, Extension education, Food purchasing, Nutrition aides, Nutrition education, Teacher aides.
Extract: Indian program aides of the Extension Service are helping to teach better use of food-buying money to various tribes in the Pacific Northwest. Several of the tribes, hearing of the work of one such person, have asked the Extension Service to help train one of them for the same purpose. Changing food habits is one of their more difficult tasks.
- 2311-74
BETTER HEALTH THROUGH BETTER FOOD.
F J Otis
Ext Serv Rev U S Dep Agric 40 (2): 3. Feb 1969.
1 EX892EX
Agricultural Extension Service, Children, Consumer education, Cost effectiveness, Extension agents, Extension education, Food supply, Gardening, Vegetables.
Extract: Extension agents worked with children to help them to help their families by growing vegetables. Most of the children grew enough food to really help their families save money.
- 2312-74
FOOD STAFF PROGRAM.
H A Cuen
Ext Serv Rev U S Dep Agric 35 (3): 43. Mar 1964.
1 EX892EX
Consumer education, Diet improvement, Food purchasing, Food stamp programs, Low income groups, New Mexico, Nutrition education, Rural population, Spanish Americans.
Extract: Even rural New Mexicans with vegetable gardens have improved their family foods with the help of food stamps and an educational program to help them buy, prepare, and plan their meals. A county nutrition committee has given community meetings on buying, market tours of local stores, and nutrition classes for welfare workers. A newsletter in both Spanish and English featuring plentiful foods was paid for and distributed by local grocers, and radio spots programs were presented.
- 2313-74
FAC STATEMENT (NO. 26) ON FOOD AND NUTRITION CONSIDERATIONS IN NATIONAL ECONOMIC PLANNING.
Food Bull 3 (4): 7-8. Winter 1973.
ODA31.ATP7 F6N
Developing nations, Economic development, Economics, Federal government, International programs, Nutrition policy, Planning, Position statements, Protein Advisory Group (United Nations).
Abstract: In most low-income countries, nutrition programs appear to receive little attention from planners and are characterized by fragmented, small-scale efforts. This seems to be due in part to the political leaders' lack of awareness of the significance of malnutrition for development and the absolute insufficiency of total budgetary resources. Since improvement in nutrition is directly related to increases in family income, due emphasis needs to be given to accelerating economic growth as a means of changing nutritional status. While a long-term planning policy is underway, the government should initiate useful short-term projects to meet immediate food needs. Beyond this, there is an urgent need to develop guidelines useful to planners that provide a definition of malnutrition, measure its magnitude, assess its significance to social development, and outline possible criteria and methods for evaluating the effectiveness of ongoing programs.
- 2314-74
FOOD SERVICES FOR THE ELDERLY AND THE DISABLED.
Jennifer Page
Food Nutr Notes Rev 31 (1-2): 12-15. Jan/Feb 1974.
389.9 A073
Australia, Elderly (65 + years), Home delivered meals, Meals on wheels, Physically handicapped.
Abstract: The Meals on Wheels program in Australia is discussed in terms of new methods of presentation, serving, and transporting. In some cases elderly or disabled people could be taken to their meals, others can be re-educated in the use of modern equipment and learn to prepare their own food. The program requires research and assessment, and the application of scientific expertise.
- 2315-74
CAMPING FOR CHILDREN WITH DIABETES--A DIET THERAPY SECTION PROJECT.
J A Parker
J Am Diet Assoc 53 (5): 486-488. Nov 1968.
389.6 AH34
Children, Diabetes mellitus, Diet counselling, Exercise, Health programs, Nutritional education, Patient care, Program design, Summer camps.
Extract: A dietitian and an adult diabetic established a summer camp for diabetic children with the help of the state dietetic association, the university medical school, and volunteer professional health personnel. Details of how the camp is run are discussed, including the educational program. University graduate students receive credits for action as activity counselors.
- 2316-74
A WINNING "RECIPE" FOR NUTRITION CAMPS.
H Pearson
Ext Serv Rev U S Dep Agric 43 (4): 14-15. Apr 1972.
1 EX892EX
Day care services, Expanded Food and Nutrition Education Program, Nebraska, Nutrition education, Summer camps, Teaching techniques.
Extract: Summer day camps for children were sponsored by Nebraska Expanded Nutrition Program aides, nutrition was taught using crafts, games, puppets, and songs.
- 2317-74
FOR OVERWEIGHT TEENAGE GIRLS.
P S Peckow, J A Spargo
Am J Nursing 64 (5): 85-87. May 1964.
448.8 AH323
Adolescents (12-19 years), Diet improvement, Educational programs, Fesales, Nutrition education, Obesity, Program design, Summer camps, Weight control.
Extract: Overweight teenage girls in a special summer camp were helped to achieve and maintain normal weight by increased physical activity, development of new interests, a high-protein, moderate-fat, low-carbohydrate diet, and dietary reduction by a nutritionist. No foods were totally forbidden; instead, moderation in use of sweets and candy was taught. Near the end of summer a parents' seminar was held.
- 2318-74
PENNSYLVANIA WOMEN JOIN SCHOOL LUNCH DRIVE.
Food and Nutr News 4 (5): 15. Oct 1974.
389.6 F7332
Child nutrition, Pennsylvania, School lunch programs.
Abstract: Ginnie Laut's functions as president of the Pennsylvania Federation of Women's Clubs include participation in expansion of the school lunch program and the improvement of child nutrition.
- 2319-74
FOOD FUN, FAIRS, FACTS.
V T Perry
Hospitals 46 (19): 92-95. Oct 1, 1972.
RA96C.H6 F6N
Community programs, Dietary information, Educational programs, Exhibits, Foods instruction, Hospitals, Nutrition education, Nutrition rehabilitation centers.
Extract: A Wisconsin hospital responded to the nutritional needs of the community through its nutrition clinic and clinic dietitians. Projects sponsored included a community nutrition day with exhibits and speakers, a food demonstration, and a Dial-A-Dietitian service.
- 2320-74
EXTENDING COOPERATIVE EXTENSION EDUCATION TO MEXICAN-AMERICAN FAMILIES: PROGRAM, METHODS, AND EVALUATION.
D C Pfannstiel, H H Starley
College Station, Tex. 96 p. Oct 1968.
SS44.J.74P4 F6N
Agricultural Extension Service, Extension education, Mexican Americans, Program design, Program evaluation, Program planning, Research, Texas.
Abstract: Here is the report of a research project carried out in El Paso, Texas, from 1962 to 1967 and designed to gather needed information in order that Extension education more effectively serve the Mexican American population of the state. The study delves into many facets of Mexican-American life--family environment, cultural background, education, food, health, clothing, housing, transportation, employment, income and credit, social participation, use of mass media, and a number of other more specific subjects.
- 2321-74
PLANNING NEW COMMUNITY SERVICES--COMPREHENSIVE CARE PROGRAMS FOR THE AGING.
G M Piper
J Am Diet Assoc 44 (6): 461-464. June 1964.
389.8 AH34
Aging, Community programs, Elderly (65 + years), Hospitals, Institutional feeding, Nursing homes, Nutrition aides, Nutrition education, Nutrition programs.
Extract: Health and nutrition services available to older Americans vary widely. Needs still exceed the services available. Outpatient services are stimulating out-of-hospital diet counseling in the community. At present, few convalescent homes or homes for the aged employ professional dietitians or trained food service people. Home aides need more nutrition training.
- 2322-74
NUTRITION IN COORDINATED HOME CARE PROGRAMS.
G M Piper
J Am Diet Assoc 39 (3): 198-200. Sept 1961.
389.6 AH34
Diet counselling, Dietetic interns, Elderly (65 + years), Foods instruction, Home health services, Nutrition education,

BIBLIOGRAPHY

2323-74

Patient care, Professional education.

Extract: This is a review of coordinated home care and nutrition programs for the sick, aged, or chronically ill. Generally, the programs are administered through community agencies or as an extension of hospital care under medical supervision. Nutrition's role is largely supportive, providing nutrition education for other staff members. Such programs could offer field experience for dietetic interns.

2323-74

PENNSYLVANIA TAKES A LOCK AT NUTRITION IN THE ORTHOPEDIC PROGRAM.

S M Fodoranski

Am J Public Health 53 (5): 763-766. May 1963.

449.9 AM3J

Children, Diet counselling, Diet improvement, Health programs, Nutrition education, Patient care, Pennsylvania, Physically handicapped, Therapeutic nutrition.

Extract: Pennsylvania's Division of Nutrition assists public health nurses to evaluate the diets of crippled children and formulate plans for teaching nutrition to them and their families. The nurse secures the initial diet information and does the nutrition educating with the nutritionist's guidance.

2324-74

DEMONSTRATION PROJECTS FOR LOW-INCOME CHILDREN.

M A Fowers

J Nutr Educ 2 (4): 159. Spring 1971.

TX341.J6

Disadvantaged youth, Educational programs, Health needs, Learning behavior, Learning disabilities, Low income groups, Malnutrition, Mental disorders, U.S. Office of Education.

Extract: The U.S. Office of Education initiated a series of projects to help the development of low-income children, including identifying barriers to learning due to poor health or malnutrition and provision of preventive mental health programs in the school.

2325-74

PROCEEDINGS OF THE NATIONAL CONFERENCE ON FOOD FOR THE AGING, 1972.

Washington, Community Nutrition Institute 64 p. Dec 1972.

TX361.A3P7 F6N

Adults, Aging, Community action, Food programs, Meals on wheels, Professional education.

Abstract: This booklet is a report of a working conference for those groups who are concerned with the delivery of community nutritional services to older people. The presentations cover a wide range of topics, from social concerns to specific regulations. The workshop proceedings have been summarized and would be useful to those who are planning programs for the aged. For nutritionists, dietary consultants and others who work with the elderly.

2326-74

NUTRITION "OUTREACH" FOR MIGRANT WORKERS.

J M Proulx

Nutr News 35 (5): 7. Apr 1972.

389.8 M957

Diet information, Florida, Food instruction, Health education, Migrant workers, Mobile educational services, Nutrition education.

Abstract: The Florida State Department of Health has established an Outreach Educational Program in nutrition for Florida migrant farm workers and their families. Mobile educational units present information on nutrition, weight control, dental health, food preparation, sanitation, food storage, and so on.

2327-74

SCHOOL FEEDING - WHERE DO WE GO FROM HERE: AN AGENDA FOR 1973.

John M Quinn

Washington, D.C., ERIC Document Reproduction Service 13 p.

1972.

LE3475.O5 F6N

Child nutrition programs, Disadvantaged youth, Federal programs, Health programs, Nutrition education, School breakfast, School breakfast programs, School food service, School lunch programs.

Available from: Computer Microfilm International Corp., P.O. Box 190, Arlington, Virginia 22210. MF-40.65 MC-33.29.
Abstract: This report proposes five items for the nation's 1973 Child Nutrition Agenda. These are as follows: 1. Feed a free or reduced price lunch to every hungry child. 2. The nutritional adequacy of the food provided by the lunch program must be evaluated. 3. The universal school lunch concept ought to be fully aired. 4. The school breakfast program should be rapidly expanded. 5. The field of nutrition education should be explored. Discussion of these items should be of particular interest to those involved in child nutritional care through the school food service program.

2328-74

MEDICATING THE FOOD STAMP PROGRAM.

Edward L Rada

Am J Public Health 64 (5): 477-480. May 1974.

449.9 AM3J

Food programs, Food stamp programs, Low income groups, Medicaid, Nutrition programs, U.S. Dept. of Agriculture.

Abstract: According to this article, a critical examination of the food stamp program administered by the Department of Agriculture reveals that its nutritional impact is not as great or as well directed as possible. Background information

on the program is given and it is shown that the character of the program has changed markedly from its original dominant strategy of surplus disposal to one of feeding the poor. And it continues to expand on a faulty assumption that all low income consumers are nutritionally deprived and conversely that the nutritionally deprived are economically needy. The author suggests that the program would be converted into an improved nutrition program if structured as a medical program under Medicaid with an attending Medicaid physician deciding the eligibility of a patient for food stamps. Those working with food stamp recipients or those interested in nutrition programs and policies should find this article of interest.

2329-74

REACHING YOUTH THROUGH EPWFF.

Ext Serv Rev U S Dep Agric 42 (3): 6-11. Mar 1971.

1 EX892PX

Agricultural Extension Service, Educational programs, Extension education, Nutrition education, Program design, Student participation.

Extract: Extension aides and volunteers have organized many different nutrition education programs. Some have regular enrolled memberships, while other groups are less formal. There are also short-term activities related to foods and nutrition. Camps are also conducting nutrition education programs. Home visits give more intensive help to children and adults.

2330-74

EXPERTS ASK ACTION TO AVOID MILLIONS OF DEATHS IN FOOD CRISIS.

Boyce Rantberger

New York Times July 26, 1974; 2. July 26, 1974.

286.6 M448

Food consumption, Food intake, Food production, Food sources, Food supply, Food yields, Green Revolution, World problems.

Abstract: This article, written for the lay public, discusses the problems of today's world food supply - its causes and possible avenues of solution. Today's situation is unique because of population, fertilizer and energy shortages, and decreased grain reserves. The specific food supply situation existing in various countries is reviewed and estimations of deaths and nutrient deficiencies due to undernutrition are given. The "Green Revolution" is explained as are possible steps that could be taken by the U.S. or steps to upgrade agriculture in poor countries to help solve food supply problems. For any step to be successful, population growth stabilization is described as being imperative.

2331-74

LOUISIANA--100% SCHOOL LUNCH.

Ronald Rhodes

Food Nutr 4 (1): 8-10. Feb 1974.

ATX341.F615

Elementary schools, Louisiana, Rural areas, School food service, School lunch programs, Student participation, Type A lunch.

Abstract: This article describes how a little one-room school in Madison Parish, Louisiana, initiated a Type A school lunch service and thus brought Louisiana's participation in the National School Lunch Program to 100 percent.

2332-74

PORTABLE MOM SERVES LUNCH.

Ronald J Rhodes

Food Nutr 4 (6): 5-6. Dec 1974.

ATX341.F615

Catering, Montana, School food service, School lunch programs, Universities.

Abstract: The University of Montana caters hot meals to Missoula elementary schools. The meals are trucked to the schools from the university. The students' reaction to the program is most enthusiastic.

2333-74

INTERAGENCY COMMITTEE ON NUTRITION EDUCATION (ICNE).

Heredit Robinson

Nutr Program News p. 1-4. Nov/Dec 1973.

1.982 A2N955

Agricultural Extension Service, Elderly (65 + years), Food stamp programs, Head Start, Health services, Interagency Committee on Nutrition Education, Maternal and child health, National School Lunch Program, Nutrition programs.

Abstract: Members of the Interagency Committee on Nutrition Education met with members of state and local nutrition committees at the 1973 annual meeting of the American Home Economics Association. Their discussions centered around (1) maternal and child health services, (2) the Head Start program, (3) the school lunch program, (4) the food stamp program, (5) a nutrition program for the elderly stemming from the Older Americans Act of 1965, (6) funds for vocational education in the nutritional field, and (7) the role of the Extension Service in nutrition education.

2334-74

KEY SPECIALIST FOR NUTRITION LEADERSHIP: A DEMONSTRATION PROJECT FOR THE EMPLOYMENT OF A NUTRITION EDUCATION SPECIALIST AT THE STATE LEVEL TO DEVELOP FOOD SERVICE RELATED NUTRITION EDUCATION PROGRAMS--FINAL REPORT.

Violet I Roefs, John T Chandler

California, Dept. Of Education

Sacramento, Calif. 67 p. June 1974.

TX364.K4 F6N

- Administrative Personnel, California, Consultants, Food service workers, Nutrition education, Nutritionists, Parent participation, Teacher education.
 Abstract: The project illustrates that a state level nutrition education specialist and staff, assisted by local education agency personnel, can develop a nutrition education program as a part of the schools' health program and utilizing the food service program as a nutrition laboratory in order to improve the food habits of children, parents and teachers.
- 2335-74
 AN IN-SCHOOL ORAL HYGIENE PROGRAM.
 Susan Rosenheck
 Nutr News 37 (1): 3. Feb 1974.
 389.8 N957
 Dental caries, Dental health, Diet information, Georgia, Nutrition education, Preventive medicine, Public Schools, Student participation.
 Abstract: School faculty members can incorporate practical oral hygiene and nutrition in elementary classes. Instruction in toothbrushing techniques, the use of dental floss, and nutrition information has become part of the fourth grade curriculum in one school in Richmond County, Georgia. It is called the In-School Oral Hygiene Program (ISOHP). In a 16-week pilot program, effectiveness of the program was assessed by plaque control. Following the pre-examination each child was issued a toothbrush and a spool of dental floss. They were instructed in the use of each. The science teacher taught a unit on dental health to all classes. Students were taught that diet has a direct effect on plaque formation. They became more conscious of foods containing refined carbohydrates. Because such foods intensify plaque production, students planned menus and snacks containing foods low in carbohydrates. In addition, the students learned the importance of avoiding foods that would crack the enamel on their teeth, and thereby increase the possibility of cavity formation.
- 2336-74
 AWART-WINNING HOSPITAL MENU OFFERS 31 ENTREES BASED ON FROZEN FOODS.
 Virginia Rosa
 Quick Frozen Foods 36 (10): 51-53. May 1974.
 389.8 O4
 Cost effectiveness, Food preparation, Quantity, Food purchase, Frozen foods, Hospital food service, Institutional feeding, Menu planning, New Jersey, Portion control.
 Abstract: A hospital food service in Passaic Plains, New Jersey has had great success using frozen foods which provide convenience of preparation, optimum portion control, and a wide variety of foods from which to select. The hospital's regular menu is for patients not on restricted diets. Two additional menus—one for patients on soft-liquid or low-residue diets and one for patients on restricted fat, sodium, or calorie diets—are simple modifications of the regular menu. All menus offer a wide choice of dishes.
- 2337-74
 NUTRITION EDUCATION THROUGH A HEALTH PROGRAM.
 Ann H Rowland
 Washington, GPO 7 p. Nov 1971.
 TX364.F6
 Adolescents (12-19 years), Alabama, Child nutrition programs, Children and Youth Projects, Health care, Legislation, Nutrition education, Professional education.
 Talk given at the National Nutrition Education Conference, Washington, D.C., November 2-4, 1971.
 Abstract: A Children and Youth Project in an Alabama county has diagnosed nutritional problems in children and adolescents, and used various nutrition education approaches in attempts at their solutions. Teenagers attending the nutrition clinic are involved in the solution of their own problems. Informal talk sessions with parents are another approach. Girls in a weight control group made their own low-calorie snacks. Neighborhood programs are also held. For nutrition educators and other health professionals.
- 2338-74
 THE SATELLITE FOOD SERVICE SYSTEM WORKS IN PHILADELPHIA.
 Modern Schools 9. 4-6. Jan 1971.
 LB3209.H6
 Central kitchen, Commissaries, Equipment, Food delivery systems, Food preparation and distribution systems, Food preparation, essentiv, Philadelphia, Satellite, School food service.
 Abstract: More children are eating hearty, nutritional school lunches in Philadelphia than ever before. The lunches are government-approved, Type A variety, consisting of a hot portion, entrée and vegetable, packed in a two-compartment foil container and a cold portion consisting of fruit, roll, and dessert in a clear plastic package. With this system, kitchenless schools can be easily served with only the installation of a convection oven, roll-in coolers, and beverage coolers.
- 2339-74
 A CONVERTED BUS TAKES MEAT TO THE PEOPLE.
 D T Schild
 J Nutr Educ 1 (3): 22-23. Winter 1970.
 TX341.J6
 Agricultural Extension Service, Audiovisual aids, Educational programs, Expanded Food and Nutrition Education Program, Mobile educational services, Nutrition education.
 Abstract: The Agricultural Extension Service of California purchased a used bus and converted it into a traveling display case which carries nutrition information to the disadvantaged throughout the state. The bus contains projection and sound equipment and display windows with awnings.
- 2340-74
 SCHOOL LUNCH AT THE CROSSROADS.
 Instit Distrib 10 (7): 37, 41-42. July 1974.
 HD9001.15 F6N
 Commodities, Economics, Legislation, School lunch programs.
 Abstract: The possible phaseout of commodity distribution by June, 1975, is discussed in terms of economic problems and its effect on school lunch programs.
- 2341-74
 SCHOOL LUNCH GETS A SPANISH SETTING.
 Food Nutr 4 (4): 6. Aug 1974.
 AT341.F615
 Cafeterias, Food service management, School lunch, Utah.
 Abstract: The high school cafeteria in Ogden, Utah experienced a sharp increase in school lunch participation after redecoration, which included a small balcony.
- 2342-74
 SCHOOL LUNCH IN HAWAII: 82% PARTICIPATION.
 Food Serv 36 (6): 42-45. June 1974.
 389.2538 F732
 Central kitchen, Dining rooms, Hawaii, High schools, School food service, School lunch programs, Student participation.
 Abstract: In Hawaii, 82 per cent of the public school children buy lunch in school cafeterias. A school lunch plan has been part of Hawaii's educational program for more than 70 years. It became increasingly evident, however, that if everyone was to receive equal value for their quarter (the price of a lunch), centralization of the food system was essential. With centralization, capital investment in both building and kitchen equipment was reduced.
- 2343-74
 SCHOOL LUNCH WEEK ACROSS THE COUNTRY.
 Sch Food Serv J 28 (1): 43-46, 48, 49. 51. Jan 1974.
 389.8 SCH6
 Advertising, Foods instruction, National School Lunch Week, Nutrition education, Public relations, School food service, School lunch programs.
 Abstract: National School Lunch Week brought forth a flurry of activity around the country. States, counties, towns, and cities pitched in to help schools publicize the school lunch program. In the schools themselves, the week was observed with special menus, student exhibits, and contests. The communities were educated about school lunch through newspaper stories, radio "spots," and local fairs. This article describes any of the successful local events and projects used to celebrate National School Lunch Week.
- 2344-74
 SCHOOL LUNCH--STUDENT BODY: HAVE-IN-HAVE IN MOUNTAIN.
 Sch Foodserv J 29 (8): 84-85. Sept 1974.
 389.8 SCH6
 Attitudes, Food preparation, Food service management, Innovation, Menu planning, School food service, Student participation, Utah.
 Abstract: A Utah foodservice manager's creative ideas about school lunches completely changed student attitudes. By inviting student participation in preparation, menu planning, and service, the previous very negative reaction to school lunches became one of active enthusiasm. Innovations include a dress-up day once a month and reading of the daily menu over a speaker system each morning.
- 2345-74
 SCHOOLS WITHOUT FOODSERVICES DISCRIMINATE AGAINST STUDENTS.
 Sch Foodserv J 28 (7): 78-80. July/Aug 1974.
 389.8 SCH6
 Disadvantaged youth, Learning disabilities, Malnutrition, Obesity, School food service, School lunch programs.
 Abstract: Schools not providing food services discriminate against pupils. This is especially distressing since the federal government has authorized reimbursement to schools for eligible meals served to children. There is a great deal of evidence that proper nutrition plays an integral part in the development of an individual with respect to health, well being and success as a learner.
- 2346-74
 NUTRITION EDUCATION: HOW MUCH CAN OR SHOULD OUR SCHOOL DO?
 E P Schubart
 J Nutr Educ 2 (1): 9-13. Summer 1970.
 TX341.J6
 Child nutrition programs, Children, Diet improvement, Educational programs, Malnutrition, Nutrition education, School food service.
 Abstract: This article describes how some schools and school systems are helping combat malnutrition by feeding programs and inventive nutrition education in the schools and the community. The author says there is need for more of this--the schools can play a key role in improving health generally, and the work need not be expensive.
- 2347-74
 MYTHS AND REALITIES IN INTERNATIONAL HEALTH PLANNING.
 Hevin S Sciashev
 Am J Public Health 68 (8): 752-758. Aug 1974.

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2348-74

449.9 AH3J
Health care, Health programs, Health services, Nutrition Programs, Planning, Policy.
Abstract: In this article some of the myths underlying nutritional and health care programs are identified and discussed. The myths presented cover such areas as disease prevention, use of preventive medicine, the role of health care in mortality rates and in the population explosion, the role of family planning, and the use of health centers by the poor. Various situations exemplifying each myth are presented with many being based on the author's personal experiences. Recommendations of allowing such myths to continue are predicted and steps to prevent their continuation are proposed. Nutrition and health personnel will find this discussion of interest.

2348-74

AN EFFECTIVE WEIGHT CONTROL PROGRAM IN A PUBLIC SCHOOL SYSTEM.
C C Seltzer, J Meyer
Am J Public Health 60 (4): 679-689. Apr 1970.
449.5 AH3J
Diet counselling, Diet improvement, Exercise, Health programs, Nutrition education, Program design, School children (6-11 years), Weight control.
Extract: This paper in a detailed description of a weight control program conducted in a Massachusetts public school system. From statistical analysis, the authors conclude it would be more healthful if school physical education programs were geared to the physically handicapped rather than the fit.

2349-74

HOMEMAKING TEACHERS IN PUBLIC HEALTH.
W J Simpson, H P Cosand
Am J Public Health 57 (3): 869-877. May 1967.
449.9 AH3J
Adult education, Applied learning, California, Educational programs, Home economics education, Home economists, Public health programs, Teachers, Young adults (20-34 years).
Extract: Homemakers' services, which have served public agencies for years, have added a new concept in a California county health department by taking on the role of homemaking teachers for young mothers. Results have been most successful. Several case reports are presented.

2350-74

SMALL SCHOOLS CAN AFFORD HOT LUNCHES, MASSACHUSETTS EXPERIMENT PROVES.
Quick Frozen Foods 37 (3): 55-56, 235. Oct 1974.
389.8 Q4
Equipment, Frozen foods, Massachusetts, Microwave cooking, Microwave ovens, School lunch programs, Small schools.
Abstract: The problem of serving hot food to children in schools with 150 pupils or less, long considered impossible due to the high cost of providing such a food service, has been solved by the Waltham School System, Waltham, Mass., through combination of microwave ovens and frozen foods. An experiment the school system conducted over a three-week period prior to school closing in June, may prove beneficial to school systems in other cities in the country where there are a number of small schools with the same problem.

2351-74

HOME ECONOMICS-HOMEMAKER AIDE TEAM EXPANDS ENVIRONMENTAL ENRICHMENT PROGRAM.
D S Smith, P L Thong, G M Yanagi
J Home Econ 57 (9): 695-700. Nov 1965.
321.8 J82
Disadvantaged youth, Educational programs, Environmental factors, Family environment, Hawaii, Home economists, Nutrition education, Parent participation, Visiting homemakers.
Extract: A team made up of a home economist and a homemaker-aide is helping in the home aspects of an environmental enrichment program for children of deprived cultural backgrounds, which is attempting by use of a team of specialists to help them to succeed in school. In this Hawaiian experiment, the homemakers were added to increase parental support of the children through help in solving some of the more distracting home problems. Nutrition educator is included.

2352-74

PEDIATRIC CAFETERIA.
H A Smith
Hospital Prog 43 (2): 119. Feb 1962.
RA900.H6 Y6W
Children, Colorado, Diet counselling, Diet improvement, Food selection, Hospital food service, Hospitals, Nutrition education, Patient care.
Extract: A Colorado hospital set up a cafeteria for ambulatory pediatric patients which appears to have improved eating habits, food selection, and social development. Each food is tagged with a color code for those on special dietary treatment. Selection is aided by a food supervisor.

2353-74

NUTRITIONAL AWARENESS CAMPAIGN, 1971.
Hilary D Smith
In Proceedings of the National Nutrition Education Conference, Washington, D.C., Nov. 2-8, 1971. P. 74-77. Apr 1973.
Tx364.U529 Y6W
Food groups, Food industry, Nutrition education.
Abstract: Mr. Smith reports on what the Food Council of America has done in 1970 and 1971 for its Nutritional Awareness Campaign. A short description of what various agencies did to

bring the campaign to the attention of the homemaker and different examples of the contributions of various food processors in 1970 and 1971 are listed. Because almost all media were touched by the campaign, the population of the whole country would be aware that you must "Eat the Basic Four Foods every day."

2354-74

SOFT-SERVE IS SNACK BAR FAVORITE.
Modern Schools p. 8-9. Dec 1973.
LB3209.H6
Boston, Cost effectiveness, High schools, Miscellaneous foods, School food service, School lunch programs, Snacks, Student participation.
Abstract: Installation of snack bar food service in several Boston area high schools has greatly increased student participation in the school lunch program. The snack bars offer the foods students like--hamburgers, frankfurters, french fries, pastries, fresh juices, hot chocolate, shakes, cones, and sundae. So popular are the snack bars that the additional income has enabled schools not only to maintain the quality of their type A lunches, but also to substantially reduce their budget deficits.

2355-74

ADJESCENT OBESITY.
J A Spargo, P Meald, P S Peckos
Nutr Today 1 (4): 2-9. Dec 1966.
NA78.H8
Adolescents (12-19 years), Diet improvement, Food habits, Nutrition education, Obesity, Physical fitness, Program design, Summer camps, Weight control.
Extract: Directors of a summer camp for obese girls do research on obesity while helping the girls to lose weight through diet, exercise, and understanding the relationship of nutrition to emotional problems. By being away from parents, their dependency is reduced. Being with other fat girls gives a feeling of belonging. Physical activity is increased. Calories are so distributed that the girls eat breakfast in self-defense. Participants do not weigh themselves, except at the beginning, middle, and end of the camp session. Parents are involved in a seminar at summer's end.

2356-74

TEENAGERS TELL US ABOUT THEIR NUTRITION.
E B Spindler, G Acker
J Am Diet Assoc 43 (3): 228-231. Sept 1963.
389.8 AH3A
Adolescents (12-19 years), Diet improvement, Educational programs, Food fads, Food habits, Food selection, Illinois, Nutrition education, Program evaluation.
Extract: After it had run for two years, teenagers in an Illinois county nutrition program (who had themselves helped plan and run it) were interviewed in small groups to learn how the program might be improved and about their own food habits. They were critical of others' eating habits while admitting their own could be improved. They believe they know what to eat but just do not care. Both sexes were critical of the way girls eat. They suggest good nutrition should be made a fad.

2357-74

HOME ECONOMICS AIDES REACH FCCR FAMILIES.
E B Spindler
What's New Home Econ 31 (1): 31-33. Jan 1967.
321.8 M55
Community programs, Extension education, Home economics, Individual characteristics, Paraprofessional training, Program design, Program planning, Visiting homemakers.
Extract: Excerpts from diary of a home economics extension aide about visits to one family for a year show how these nonprofessionals can help improve attitudes and the life of the people they work with, usually their own kind. Some desirable characteristics of potential aides are cited as well as the kind of training they should be given.

2358-74

PROGRAM AIDES FOR WORK WITH LOW-INCOME FAMILIES.
E B Spindler, B F Olsen, M Oliver
J Am Diet Assoc 50 (6): 478-486. June 1967.
389.8 AH3A
Alabama, Community programs, Home economics, Instructional materials, Low income groups, Paraprofessional training, Pilot projects, Program design, Visiting homemakers.
Extract: This report is in four parts. The first outlines reasons for using home economics program aides in helping low-income families and qualifications needed to become one. The second suggests a satisfactory training program for such aides. The third details simple printed materials useful in the program. The last describes a pilot program of aides working with young homemakers in rural Alabama, including excerpts from one worker's log.

2359-74

ACTION PROGRAMS TO IMPROVE NUTRITION.
E B Spindler, M E Jacobson, C B Russell
J Home Econ 61 (8): 635-639. Oct 1969.
321.8 J82
Agricultural Extension Service, Diet improvement, Low income groups, Nutrition aides, Nutrition education, Paraprofessional training.
Extract: This article is a review of the Extension Service's program of hiring and training indigenous aides to help impr-

- over the diets of low-income families.
- 2360-74**
STATE SPECIALISTS COORDINATE NUTRITION EDUCATION PROJECTS.
 Food Nutr 4 (2): 2. Apr 1974.
 #TX181.7615
 Children, Educational progress, Nutrition education, Program design, Public schools, School lunch programs, State departments of education.
 Abstract: The success of PL 91-248 in 1970 made money available for the nutritional training of workers and participants in child nutrition programs. One project provides funds for the addition of nutrition education specialists to the staffs of six state educational agencies--Alabama, Arkansas, California, Nebraska, New York, and Pennsylvania. Preliminary reports from the six specialists indicate that successful nutrition education programs focus on three areas: (1) establishing state and local nutrition education advisory committees; (2) developing training programs for teachers, food service personnel, students, and parents; and (3) providing for follow-up with these groups in actual school situations.
- 2361-74**
SCHOOL LUNCH--MORE THAN A FILLING STATION.
 Nav Steinert
 Sch Food Serv J 28 (1): 62, 63. Jan 1974.
 389.2 SCM
 Holiday foods, Human relations, Omaha, Nebraska, Psychological aspects, School food service, School lunch programs, Student involvement, Student participation.
 Abstract: "School lunch is more than a filling station," says the principal at Omaha's Corriana Elementary School. "Special holiday dinners at our school provide an enjoyable learning experience for students and build a tradition that children look forward to." These special meals include Halleluvas, Thanksgiving, Christmas, Valentine's Day, St. Patrick's Day, Easter, May Day, and a Safety Patrol Awards Banquet. The foods served are appropriate to the occasion, and children also special entertainments. Good manners, eating habits, and nutrition are stressed in the classroom and practiced in the lunchroom. Key people in the community are welcomed guests at the school all year round. Police officers on duty in the area stop in for lunch regularly, as do the sailors and others.
- 2362-74**
CAN SUMMER FEEDING SURVIVE?
 Joseph H Stewart
 Instit/vol Pandias 74 (7): 18, 20, 25, 26, 29. Apr 1, 1974.
 TX1.155
 Child nutrition programs, Cost effectiveness, Federal aid, Financial management, Government roles, School food service, Summer Food Service Programs, Summer programs.
 Abstract: The USDA regulations for the conduct of Summer Food Service Programs do not take into account local circumstances and needs. The 1973 summer program in Washington, D.C., found itself in a financial bind after only 5 days of operation, since "strictly according to regulations". Program expenditures were in excess of \$1,000 per meal. The 80% federal matching decreased and the 20% local matching increased to an equal 50-50 basis. The regulations must be changed to provide a flat 80%-20% match without any ceiling--the present 80%-per-meal ceiling being totally unrealistic, especially for urban areas where costs are much higher and in-kind matching an impossibility. A 10% claimable range is needed above actual recorded consumption. Sites for summer feedings, not the children, should be identified as needy. Furthermore, the needs of program staff personnel should be claimable.
- 2363-74**
EVALUATION OF A SCHOOL FOR YOUNG CHILDREN.
 O C Stine, E W Kallay
 Pediatrics 46 (4): 581-587. Oct 1970.
 RJ1.P4 784
 Adolescents (12-19 years), Malnutrition, Health programs, Maternal and child health, Nutrition education, Pregnancy and nutrition, Pregnancy diets, Prenatal care, Public schools.
 Abstract: A public school program was based in Malnutrition for teenage mothers in which prenatal care, school lunch and supplemental milk, counseling, health and nutrition education, and group discussions are required. When gestation time and birth weights of their babies were compared with similar mothers not in the program, the study group had significantly fewer premature babies and lower infant mortality.
- 2364-74**
LUNCH RECIPES GET 'KID-TESTED'.
 Mark Strua
 Food Nutr 4 (4): 4-5. Aug 1974.
 #TX181.7615
 New Jersey, School lunch programs, Tasting, Type A lunch, U. S. Dept. of Agriculture.
 Abstract: USDA's current recipe-tasting study recently completed a 3-month session in New Jersey. The project was widely acclaimed by the main participants--classes of fifth and sixth graders from schools in the Hamilton Township area. Information gathered in the project will be used to determine whether these recipes will be used in the coming revisions of USDA's publication, "Quantity Recipes for Type A School Lunches."
- 2365-74**
SUNNY DAYS FULL OF FOOD AND FUN.
 Agric Mark 15 (9): 3-4. Sept 1970.
 A28C.38 AG8
 Boys club, Four H Clubs, Laredo, Texas, Low income groups, Nutrition education, School children (6-11 years), Special Food Service Programs for Children, Summer camps, Summer programs.
 Abstract: A Special Food Service Program for Children fills the summer nutrition gap when school is out. Boys' Clubs and 4-H Clubs have helped serve lunches comparable to those given during the school year at recreation centers and day camps. Nutrition is taught through cookouts, treasure hunts for food, farm tours, and tasting parties.
- 2366-74**
645 DAYS OF MATERNITY AND INFANT CARE.
 K A Swallow, G H Davis
 Children 14 (4): 141-143. July/Aug 1967.
 #W741.A1C4 P6N
 Baltimore, Child care, Childrens Bureau, Family health, Health programs, Maternal and child health, Medical services, Nutrition education, Program design.
 Abstract: Baltimore has established a high-risk register for mothers to identify those needing special attention when they come to prenatal clinics. This is part of the maternity and infant care projects of the Children's Bureau. Services to the mother include dental care, nutrition, and nursing. Because there is little nutritional material for people with low reading skills, the nutritionists have developed their own pamphlets.
- 2367-74**
TEACHING WITH PCCD.
 Sch Lunch J 17 (5): 55-57. May 1963.
 389.2 SCM
 Elementary schools, International foods, Nutrition education, Pennsylvania, School children (6-11 years), School food service, School lunch programs, Student participation, Teaching techniques.
 Abstract: Two foreign holidays were used in a school cafeteria to create an awareness of the contributions other cuisines have made to our culture, increase student participation in the school lunch, and show the community the value of the school lunch program. Activities originating in the cafeteria were coordinated with those of instructional departments and were presented on television.
- 2368-74**
EMP SPANS EXTENDED NUTRITION PROGRAM. (SPA)
 Texas A & M University, Agricultural Extension Service
 College Station, Tex. unsp. Aug 1971.
 TX355.143 P6N
 Educational programs, Extension education, Nutrition education, Texas.
 Title of Original: EMP signifies program de nutrition.
 Abstract: The Texas Extended Nutrition Program is here described for Spanish Americans as a means of (1) learning to cook, (2) learning how meals build good health, (3) learning to select good foods, and (4) belonging to a group along with one's friends.
- 2369-74**
HOW TO GET REDUCED PRICE MEALS INTO YOUR SCHOOL.
 The Children's Foundation
 Washington, D.C., The Children's Foundation 19 p. 0000.
 TE945.5.535C4 P6N
 Child nutrition programs, Food programs, Lunch, School food service, School lunch, School lunch programs.
 Abstract: This handbook outlines explicit steps for parents to take to get reduced price meals into a school. Suggestions are made for formation of an action committee, the writing and presenting of a petition to school officials, possible responses to administrative reasons for denying the request, suggestions for application and collection of payment procedures, and suggestions on how to proceed if the request is denied.
- 2370-74**
OUT TO LUNCH: A STUDY OF USDA'S DAY-CARE AND SUMMER FEEDING PROGRAMS.
 The Food Research and Action Center
 New York, N.Y. 94 p. 1974.
 TE361.E5P6
 Day care programs, Day care services, Financial management, History, Legislation, Program evaluation, Special Food Service Programs for Children, Summer programs, U.S. Dept. of Agriculture.
 Abstract: The USDA day care and summer feeding programs have reached relatively few poor children, mainly because the USDA itself has done little to promote or publicize these programs throughout the country. The program's historians suggest that USDA has deliberately adopted policies designed to stifle the program's growth, despite the fact that the original legislation was enacted for the purpose of remedying child hunger during the non-school months and pre-school years. The Food Research and Action Center (FRAC) initiated this study in order to seek remedies for the limited progress of these Special Food Service Programs for Children.

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2377-74

2371-74

THERE'S A KITCHEN IN EVERY SCHOOL.
Cooking for Profit 43 (266): 56-6C. Oct 1974.
TE9C1.C65

Florida, Food service assessment, Kitchens, Menu planning, On-site preparation, School food service.
Abstract: Florida's Hillsborough County school foodservice, which includes the city of Tampa, is one of the largest in the nation. Its annual volume runs between 10 and 11 million dollars. Its 312 schools all have kitchens.

2372-74

THIRD GRADERS MUST A PARTNER.
Food Nutr 4 (3): 12-13. June 1974.
aTE341.P615

Nutrition education, School children (6-11 years), Student participation, Utah.
Abstract: Students in Cree, Utah prepare, serve, and enjoy a complete banquet each year as part of a course on nutrition given to third-graders.

2373-74

VOLUNTEERS TEACH CREATIVE COOKING WITH TONATED FOODS.
V Thoenie
Ext Serv Rev U S Dep Agric 40 (12): 6. Dec 1969.
1 RB922FX

Cooking techniques, Demonstrations (Educational), Donated foods, Educational programs, Extension education, Food preparation, Home, Foods instruction, Low income groups, Volunteers.
Abstract: Extension volunteers have given lessons in imaginative cooking to homemakers who come to the centers that distribute commodity foods. Ingenuity, food substitutions, and a variety of recipes have helped make the cooking demonstrations a success.

2374-74

THREE LUNCH PROGRAMS INVOLVE STUDENTS AND COMMUNITY.
Food Nutr 4 (3): 4-6. June 1974.
aTE341.P615

California, Elderly (65 + years), Food, Nutrition education, School food service, School lunch programs, Student involvement, Wyoming.

Abstract: In Essetburg, Iowa, 90 per cent of the students participate in the school lunch program. Popularity is attributed to student and community involvement. Participation with the community plays an important role in school food service in Santa Cruz, California, where school lunch and breakfast, and a mobile program for the elderly are operated. A high school in Casper, Wyoming, has doubled student participation in the school lunch program through special menu items, a color-coded serving line and other innovations.

2375-74

SCHOOL FEEDING FROM A NUTRITIONIST'S POINT OF VIEW.
E W Todhunter
Am J Public Health 60: 2302-2306. Dec 1970.
#49.9 AM3J

Cultural factors, Food preferences, Food selection, Menu planning, Nutrient intake, Psychological aspects, School food service, School lunch programs, Socioeconomic influences.
Abstract: The growing child, even in the U.S., has critical nutrient needs, some of which are not met by today's diet. A school feeding program can help in part although there may be cultural, socioeconomic, and psychological barriers between the child and good nutrition. School feeding, if made available and attractive to all, would encourage wider food choices while assuring one-third of the day's nutrient requirements for each child.

2376-74

NUTRITION AND HUMAN NEEDS--1972, HEARINGS, NINETY-SECOND CONGRESS, SECOND SESSION, PART 1--SCHOOL BREAKFAST PROGRAM JOURNAL.
U.S., Congress, Senate, Select Committee on Nutrition and Human Needs
Washington, GPO 238 p. 1972.
RP26.5.N8 1972 Pt. 1 P5H

Administration policies, Feeding, Diet improvement, Legislation, Low income groups, School breakfast programs.

Abstract: The hearings were designed to study the school breakfast program, determine how and if the pilot is serving a need of the student. Reports were given by members of the USDA and the FRAC (Food Research and Action Center), as well as many statements by educators attesting to the improvement of classroom performance by the pupils who participate in the breakfast program.

2377-74

FLOWERS IN THE DESERT; HOW ONE DEPLETED MAN PURSUED THE PHILOSOPHY THAT YOU CAN'T TEACH A HUNGRY CHILD.
U.S., Consumer and Marketing Service
Aeric Mark 14 (5): 9. May 1969.
A280.38 AG8

Diet improvement, Disadvantaged youth, Free lunches, Hunger, School breakfast programs, School children (6-11 years), School lunch programs, Student participation.

Abstract: The San Diego, Texas, school system began its school breakfast and lunch programs out of dire necessity. The students were suffering from hunger so severe that they could no longer pay attention in class or, in some cases, even stay awake. Since the majority of students come from poor families, the meals are mostly served free of charge--although those who can pay for them do so--and heavy use is made of USDA donated

commodities. Student participation is at 93%, and the benefits show in improved student health.

2378-74

NUTRIENTS IN A TYPE A SCHOOL LUNCH (SLIDES).
U.S., Dept. of Agriculture
Washington, United States Dept. of Agriculture 19 slides,
2"x2", col. Sept 1959.
LB3475.05H P5H AV

Food preparation, quantity, Nutrients, Quality control, School lunch programs.
With 24 p. Guide.

Abstract: These slides can be used at school lunch workshops or training sessions to stimulate interest in planning, preparing and serving nutritionally adequate lunches that meet both the quantity and quality requirements of the Type A School Lunch. Five adequate meals are analyzed to find their strengths and weaknesses for nutritional needs of the child.

2379-74

SPONSOR HANDBOOK: SPECIAL SUMMER FOOD SERVICE PROGRAM.
U.S., Dept. of Agriculture
Washington, D.C. 28 p. Mar 1973.
LB3475.05H P5H (U.S. Dept. of Agriculture. Program aid no 1032)

Contract feeding, Facility requirements, Federal aid, Free lunches, Menu planning, Program planning, Recordkeeping, Special Food Service Program for Children, Summer program.

Abstract: The purpose of this handbook is to give guidance to individuals or groups wishing to sponsor a Special Summer Food Service Program under the Special Food Service Program for Children. Management of the Special Summer Food Service Program may present some unusual problems. Therefore, groups considering sponsoring programs should evaluate their ability to provide adequate program management. This includes training, supervision, administration, and recordkeeping. Chapters also provide information on eligibility for federal assistance, how to develop a program, how to select a food service site, how to handle contract feeding, how to determine meal patterns, and how to handle free and reduced-price meals.

2380-74

U.S. DEPARTMENT OF AGRICULTURE'S FOOD DONATION PROGRAMS.
U.S., Food and Nutrition Service
Washington, U.S. Govt. Print. Off. 4p. July 1970.
1 AG84PRO PA-667 (U.S.D.A. PA 667, Rev.)

Donated foods, Federal programs.
Abstract: This booklet covers the Commodity Distribution program, administered by the Food and Nutrition Service of USDA. Foods donated in this way are used to meet the nutritional needs of children, the needy, and victims of natural disasters.

2381-74

CARROLLTON PROJECT SHINE; SUGGESTED METHODS FOR IMPROVING LUNCHROOM EXPERIENCES.
U.S., Food and Nutrition Service
Washington, D.C. 62 p. June 1974.
LB3475.C3 P5H

Behavior change, Change, Food preferences, Food waste, Nutrition education, School food service, Social factors, Student involvement, Type A lunch.

Abstract: The project plan was to use a team approach involving lunchroom personnel, students, faculty members, and community representatives in improving menu choice, food quality and lunchroom environment. The school's 150 juniors served as the focus for the project. They were provided special lunchroom privileges of a social nature, added month-by-month on a pre-defined schedule. For all students, the total lunchroom environment was improved through changes in menu, decor, atmosphere, and overall tidiness. Measurable social behaviors were monitored and recorded, and participation and consumption rates were computed.

2382-74

SUGGESTIONS FOR FOOD SERVICE FOR DAY CAMPS AND RECREATION PROGRAMS.
U.S., Food and Nutrition Service
Washington, D.C. 31 p. [n.d.].
aTE353 05 PMS-80

Donated foods, Food service, Menu planning, Recreational programs, Sanitation, Standardized recipes.

Abstract: The U.S. Dept. of Agriculture donates food to day camps through two programs: the Commodity Distribution Program makes basic commodities available to all non-profit camps for children; the Special Food Service Program for Children can provide cash reimbursements to camps for children free low-income areas. This booklet tells how to apply for these programs, how to safely handle the food provided, how to plan a menu, and what to cook.

2383-74

MOBILIZING THE POTENTIAL OF HOME ECONOMICS FOR LOW-INCOME FAMILIES.
H I Ugelov
J Home Econ 57 (8): 648-650. Oct 1965.
321.8 J82

Cook County, Illinois, Food preparation, Home, Food purchasing, Home economics education, Homemaking skills, Low income groups, Money management, Visiting homemakers, Welfare.
Abstract: The Cook County, Illinois, Department of Public Aid gave welfare recipients new housing, medical services, and

- home economic services to improve living standards and encourage financial independence. A homemaker aide taught them meal planning, shopping, and preparation of low-cost foods. More than 3,000 mothers participated in the program over five years. This article describes how snack management is taught.
- 2384-74**
UNITED NATIONS CHILDREN 1974.
 Food Management 9 (1): 54-57, 72. Jan 1974.
 TX341.F69
 Design needs, Facilities planning and layout, Food selection, Food service management, Foreign students, International foods, Menu planning, School food service, United Nations.
 Abstract: At the United Nations International School in New York City, the school food service must cater to the needs of 1,400 students from all over the world. The menu is quite international in flavor, but there are no special "theme" days emphasizing national specialties. Instead, food favorites from all countries are balanced out in the regular menu without fanfare. Foodstuffs are purchased from a regular central warehouse, and the special food preparations are made on site. The cafeteria facilities at the school are new, providing a pleasant, relaxed atmosphere in which to eat. At meal hours, the dining room has become a focal point for students' non-academic activities, serving as a place for meetings, social get-togethers, and work/study sessions.
- 2385-74**
V IS FOR VEGETABLE GARDEN.
 Sch Foodserv J 24 (3): 34-37. Mar 1974.
 389.8 3CH6
 Food preparation, Sanitation, Food service management, Food sources, Fruits, Gardening, School food service, Vegetables.
 Abstract: The food service director of the Kingsport, Tennessee, schools has found a way to keep high food costs by growing all the schools' necessary produce. The garden is maintained throughout the summer by cafeteria warehouse personnel. At the beginning of the fall term, the produce is harvested and served fresh for the first several weeks. Thereafter, the food service workers can use the vegetables and fruits for use throughout the winter, the garden idea is so successful and the crops so plentiful that there are always some food items left over at the end of the school year.
- 2386-74**
AN AGENCY NUTRITIONIST LOOKS AT HOME HEALTH CARE UNDER MEDICARE.
 N E Vaughn
 J Am Diet Assoc 51 (2): 146-147. Aug 1967.
 389.8 AN34
 Diet counseling, Diet information, Guidelines, Health program, Home health services, Medicare, Nutrition education, Nutritionists, Program planning.
 Abstract: Here are some questions for nutritionists working with discharged patients who are still under medical observation. Whenever possible patients should participate in the planning of their own diets. Dishes and instructions should be kept simple. Patient counseling at home may lead to better reception of the instruction.
- 2387-74**
NUTRITION CONSULTATION FOR PUBLIC HEALTH NURSES.
 N E Vaughn
 J Am Diet Assoc 49: 505-507. Dec 1966.
 389.8 AN34
 Casualty programs, Detroit, Michigan, Diet improvement, Dietary consultants, Nutrition education, Patient care, Public health nurses, Therapeutic and special diets, Visiting Nurse Association.
 Abstract: The Visiting Nurse Association of one metropolitan area employs nutrition consultants to good effect. Some of the work they perform, including diet therapy for patients and nutrition education for the nurses, is described.
- 2388-74**
MEETING THE CHALLENGE OF EDUCATIONAL CARE IN HEART DISEASE.
 C E Vavra, L S Urbain, A Shaw
 Am J Public Health 56 (9): 1507-1511. Sept 1966.
 449.5 AN33
 Cardiovascular disorders, Diet counseling, Family environment, Family relationships, Los Angeles, Nutrition education, Patient care, Psychological aspects.
 Abstract: A Los Angeles County Project directed to families of patients with heart disease has effectively helped relieve the problems of these people both with regard to diet and anxiety. Nutrition education and diet instruction were given. As part of the follow-up, small group sessions were developed in which emotional as well as dietary problems were discussed.
- 2389-74**
NIC IN ARIZONA: FOOD HELP FOR NUTRITIONISTS AND CHILDREN.
 Ralph E Vicent
 Food Nutr 4 (4): 2-4. Aug 1974.
 aTX341.F615
 Arizona, Child nutrition, Development, Evaluation, Families, Infants (To 2 years), Supplemental feeding programs.
 Abstract: Women and young children in 14 areas in Arizona are receiving special foods to supplement their diets. They are participants in the new Special Supplemental Food Program for Women, Infants, and Children (NIC), which will operate in 253 project areas throughout the country.
- 2390-74**
FOOD FOR HEALTH IN PIENSR COUNTY.
 Ralph E Vicent
 Food Nutr 4 (5): 12-13. Oct 1974.
 aTX341.F615
 Children, Health, Infants (To 2 years), Lactation, Nutrition aides, Nutrition education, Pregnant women, Supplemental feeding programs.
 Abstract: The success of the Women, Infants, and Children Program in Washington has been rapid. Dairy foods are made available to pregnant and lactating women, infants, and children up to 4 who are at nutritional risk. The project has a caseload of 650, who are served by 20 community nutrition aides; their training is described.
- 2391-74**
SCHOOL MEALS IN FRANCE.
 F Vinit
 Nutr Food Sci (36): 21-22. July 1974.
 TX341.N625
 Child nutrition programs, Food programs, France, International programs, School food service, School lunch programs.
 Abstract: This article reports on a 1966 survey of school meal programs done in two areas of France. Results in terms of program finance and administration are generally given. Average nutritive value of foods consumed and the participation of students was not revealed in this report. Some other studies done on the school lunch program in France are mentioned. The clinical energy and protein requirements for the meal were determined and specifications for the lunch meal pattern were outlined. School lunch personnel in this country may find this report of interest.
- 2392-74**
VOLUNTEERS LEND A HAND.
 Agric Work 14 (7): 8-9. July 1969.
 A280.38 AGN
 Community programs, Feeding, Home-making skills, Low income groups, Maryland, Money management, Nutrition education, Program design, Weight control.
 Abstract: Volunteers in a suburban Maryland county hold classes in a church one morning a week during the school year for low-income women. Their preschool children are tended in the nursery. The classes have included cooking, weight control, sewing, and family living. Nutrition education is part of the program. The volunteers have been explaining the Food Stamp Program and how to participate.
- 2393-74**
WORLD FOOD SITUATION; PESSIMISM COMES BACK INTO VOGUE.
 Nicholas Wade
 Science 181 (4100): 634-638. Aug 17, 1973.
 470 SC12
 Agricultural development, Economic influences, Food supply, Grain products, Green Revolution, International programs, Malnutrition, Professional education, World problems.
 Abstract: Projections for a worldwide shortage of food to feed increasing populations overshadow optimistic predictions that there is enough, according to this review article. Weather has been changing, leading to fear of droughts. So far food production is increasing just slightly faster than world population. The Green Revolution of increased grain products has drawbacks, for these high-yield crops are less resistant to disease than more diverse native strains. Further, high yields may disrupt economic and social factors by reducing jobs for many small farmers in areas where they are needed. Inequities in food supply between developed and developing nations lead to malnutrition in the latter. Agricultural production in developing nations is increasing only slowly. Despite all these difficulties, however, the present world food situation is stable. Economists, planners, teachers, and nutritionists should all find this article of interest.
- 2394-74**
EVALUATION OF THE DIAL-A-DIETITIAN PROGRAM: I. PROGRAM ORGANIZATION; II. IMPACT OF THE PROGRAM ON THE COMMUNITY.
 N G Wagner, N C Wyck, N H Sinkle
 J Am Diet Assoc 47 (5): 381-390. Nov 1965.
 389.8 AN34
 Communications, Dial-a-Dietitian, Diet counseling, Diet information, Health programs, Nutrition education, Program design, Program evaluation.
 Abstract: These two papers evaluate the Dial-a-Dietitian program. Factors considered include organization, policy on such subjects as therapeutic diets, costs (quite low), service hours (two or three a day), suitable local sponsors, differences in questions asked in various locales, clientele (predominantly middle-class), and cost effective means of publicity (newspapers). Clients, mainly interested in weight control, food composition, preparation, and sanitation, feel this program is a valuable resource.
- 2395-74**
ANSWERS TO QUIDEN.
 N G Wagner
 Nurs Outlook 12 (10): 45-47. Oct 1964.
 RT1.N6 P6H
 American Dietetic Association, Communications, Dial-a-Dietitian, Diet counseling, Diet information, Health programs, Nutrition education.
 Abstract: The Dial-a-Dietitian program, coordinated by the American Dietetic Association in 14 cities, is described. It

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was designed to answer questions about moral attrition. Requests for therapeutic help are given andical referral, although specific questions about purchasing, preparing, or substituting special foods are given. Some sample conversations are presented.

2396-74

DIAL-A-DIETITIAN: A COMMUNITY NUTRITION EDUCATION PROGRAM.

H G Wagner
Amer J Clin Nutr 18 (1): 60-67. Jan 1966.
389.8 J824
Communications, Dial-a-Dietitian, Diet counseling, Diet information, Health programs, Nutritional education, Program evaluation.
Abstract: Dial-a-Dietitian programs are effective means of nutrition education due to the direct verbal exchange that is accessible on an organized basis. Clients see them as effective, readily available resources of information on food and nutrition.

2397-74

FACTORS ASSOCIATED WITH THE EFFECTIVENESS OF NUTRITION EDUCATION AMONG ECONOMICALLY DISADVANTAGED YOUTH, ST. LANDRY PARISH, LOUISIANA 1970.

Kathleen F Walker
Soton Ponce, Louisiana State University 5 p. 1970.
TX364.W35 P5H
Disadvantaged groups, Disadvantaged youth, Food programs, Low income groups, Nutrition education.
A copy of the complete thesis is on file in the main library at Louisiana State University.
Abstract: This essay discusses factors associated with the effectiveness of a nutrition education program among an economically disadvantaged group in Louisiana. Twelve conclusions are outlined with appropriate recommendations for further study suggested for each. No information is given on the content of the actual program and how these conclusions were reached. This information may interest others involved in the nutritional care of low income groups.

2398-74

NUTRITION ON WHEELS.

Barbara Ann Hare
Natr News 37 (2): 6. Apr 1974.
389.8 M957
Adult education, Consumer education, Dallas, Texas, Educational programs, Home-making skills, Meal planning, Mobile educational services, Nutrition education, Program design.
Abstract: Since 1971, a mobile classroom has taken nutrition education to consumers in Dallas. The school district initiated the Home-making and Consumer Education Classroom on Wheels after finding that many adults can't or won't leave their own neighborhoods to take advantage of nutrition and consumer information opportunities. This mobile laboratory provides classes and individual instruction Monday through Friday during the school year, individual and small group instruction in the tenet of the mobile classroom teaching. Each class is based on the needs, interests, and requests of the members. Often the needs of those with limited access are met by instruction on a one-to-one basis. Classes include meal planning for health, comparative buying, and make food stamps. The main emphasis is not on preparing a recipe, but on planning nutritionally adequate meals based on family needs and resources.

2399-74

WASHINGTON, D.C.: A HOT SCHOOL LUNCH FOR EVERY STUDENT.

Cooking for Profit 43 (2E3): 24-27. July 1974.
TX901.C65
Deep fat fryers, District of Columbia, Food service management, School breakfast programs, School lunch programs, Taste panels.
Abstract: The success of the plan is evidenced by long a-la-carte lines in upper grade schools. Fry kettles were installed in many of the kitchens and are used to prepare deep-fried chicken wings, extruded French fries, and smoked sausage. Hot breakfasts are also provided. Hot packs were selected on the basis of taste rather than low bid.

2400-74

SUMMER AT WHITE EAGLE.

Melanie Hatta
Food and Nutr News 4 (5): 5. Oct 1974.
389.8 F7332
Child nutrition programs, Low income groups, Oklahoma, Recreational programs, School lunch programs.
Abstract: Children from low-income families in Oklahoma participated in a recreation-hot lunch program in the summer of 1973. Ages 3 to 20 were eligible, and many ate foods they had never tasted before. When a cold meal was served as an experiment, the children resorted quickly that they each preferred hot meals.

2401-74

ASSESSMENT OF THE MIDDAY MEAL PROVIDED BY MEALS-ON-WHEELS IN BRISBANE.

Ivonne Bobb
Food Nutr Notes Nov 31 (1-2): 16-28. Jan/Feb 1974.
389.9 A073
Australia, Food composition tables, Meals on wheels, Minerals, Nutrient values, Nutrients, Nutritional adequacy, Proteins, Vitamins.

Abstract: At Present, with the expansion of Meals-on-Wheels services, there appears to be a great interest in the adequacy of the provided meal. It is difficult to assess this meal, whether calculated from food tables or analyzed from samples, unless the contribution of that meal to the daily intake is known. In the past, if the meal satisfied a third to a half of the daily Recommended Allowances it was considered adequate. Present results indicate that the food provided is nutritionally inadequate.

2402-74

OLDER AMERICANS GET IN THE ACT.

Charles E Bella
Sch Foodserv J 28 (10): 20-25. Nov/Dec 1974.
389.8 SCH6
Elderly (65 + years), Eligibility, Ethnic groups, Food programs, Legislation, Low income groups, Nutrition.
Abstract: How do you finance an elderly feeding program? There are many ways--from having recipients pay for their own meals to federal support. One way the federal government helps communities establish an elderly feeding program is with Title VII funds of the Older Americans Act.

2403-74

TRAINING 'WOMEN WHO CARE'.

D A Wenck
Ext Serv Rev U S Dep Agric 41 (11): 8-9. Nov 1970.
1 EX892EX
California, Community programs, Home-making skills, Low income groups, Teachers, Visiting home-makers, Volunteers, Working women.
Abstract: "Women Who Care" is a volunteer group that works with low-income families in southern California. The members of the organization give their time, under the auspices of the welfare department, to working with disadvantaged women on a one-to-one basis to help with matters of food budgeting and purchasing, sewing, and other home-making skills. The middle-class whites in this group have been well received by the people they serve.

2404-74

WHAT TO DO WITH USDA FOOD?

Agric Mark 13 (11): 3. Nov 1968.
A280.38 AG8
Alabama, Community programs, Donated foods, Educational programs, Extension agents, Extension education, Food distribution programs, Food preparation, Home, Foods instruction.
Abstract: Foods distributed through USDA make a big difference to people's lives if they know how to use them. Two Alabama counties place Extension home economists and community action workers at the food distribution centers to give group or individual guidance on using donated foods.

2405-74

NUTRITION: THIRD VIEW.

Erica Wheeler
Ceres 6 (5): 59-60. Sept/Oct 1973.
TX341.P63
Food sources, Food supply, Nutrition policy, Nutrition programs, Nutritional rehabilitation.
Abstract: In this article the author considers the world food shortage problem and reviews previously proposed approaches of increasing food production to solve it. She contends that "increased food supplies may be needed in some areas, but analysis of the causes and background of maldistribution of food, and of malnutrition, is needed more urgently. The author suggests that social and economic deprivation, ignorance and disease all play complex parts. A solution should be judged not only on its contribution to total food intake but also on the part they would play in the general development of the country, in creating employment, raising levels of public health and welfare, providing means for diversifying and enriching the diets of poor people and making the best use of available resources. Those involved in planning of nutrition policies and programs should find this author's viewpoints of interest.

2406-74

EXTENSION SERVICE INTENSIFIES HELP FOR THE POOR.

E J Horton
Agric Mark 13 (5): 10-11. May 1968.
A280.38 AG8
Agricultural Extension Service, Community programs, Extension education, Foods instruction, Home-making skills, Low income groups, Nutrition education, Paraprofessional training, Visiting home-makers.
Abstract: The Extension Service drew on its experience in training volunteers from Home-maker Clubs to work with their peers for its successful program of paid aides to work with low-income families. Besides helping with food and nutrition and other problems of home living, the aides familiarize their clients with assistance programs of other agencies. Volunteer middle-class home-makers also work in the program.

2407-74

INDIGENOUS HEALTH AIDES AS COUNSELORS TO PATIENTS ABOUT NUTRITION.

E H Wingert, B Larson, D B Friedmann
Public Health Rep 84 (4): 328-332. Apr 1969.
RA221.P82 P5H
Counseling, Effective teaching, Low income groups, Nutrition aides, Nutrition education, Paraprofessional training, Public

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health Programs, Research.

Extract: Young health aides with a high school education were recruited for a three-week dietary training course. Upon completion of the course, the aides were as effective as medical doctors in giving nutritional counsel to low-income parents of severely anemic young children. Use of such aides saves the physicians' time for more complex medical problems.

2408-74

WHAT HOME ECONOMISTS ARE DOING FOR LOW-INCOME FAMILIES.

I. H. Wolganot
What's New Home Econ 29 (3): 32, 44, 45-54. Mar 1965.
321.8 W55

Consumer education, Educational programs, Food purchasing, Home economists, Home management, Home-making skills, Low income groups, Teaching methods.

Abstract: Home economists working with the poor have been teaching homemakers how to use donated foods, teaching youth home-making skills, giving special services to the aged, training women for jobs, assisting rural development through programs for home and school lunch, and helping upgrade family living of minority groups. They work in public housing and rural areas with clerics, and with youth in groups and clubs. Various examples of successful projects are given. Home management is a vital element. Teaching poor people requires imagination, understanding, and resourcefulness.

2409-74

ST. JAMES BUILDS A KITCHEN.

Devey Wood
Food Nutr 4 (2): 14-15. Apr 1974.
aTX34.F615

Facilities planning and layout, Facility requirements, Federal aid, Food assistance programs, Parochial schools, Private schools, School food service, School lunch programs.

Abstract: A parochial school in Apollo, Pennsylvania, was making 150 hot meals a day on an eight-burner gas range, using a kettle, a potato peeler, and a mixer. When a new wing was added to the school, it was decided to expand the kitchen, but the little parish could not afford the \$24,000 cost of expansion. The USDA nonfood assistance program supplied 75%, or \$18,000 of the total cost for equipment and installation.

2410-74

NUTRITION SERVICES IN HOME HEALTH AGENCIES.

E. H. Youland
J Am Diet Assoc 56 (2): 111-113. Feb 1970.
389.8 H534

Counseling, Home health aides, Home health services, Nutrition programs, Nutritionists, Para-professional training, Patient care, Program elements, Visiting Nurse Association.

Abstract: Since Medicare, home nursing programs have expanded beyond metropolitan centers, thanks to the work of official health agencies and visiting nurse associations. There is room for such participation by nutritionists in program planning, patient counseling, and training home aides.

2411-74

RESPONSE OF STATE GOVERNMENT TO AN URBAN PROBLEM: THE SCHOOL LUNCH PROGRAM IN NEW JERSEY.

Dorothy Yonke, Suthairt Subodorn Nookoo
Washington, D.C., The Urban Institute 39 p. June 1970.
LB3475.Y6 P5H

Child nutrition programs, Food programs, Food service, School food service, School lunch, School lunch programs.

Abstract: This paper examines the urban character of the school lunch problem in New Jersey and the role that the state could play in alleviating the difficulties. Outlined are the state's vertical position in terms of authority and power relative to urban areas, the New Jersey school food problem, specific possible state alternatives and the prognosis for the resolution of the problem. Various data of the five New Jersey Standard Metropolitan Statistical Areas are presented covering population, income, school enrollment and school lunch performance. Those involved in school lunch programs should find this discussion of problems and possible alternative solutions of interest.

2412-74

YOUTH POWER IN OHIO.

Sch Lunch J 23 (7): 69-75. July/Aug 1969.
389.8 S5B6

Adolescents (12-19 years), Educational programs, High school students, Nutrition education, Ohio, School food service, School lunch programs, Student involvement, Student participation.

Abstract: The Youthpower program of Ohio has begun to give consciousness to school lunch personnel, teachers, students, and the community. It also to give high school students an opportunity to learn about nutritional requirements, participate in development of educational programs about food, and investigate a career in the food industry. When teenagers were put on a school lunch panel, plate waste was reduced and the students developed a booklet on nutrition for elementary school children.

RECIPES

2413-74

ADD THE MAGIC OF MEXICO TO YOUR MENU-
Food Serv 36 (2): 34-36, 38. Feb 1974.
389.2538 F732

Commercial food service, Cockery, Mexican, Cooking methods, Cooking techniques, Ethnic foods, Food preparation, quantity, Merchandising, Recipes.

Abstract: This article is full of southwestern recipes contributed by top professional chefs of Mexico City. Instructions are provided for making shrimp, red snapper, tacos, leek, and stuffed pepper entrees along with a tropical fruit cocktail, brandied yam, Mexican Brussels sprouts, watercress salad, a gigantic, sized salad entree, and a puff pastry dessert filled with concord grapes. Wine, meat, apples, cinnamon, lemon peel and served with ice cream.

2414-74

A COOK'S GUIDE TO DO-IT-YOURSELF FOOD ART.

American School Food Service Association
Denver, American School Food Service Assn. 16 p. 1968.
TX355.A42 P5H

Children, Food art, School food service.

Abstract: This little booklet written for school lunchroom administrators is a do-it-yourself guide for creating food art for the entertainment and educational guidance of the children who patronize the school lunchroom. There are 13 different "funny faces" made from foods that will be found in the cafeteria. Citrus fruit, eggplant, cabbages, pumpkins, apples, sweet potatoes can be used as the head of the figure, and by adding peppers as eyes, cloves for nose, strawberries for mouth or for that matter any combination, the children will have fun seeing new foods in a different setting, and the person making the display will have fun trying out this new art form.

2415-74

SIMPLIFIED RECIPES FOR DAY CARE CENTERS.

Patricia D. Assussen
Boston, Mass.: Cahners Books 216 p. 1973.
TX361.C5A8 P5H

Day care services, Food purchasing, Food service, Meal planning, Nutrient requirements, Preschool children (2-5 years), Recipes.

Abstract: This recipe book has been designed for you, the day care center cook, as a tool to help you in planning, preparing, and serving meals and snacks to our tomorrow--the young children of today. The recipes are based on 25 child-size servings to meet the nutritional needs and appetites of the average child two to six years of age. Amounts are given in standard measures since most centers' kitchens are equipped to measure instead of weighing ingredients.

2416-74

PEANUT BUTTER KISSES. (SFA)

N. Way
Fort Collins, Colo. 1 single-sheet flyer printed front and back. Mar 1969.
TXB03.P35B3 P5H (Colorado State University Cooperative Extension Service. Spanish nutrition brieflet 6-a)
Food preparation, Home, Peanut butter, Recipes, Snacks.
Title of Original: Besitos de castaño de mano.
Abstract: This leaflet gives a recipe for peanut butter kisses, a healthful snack for the whole family.

2417-74

BEARD ON BREAD.

James Andrew Beard
New York, Knopf 236 p. illus. [1973].
TX769.B33
Breads, Cookery, Recipes.
Available from NAL.

2418-74

THE PREVENT DIET.

Iva Bennett, Martha Sison
New York, David White 324 p. May 30, 1973.
RH237.75.B4 P5H

Adults, Basic nutrition facts, Cardiovascular disorders, Diet improvement, Fat modifications, Food composition, Recipes, Unsaturated fats.

Abstract: The purpose of this book is not to offer a way to lose weight, although its suggestions if followed may bring that about. Instead it is intended to warn the reader away from dangerous eating habits that could lead to coronary heart disease if continued. Recipes and eating patterns are given which will lower the amount of saturated fat in the diet, replacing the latter with foods containing more unsaturated fats. A discussion of the relations of heart disease to diet

BIBLIOGRAPHY

2419-74

is given, and there is some practical information on sensible weight reduction. The recipes are designed to fit into the dietaries of a wide variety of cuisines.

2419-74

ROMANTIC SPAIN WHERE CUSTOMS, COLOR REIGN.

Julalia C Blair
Instit/vol Feedies 74 (9): 149-161. May 1, 1974.
TX1.155

Cookery, Cookery, Spanish, Cooking methods, Cooking techniques, Food preparation, Menu planning, Recipes.
Abstract: For the most part, Spanish cooking is regional in character. The specialties of each area feature locally grown foods and products in season. National dishes--or those widely known--include Jason Ando con Huevca Hiladç (bakad hau with caudid sea volk), Coccidç (a chick pea boiled dinner or stew), Flan (a custard dessert) and Gazpacho (a toasto "saled soup"). A great deal of Spanish cooking involves preparation on top of the stove or grillies over the coals. Many of the foods that characterize Spanish dishes are rich in color. Tomato, plaiseato, and PaPrika give dishes a brilliant splash of red. Saffron, peas, and oranges lead yellow glow. Parslay, peas, and other vegetables supply shades of green. This article goes on to describe the specifics of Spanish cooking and provides quantity recipes for ten Spanish dishes. An eleventh recipe (for Piporada Savillare) is written entirely in Spanish.

2420-74

JUST THE RIGHT PUNCH.

Julalia C Blair
Instit/vol Feedies 74 (8): 32-33, 37-43. Apr 15, 1974.
TX1.155

Alcoholic beverages, Beverages, Food preparation, Quantity, Merchandising, Non-alcoholic beverages.
Abstract: A successful punch is a drink with character. It is either definitely hot or thoroughly chilled. It has a pleasing taste and is never too sweet. It delights the eye as well as the taste and maintains its strength to the very last cup. Here are suggestions for preparation, decorating, and serving five different types of punch. Recipes are included.

2421-74

THE CUISINES OF INDONESIA.

Julalia C Blair
Instit/vol Feedies 74 (6): 56-59. Mar 15, 1974.
TX1.155

Cookery, Cookery, Indonesian, Cooking methods, Cooking techniques, Cost effectiveness, Food preparation, Quantity, Menu planning, Merchandising.
Abstract: Rice, spices, and coconut shape the character of Indonesian cookery. Rice, especially, is a food of major importance, providing an ideal support for the hot spicy items that are paired with it. This article goes on to describe the characteristics of Indonesian cuisine generally and some of the specific dishes that can be combined to create an Indonesian buffet spread.

2422-74

WHEAT WINS HANDS DOWN.

What's New Home Econ 38 (4): 23-24. Apr 1974.
J21.E N55

Breads, Breads (Yeast), Cooking methods, Cooking techniques, Food preparation, Home, History, Nutrient values, Recipes.
Abstract: Bread-making at home is a handicraft that is being revived. Bread is simple to make, requires little equipment, and tastes delicious. This article gives a thumbnail sketch of the history of bread-making, describes the baking process, and the nutrient content of bread, and provides a recipe for asking enriched white bread.

2423-74

ENCHILADAS; BEEF TACOS; SHEET PASTA AND PINEAPPLE ENPANADAS.

California, Agricultural Extension Service, 4th ENE
San Jose, Calif. 3 flyers printed one side only. [n.d.].
TX716.C3 P6W

Cookery, Mexican American, Cooking techniques, Ethnic foods, Food preparation, Home, Recipes.
Abstract: Here are recipes for three Mexican American dishes.

2424-74

QUANTITY RECIPES FOR SCHOOL FOOD SERVICE PROGRAMS.

California, Dept. of Education
Sacramento, Calif. esp. [n.d.].
LB3479.USC3 P6W

California, Cooking methods, Food preparation, Quantity, Menu planning, Recipes, School food service, Type A lunch.
Abstract: Here is the quantity recipe file for the State of California's school food service programs. There are recipes for salads, salad dressings, breads and rolls, cereals, sandwiches, desserts, sauces and gravies, main dishes, and vegetables. Several international curds provide tips for menu planning, determine nutrient values, buying food, using textured vegetable protein, and utilizing a nutritious Type A meal. Tables of weights, measures, and equivalents are also included.

2425-74

9 WAYS TO BEEP UP YOUR PROFITS WITH BEANS: A SPECIAL COLLECTION OF NEW RECIPES FOR VOLUME FOOD PURVEYERS FEATURING CALIFORNIA DRY BEANS.
California Dry Bean Advisory Board
Diasba [12] 1. [1973].

TX740.C3 P6W

Beans, Cooking methods, Cost effectiveness, Food preparation, Quantity, Food service management, Merchandising, Food vegetables, Recipes, Vegetables.
Abstract: Incorporating dried beans into the food service area is a good way to keep protein levels high while reducing costs. This booklet contains several new bean recipes created in the test kitchens of the Dry Bean Advisory Board.

2426-74

HOW TO GO MEATLESS--WITH PROTEIN ON YOUR SIDE (KIT).

Casphell Soup Company
Casden, Casphell Soup Co. 1 kit, wall poster, 100 student folders, teacher's guide. [n.d.].
TX553.P7R6 P6W

Protein foods, Proteins, Recipes, Recommended Dietary Allowances.
Abstract: This kit, designed for high school classes, contains a teacher's guide, a colored wall poster of one of the recipes featured, with a bar graph of the RDA of nutrients supplied in the recipes, and student folders. The student handouts present basic protein facts and show how to apply these to meatless situations. Six meatless recipes and menus are included, and three of the recipes can be prepared in one class period.

2427-74

CANNED VEGETABLES ARE BETTER THAN EVER.

Cooking for Profit 43 (278): 34,38,40,64. Feb 1974.
TX901.C65

Canned foods, Cooking techniques, Food preparation, Quantity, Food service, Merchandising, Recipes, Seasonings, Side dishes, Vegetables.
Abstract: In many food service establishments, vegetable side dishes are usually the poorest quality items on the menu. It takes very little effort to turn these side dishes into little gems. This article presents some ideas for seasoning, combining vegetables, and in other ways creating appetizing items from canned products.

2428-74

SIMPLIFIED QUANTITY RECIPES; NURSING/CONVALESCENT HOMES AND HOSPITALS.

Habel Cavaiani, Mariel Urbanich
Chicago, National Restaurant Association 304 p. 1974.
NR975.5.D5C2 P6W

Hospital food service, Hospitals, Institutional feeding, Nursing homes, Recipes, Therapeutic and special diets.
Extract: This book was written in response to the need for simplified, standardized recipes suitable for nursing/convalescent homes and hospitals. Dietary information is provided on each recipe for those foodservice supervisors who do not have a dietitian available at all times. The amount of protein is also included on each recipe for those needing this specific information. Recipes in this book are suitable for cafeterias, schools, restaurants and others wanting recipes for wholesome, nutritious, attractive and economical food. Recipes have been simplified as much as possible for the homemaker-turned cook and other employees without formal education in food preparation.

2429-74

THE LOW CHOLESTEROL COOKBOOK.

Habel Cavaiani
Chicago, Henry Regnery Co. 258 p. [1972].
NR221.C33 P6W

Adults, Cardiovascular disorders, Cholesterol-low diets, Fat-restricted diets, Recipes, Weight control.
Introduction by Joseph T. Crockett, M.D.

Abstract: This cookbook has been written by a dietitian for those families who have to watch their cholesterol intakes. The author, who has used the guidelines of the American Heart Association to develop the recipes, points out that a low cholesterol diet for those who need it should be a way of life. The preface lists foods recommended and those which should be avoided. There is an introduction by a physician.

2430-74

CEREALS AND PASTA IN FAMILY MEALS; A GUIDE FOR CONSUMERS.

Washington, GPO 32p., illus. with photos. Oct 1968.
TX393.C4 P6W (U.S. Dept. of Agriculture. Home and Garden bulletin no. 150)

Alimentary pastes, Breakfast cereals, Recipes, Rice.
Abstract: This guide for consumers contains information on buying, storing and preparing several cereals, including breakfast cereals, rice, bulgur, cornmeal, and hominy grits. There is also the same type of information given for pasta. Included are 19 pages of recipes that include cereals or pasta. The recipes range from appetizers to desserts. The caloric value per serving is given for each recipe, as well as many variations on the recipes.

2431-74

THE NORTHERN CHINESE COOKBOOK, INCLUDING SPECIALITIES FROM PEKING, SHANGHAI, AND SECHUAN.

Woonsa H Chang
New York, Crown Publishers 193 p. illus. [1973].
TX724.5.C5W67 1974

Cookery, Chinese.
Available from NAL.

- 2432-74
THE COMPLETE BOOK OF HERBS.
Reynard Clayton
New York, Simon and Schuster 559 p. illus. [1973].
TX769.C55
Breads.
Available from NAL .
- 2433-74
COMMUNITY COOKERY.
Pat Coquer
Portsmouth, Rockingham County Community Action Program unpa-
ged, looseleaf. 1971.
TI652.C6 P6N
Adults, Basic nutrition facts, Cooking instruction, Donated
foods, Emergency Food and Medical Service Program, Low income
groups, Recipes.
Abstract: Designed for use with donated foods, this cookbook
could be used to advantage in feeding programs which utilize
such foods as well as by the low income housewife. Useful
features include lists of substitutes for and equivalents of
commoner foods, nutritional facts and tips on storage.
- 2434-74
BETTY CROCKER'S HOW TO FEED YOUR FAMILY TO KEEP THEM FIT &
HAPPY . . . NO MATTER WHAT.
Betty Crocker
New York, Golden Press 151 p. illus. [1972].
TX355.C76
Cookery, Family nutrition.
Available from NAL .
- 2435-74
MEDITERRANEAN SEAFOOD.
Alan Davidson
Harewood, Penguin 425 p. illus. 1972.
TX747.D275
Cookery, Fish, Seafood, Shellfish.
Available from NAL .
- 2436-74
THE COMPLETE BOOK OF INDONESIAN COOKING.
Antoinette Devit, Anita Borchese
Indianapolis, Bobbs Merrill 175 p. illus. [1973].
TX724.5.I5D46
Cookery, Indonesian, Recipes.
Available from NAL .
- 2437-74
RECIPES FOR A SMALL PLANET.
Ellen Buchanan Ewald
New York, Ballantine Books 366 p. 1973.
TX703.E8 P6N
Adults, Amino acids, Cockroaches, Natural foods, Protein-rich
mixture, Proteins, plant, Recipes, Vegetarian diets.
Introduction by Frances Moore Lappe.
Abstract: This paperback book is a contribution to Diet for a
Small Planet and, like the latter, it emphasizes protein com-
plementarity for good protein and amino acid intake by combi-
nations of various vegetable foods and some dairy resources.
The recipes presented have been calculated for the user to
supply stated amounts of usable protein. Suggestions for grow-
ing food naturally and cooking hints are included. For adults.
- 2438-74
1984 FOOD...NOW.
Tom Farr
Food Management 9 (1): 58-60, 64-72. Jan 1974.
TX341.F69
Food Preparation, quantity, Fortified foods, Ingredients, New
foods, Nutrient values, Recipes.
Abstract: The recipes presented here contain concentrated
foods high in nutrients, but they exhibit no lack of flavor
or texture. The Argentine stew is a one-course meal containing
beef and 6 vegetables, and the Venezuelan bread, made with
cornmeal and cheese, is a nutrient powerhouse. Other recipes
include: chicken-rice loaves, pineapple vegetable soup, carrot
chicken pie, lasagna (made with textured vegetable protein),
spinach-stuffed fish rolls, Mexican herb sandwiches (a meal in
themselves), egg-stuffed baked potatoes, and Caribbean rus-
cake (made with low-cholesterol egg substitute).
- 2439-74
SMALL PORTIONS: EXCITING SIDE DISHES.
Tom Farr
Food Management 9 (8): 60-62, 69-75. Aug 1974.
TX341.F69
Fruits, Meat, Recipes, Salads, Tuna, Vegetables.
Abstract: Summer recipes are supplied for cold mixed fruit
and vegetables, sited Waldorf salad, banana sherbet, cucumber
and yogurt salad, meat patties with sour cream, braised red
cabbage, sized vegetables, and tuna bean salad. Each recipe
yields 48 servings.
- 2440-74
INDIAN FOOD.
Tom Farr
Food Management 9 (4): 44-46. Apr 1974.
TX341.F69
American Indians, Cookery, American Indian, Cooking methods,
Cooking techniques, Ethnic foods, Food preparation, quantity,
Food selection, History, Recipes.
- Abstract: Fully 80% of our present food plants were unknown
to Europeans prior to 1492. Various American Indian foods
since then have become popular throughout the world--corn,
potatoes, beans, tomatoes, squash, cocoa, peanuts, to name
just a few. It would be difficult to duplicate a typical Amer-
ican Indian meal today. Much of it depended on open-fire cook-
ing. Nowadays, however, there is renewed interest among Indi-
ans in reviving their traditional food preparation techniques,
and doubtless American Indian dishes will again become popu-
lar. Here are six quantity recipes for Indian pudding, Indian
chicken stew, peanut soup, corn pudding, green tomato pie, and
Indian cake.
- 2441-74
HOT DOGS, HAMBURGERS & PIZZA.
Tom Farr
Food Management 9 (6): 50-52, 55-59. June 1974.
TX341.F69
Cheese, Hamburgers, Pizza, Potatoes, Recipes.
Abstract: Recipes are supplied for Arabian hamburger kabobs,
bleu cheese stuffed hamburgers, pizza and potato pizza and
sauce, and frankfurter chutney. Serving suggestions are inclu-
ded.
- 2442-74
FLAVOR SECRETS FROM FOREIGN LANDS: CHILE.
Food Prod Dev 8 (1): 56. Jan 1974.
ND9000.1.P64
Cookery, Chilean, Cooking methods, Cooking techniques, Food
preparation, International foods, Recipes, Seasonings.
Abstract: The secret to the characteristic flavor of Chilean
foods is "salsa de color," a sauce made by heating garlic,
oregano, and paprika in oil. The staple food is the bean cal-
led "porotos," known in the U.S. as the cranberry bean. It is
served with meats, fish, vegetables, and by themselves. A
recipe is provided here for Chilean empanadas, a pastry filled
with a mixture of beef, tomatoes, raisins, olives, hard-boiled
eggs, onions, and a variety of spices.
- 2443-74
FLAVOR SECRETS FROM FOREIGN LANDS: IRAN.
Food Prod Dev 8 (5): 52. June 1974.
ND9000.1.P64
Cookery, Hideaat, Herbs, Iran, Recipes, Seasonings, Spice.
Abstract: A recipe is supplied for yalanci dolma, spiced rice
stuffed grapes, an Iranian dish. Cooking in Iran is described,
with emphasis on the many herbs and spices. Sources for other
recipes are given.
- 2444-74
FLAVOR SECRETS FROM FOREIGN LANDS: NORWAY.
Food Prod Dev 8 (4): 48. May 1974.
ND9000.1.P64
Cookery, Cookery, Norwegian, Cooking methods, Cooking techni-
ques, Food preparation, Recipes, Seasonings.
Abstract: Norwegian cookery has a reputation for simplicity
and blandness, mainly because the fish dishes depend on the
innate fish flavors for their distinctive taste, the short
growing season in Norway has encouraged pickling and canning
of foods, providing another sort of taste treat. Sauces and
gravies are used liberally with fish and meat entrees. The
greatest use of spices is in Norwegian baked goods, cardamom
being especially popular along with nutmeg, cinnamon, and
cloves. Presented here is a recipe for Fappernotter (Norwegian
Pepper Nut Cookies with leach icing) that make use of the
three spices already mentioned, plus allspice, anise, and
black pepper.
- 2445-74
FLAVOR SECRETS FROM FOREIGN LANDS: PHILIPPINES.
Food Prod Dev 8 (3): 72. Apr 1974.
ND9000.1.P64
Cookery, Cookery, Philippine, Cooking techniques, Food prepara-
tion, Recipes, Seasonings.
Abstract: The cookery of the Philippines is a combination of
native and Spanish techniques. Although spices are used liber-
ally, Philippine cooks rarely go to extremes of fierceness or
exoticism. This article imparts some of the traditional Phil-
ippine seasoning secrets and provides a recipe for Adobo (a
braised chicken and pork casserole).
- 2446-74
FLAVOR SECRETS FROM FOREIGN LANDS: SICILY.
Food Prod Dev 8 (6): 48. July/Aug 1974.
ND9000.1.P64
Cookery, Italian, Herbs, Italy, Recipes, Seasonings, Spice.
Abstract: A Sicilian recipe for pasticciò di riso is given.
The dish is a rice, cheese, and meatball torte. The use of
herbs and spices in Sicilian cooking is outlined. The recipe
is adapted for American use.
- 2447-74
FLAVOR SECRETS FROM FOREIGN LANDS: SWITZERLAND.
Food Prod Dev 8 (2): 12. Mar 1974.
ND9000.1.P64
Cookery, Cookery, Swiss, Cooking techniques, Food preparation,
Recipes, Seasonings.
Abstract: Swiss cooking is similar to French, German, and
Italian cuisines, but with subtle differences in flavor. Nut-
meg, for example, is decidedly a Swiss spice. The Swiss use it
on many different meat and vegetable dishes. Cheeses, glazed
open-face sandwiches, seasoned butters, soups, and fondues are

BIBLIOGRAPHY

2448-74

all typically Swiss. Here is a recipe for Swiss Potato Croquettes.

2448-74

FLAVOR SECRETS FROM FOREIGN LANES: SYRIA.
Food Prod Dev 8 (8): 48. Oct 1974.
HD9C0C.1.P64
Cookery, Syrian, Herbs, Lamb, Recipes, Spice.
Abstract: Syrian cooking is characterized by lamb in an endless variety of forms, especially fillings and stuffings; Spices and herbs in wide use are listed and a recipe for stevia-peppery lamb pie--is given.

2449-74

FLAVOR SECRETS FROM OTHER LANES: WESTERN CANADA.
Food Prod Dev 8 (7): 80. Sept 1974.
HD9000.1.P64
Cookery, Canadian, Recipes, Scurry.
Abstract: Throughout Canada, the Scots and the French wield a heavy influence on tastes. In the Western Provinces, however, there is often an added dash of Polish, German, Ukrainian, or Finnish ideas on the menu. And in the background is a sprinkling of wilderness ingenuity and foods distinctive to the region. A recipe for Canadian habitant pea soup is supplied.

2450-74

THE CO-ED COOKBOOK.
Henrietta Fleck
New York, Scholastic Book Services 128 p. [1967].
TX715.P5 P6N
Animal nutrition, Deficiency diseases and disorders, Scientific methodology.
Abstract: Directed to the teenage girl, this book includes recipes and the ways of cooking and food preparation. Tips on menu planning, marketing, equipment, and timing are incorporated into each chapter. It provides ideas for drop-in quests, breakfast, lunch, dinner, parties, cooking for two, and the broad field of foods as a career. The appendix includes tables of equivalents, common measures, substitutions, glossary and cooking equipment.

2451-74

THE ICODS OF SOUTHERN ITALY.
Instit/vol Feeding 74 (3): 34-36. Feb 1, 1974.
TX1.I55
Cookery, Italian, Food preferences, Food preparation, Food service, International foods, Menu planning, Merchandising.
Abstract: The cuisine of southern Italy is a patchwork of regional specialties, but each of these have certain things in common. All southern Italian foods depend heavily on tomatoes, tubular-shaped pasta forms, olive oil, and green vegetables arranged and cooked in many different ways. This article describes the characteristics and ingredients of southern Italian specialties for food service operators who want to add these dishes to their menus.

2452-74

FRANKFURTER, HOT DOG OR WIENER.
Cooking for Profit 43 (279): 31-33. Mar 1974.
TX901.C65
Food preparation, quantity, Frankfurters, Meat, Menu planning, Merchandising, Recipes, Sauces, Seasonings.
Abstract: If they are of high quality and bought from reputable manufacturers, frankfurters are a good nutritional buy and add variety to menus. This article describes the process of manufacturing hot dogs and provides recipes for relishes and frankfurter dishes that are high-value menu items.

2453-74

TURN YOUR SOUP LADLE INTO A COOK'S MAGIC WAND.
Janice Garr
Restaurant Bus 73 (12): 67-72. Dec 1974.
J89.2538 P82 P6N
Herbs, Recipes, Soups, Spice.
Abstract: Recipes for various soups include minestrone, black bean, chowders, quabo, and others. Using prepared soups is discussed, and a soup-spice chart is supplied.

2454-74

GET ACQUAINTED WITH HACKEREL!
Cooking for Profit 43 (278): 52-53, 71. Feb 1974.
TX901.C65
Cooking methods, Fish, Food service, Mackerel, Menu planning, Merchandising, Seafood.
Abstract: Food service operators would do well to consider adding mackerel to the menu. Mackerel is a North Atlantic fish. Feeding and reproduction patterns indicate that there will be an abundance of these fish during the mid-1970's, and large supplies mean reduced costs. Mackerel can be poached, steamed, baked, broiled, and oven fried, and there are numerous ways to spice, garnish, and serve it. Because mackerel is not familiar to many Americans, it should be thoroughly merchandised by offering it as a "special" and using menu clips to describe it.

2455-74

GET MORE PROFIT FROM YOUR FRY KETTLES.
Cooking for Profit 43 (278): 60, 62. Feb 1974.
TX901.C65
Cooking equipment (Large), Cooking methods, Food preparation, quantity, Food service, Frying, deer fat, Recipes.
Abstract: To be worth their cost, fry kettles should be used

constantly. Many food service operators neglect to investigate the possibilities for deep-fat frying items other than French fries or onion rings. Here are three recipes for croquettes--veal, chicken, and lamb--that are admirably suited to deep-fat cookery.

2456-74

THE POTATO LOVER'S DIET COOKBOOK.
Barbara Gibbons
Denver, The Potato Board 39 p., illus. 1973.
RM222.2.G52 P6N
Cookbooks, Cookery, Potatoes, Recipes, Weight loss, Weight reduction.
Abstract: This cookbook, written for those interested in weight reduction, begins with an introductory discussion of the caloric and nutrient content of the potato. Some general information on weight reduction is also included in this introductory section. Over fifty recipes. From hors d'oeuvre to desserts, are then presented, each including the potato in its list of ingredients. The number of servings and calories per serving are given for each recipe and interspersed among the recipes are tips for saving on preparation time and calories plus ideas for adding variety and attractiveness to the food items.

2457-74

THE HOMESTEAD KITCHEN & CELLAR.
Grant Gilmore, Holly Gilmore
New York, Lancer Books 252 p. illus. [1973].
TX145.G52 (A Lancer Larchmont book)
Canning, Cookery, Home econcaics.
Available from NAL.

2458-74

GOOD MORNING BREAKFASTS.
Weight Watchers 7 (2): 36-38, 54. Mar 1974.
RC628.W4 P6N
Breakfast, Recipes.
Abstract: School lunch managers who supervise breakfast feeding programs may find some new ideas in the 10 recipes presented in this article, several of which could be adapted to quantity preparation, such as buttercotch catsmeal, or hot spiced cereal.

2459-74

GOOD FOOD FOR GOOD HEALTH: A COOKBOOK FEATURING MENU TIPS AND EASY-TO-PREPARE RECIPES CALLING FOR THE USE OF VEGETABLES, FRUITS, GRAIN FOODS, NUTS, AND DAIRY PRODUCTS.
Thelma Bruner Harris
Nashville, Southern Pub. Association 223 p. illus. [1972].
TX837.A5H6 P6N
Cookbooks, Fruits, Recipes, Vegetarian diets.
Available from NAL.
Abstract: This book represents a compilation of healthful, tasty vegetarian recipes which have appeared in The Message Magazine over the past nearly two decades.

2460-74

VEGETARIAN GOURMET COOKERY.
Alan Hooker, Sara Raffetto, Helen Morrow
San Francisco, 101 Productions 192 p., illus. 1970.
TX352.A5H6 P6N
Cooking, Food beliefs, Recipes, Vegetarian diets, Vegetarians.
Abstract: This book, written for vegetarians and those interested in the vegetarian diet, offers several recipes and ingredient information pertaining to seatless cooking. Recipes from soups to desserts are included along with special chapters on herbs and sauces. The author also offers advice on organic gardening, kitchen equipment and vegetarian products.

2461-74

I/VFM RECIPE FILE.
Instit/vol Feeding 74 (1): 85-90. Jan 1, 1974.
TX1.I55
Cooking methods, Cooking techniques, Food preparation, quantity, Meat, Meat cuts, Merchandising, Recipes.
Abstract: Here are quantity recipes for delicious main dishes that utilize the less expensive cuts of meat--apple braised shortribs, mushrooms veal stew, lamb breast Florentine, potted beef with prunes and potatoes, plus recipes for 2 garnishes and a soup.

2462-74

I/VFM RECIPE FILE.
Instit/vol Feeding 74 (6): 71-79. Mar 15, 1974.
TX1.I55
Cookery, Cookery, Indonesian, Cooking methods, Cooking techniques, Food preparation, quantity, Menu planning, Recipes.
Abstract: For the food service operator who would like to try Indonesian foods on the menu, here are quantity recipes for Saté Malay (lamb kabobs with marinade), halibut with freit, pear topped baked bananas, Nasi Goreng (shrimp and roast pork omelet with rice), Javanese fish, peach chutney, Kerrie Ajea (chicken curry), Asinan salad, and Indonesian chicken with yams.

2463-74

GROUND BEEF RECIPES FOR SCHOOL CAFETERIAS.
Illinois School Food Service Association
[Springfield] 22 l. [1974].
TX749.I4 P6N
Beef, Cookbooks, Food preparation, quantity, Ground beef,

- Recipes. School food service.
Abstract: Here is a book full of quantity recipes for ground beef dishes suitable for school lunch. The seven sections give instructions for preparing a variety of casseroles, meat loaves and meat balls, meat sauces, meat steaks, sandwiches, special occasion or holiday dishes, and foreign foods.
- 2464-74
DONAFIE FOODS ARE TASTY AND NUTRITIOUS.
Ida John
Yakima, Wapato-Toppenish Head Start Center 8 p. 1973.
TX361.J6 F5H
Adults, Basic nutrition facts, Donated foods, Head Start, Low income groups, Recipes.
Abstract: This booklet is an account by a Head Start volunteer parent of how she used commodity foods to feed her family of ten. It includes some recipes using the donated foods, and pointers on how to supplement these foods with fresh local produce and to make full use of the commodities.
- 2465-74
THE PERFECT PANCAKE.
Virginia Kahl
New York, Charles Scribner's Sons 32 p., illus. 1960.
TX355.K3 F5H
Children's stories, Pancakes, Preschool children (2-5 years), Primary grades.
Abstract: This story, written in verse, and amply illustrated, will be read by (or read to) children from the ages of three to eight. It is the story of this "perfectly marvelous cook" who makes and serves pancakes that are "feathery, fluffy, and flavorful, tender, and toothsome, incredibly savory," unfortunately, each person is allowed only one pancake. Finally a passing beggar tricks her into providing more, and the townspeople take note.
- 2466-74
THE BENEVOLENT BEAN.
Margaret Keys, Ancel Keys
Brooklyn, Farrar, Straus And Giroux 192 p. 1972.
TX803.B4K4 F5H
Adults, Beans, Cookbooks, Cookery, Dried foods, History, Legumes, Nutrient values, Recipes.
Abstract: No one knows who was the first human to eat beans, but the Egyptians were eating lentils over 4,000 years ago. In the Middle Ages they were known as poor man's meat. This book discusses their history and use, and presents a selection of recipes utilizing beans and other legumes. Calories, protein and fat in each are given at the end of each recipe. They would be useful for food service supervisors as suggestions for school lunch menus as well as for homeeaters on limited budgets.
- 2467-74
TRY NEW WAYS WITH BARGAIN TURKEY.
Lon Laflamme
Sch Foodserv J 28 (7): 26-28. July/Aug 1974.
3B9.E SCH6
Commodities, Recipes, School food service, Turkey, Type A lunch.
Abstract: Turkey will be a school commodity in 1974, because of a large surplus plus an increase in production. A well-known child pleaser, turkey will appear in many forms on the Type A school lunch menu. The article includes four recipes: sloppy toss, turkey meatballs, turkey pie, and turkey burger with mushroom sauce.
- 2468-74
DIET FOR A SMALL PLANET.
Frances Moore Lappe
New York, Ballantine Books 301 p. Sept 1971.
TX392.L3 F5H (A Friends of the Earth/Ballantine book)
Adults, Cookbooks, Ecology, Health foods, Proteins, Recipes, Vegetarian diets.
Bibliography: p. 281-286.
Abstract: From a concern about the high cost economically and ecologically of meat eating, the author of this book for lay people has researched protein theory to present recipes of comparable protein content utilizing grains, legumes, fish dairy products. The author is not herself a nutritionist.
- 2469-74
GREAT MEATLESS MEALS.
Frances Moore Lappe, Ellen Buchanan Ewald
New York, Ballantine Books 141 p. 1974.
TX392.A5L3 F5H
Cookery, Nutrient quality, Recipes, Vegetables, Vegetarian diets.
Abstract: This book, written for adults, contains thirty menus and their recipes for meals without meat. Each recipe includes the approximate number of grams of usable protein and the percentage of protein need provided per single portion. The menus adhere to the theory of protein complementarity by combine different plant sources, or nonmeat animal protein sources and plant sources in the same meal. The final chapter contains basic cooking instruction for beans, grains, nuts and seeds.
- 2470-74
LASAGNA: MOST POPULAR DISH OF 1974.
Cooking for Profit 43 (282): 30-33. June 1974.
TX901.C65
Alimentary pastes, Lasagna, Recipes.
Abstract: Suggestions are given for dressing up canned and frozen lasagna. Recipes for several varieties are presented, including olive, mushroom, rice and tuna, and casserole preparation.
- 2471-74
LONDON TOUR: A COLLECTION OF MENU IDEAS.
Food Serv 36 (6): 24-28. Apr 1974.
3B9.253B F73Z
Cookery, Cookery, English, Cooking methods, Cooking techniques, Food preparation, quantity, London (England), Menu planning, Recipes.
Abstract: Here are recipes galore, culled from the menus of fine London restaurants. These specialties can be used to brighten up any American food service menu. Items include steak and kidney pie, Scotch eggs, poached halibut with saffron rice pilaf, 3 potato recipes, baked duckling, apricot salad, Banbury tarts, and Eccles cakes.
- 2472-74
DESSERTS--DELIGHTFUL AS DAISIES.
Lorraine Lorton
Sch Foodserv J 28 (4): 54-57. Apr 1974.
3B9.E SCH6
Cooking techniques, Desserts, Food preparation, quantity, Fruits, Menu planning, Recipes, School food service.
Abstract: Topping a dessert with fruit adds to its eye appeal and taste. Here are 4 quantity recipes for marble cake fruit pudding, peach bread pudding, a chocolate cake with fruit topping, and peach rice pudding.
- 2473-74
A TASTE OF HOLIDAY TRADITIONS.
Anne Hanno
Forecast Home Econ 20 (2): f-24, f-46-f-47, f-52. Nov 1974.
321.E H752
Cookery, Czechoslovakian, Cookery, German, Cookery, Greek, Cookery, Italian, Cookery, Jewish, History, Holiday foods, Recipes.
Abstract: Brief surveys of traditional holiday foods from Mexico, Israel, Poland, and Sweden are given. Recipes for Greek, Italian, Czechoslovakian, Mexican, Jewish, and German festive dishes are supplied. American recipes for Creole fudge, southern orange astronomy, and holiday custard sauce are included.
- 2474-74
BENEFITARY EXTRA BARBECUE--1.
Indus & Welfare Catering 5 (B): 18, 23. June 1974.
TX946.5.I5 F5H
Barbecuing, Beef, Chicken, Corn, Lamb, Pork, Recipes.
Abstract: The cooking equipment required for barbecues is listed, followed by cooking instructions for steaks, steaks and lamb chops, chicken, sausages, kebabs, hamburger, apricots and sweetcorn. A complete barbecue menu is included.
- 2475-74
THE SEASONAL KITCHEN: A RETURN TO FRESH FOODS [1st ed.]
Pera Meyers
New York, Holt, Rinehart and Winston 421 p. [1973].
TX15.H627
Cookery, Fresh foods.
Available from NAL.
- 2476-74
USING STANDARDIZED RECIPES (FILM LOOP).
National Educational Media, Inc.
Hollywood, National Educational Media 1 cassette, super 8mm, sd, col., 10 min. 1971.
TX740.US F5H IV
Food preparation, Recipes, Standardized recipes.
With study guide. For use in Fairchild cassette projector.
Abstract: Shows how to interpret and use standardized commercial recipes. Includes necessity for advance planning, precautions in substituting ingredients, conversion of weights and measures, and proper techniques for cooking and preparation. Portion control is emphasized as is presentation and appearance of the complete recipe on a serving plate. Utilization of several different types of recipes is presented.
- 2477-74
AMERICAN INDIAN FOOD AND ICE.
Carolyn Wiethasser
New York, Macmillan 191 p. 1974.
E78.S7H5 F5H
Cookery, American Indian, Cooking methods, Cultural factors, Ethnic foods, Food beliefs, Recipes.
Abstract: The author shows how daily meals, snacks, and festival dishes are still prepared according to traditional tribal methods. The easy-to-follow recipes yield simplified quantities--to encourage you to try all the dishes and increase the proportions of your favorites.
- 2478-74
NUTRITIOUS, DELICIOUS, AND ECONOMICAL SALAD DAYS.
Food Management 9 (9): 52-55, 63-69, 80. Sept 1974.
TX341.F69
Beans, Cheese, Chestnuts, Chicken, Fruits, Recipes, Salad dressings, Salads, Vegetables.
Abstract: Recipes are supplied for salads containing apples, apricots, beans, chicken, sacaroni, potato, brussel sprouts

BIBLIOGRAPHY

2479-74

and chestnuts, and cassabart. Recipes for French pizza and cheese potato frankfurters are included.

2479-74

RECIPES FROM BARBADOS.

Food Serv 36 (11): 30-34. Nov 1974.
389.2538 F732

Beans, Beef, Chicken, Cookery, Caribbees, Desserts, Fish, Lobsters, Recipes.

Abstract: Recipes from Barbados include salmon cakes, ham bake, beef pie, rock lobster, shrimp and potato croquettes, codfish fritters, and Trafalder trifle.

2480-74

RECIPES FROM PHOENIX.

Food Serv 36 (10): 26-32. Oct 1974.
389.2538 F732

Arizona, Crab, Fruits, Omelets, Recipes, Shrimp.

Abstract: Preparation of favorite Phoenix dishes is described including recipes for gasacho, shrimp dishes, fruit salads, crab, and deep fried onions.

2481-74

RECIPES FROM THE PAGES OF ATLANTA'S GREAT AMERICAN MENUS.

Food Serv 36 (3): 24-30. Mar 1974.
389.2538 F732

Atlanta, Georgia, Commercial food service, Cookery, Cooking methods, Cooking techniques, Food preparation, quantity, Recipes.

Abstract: Here are recipes for some of the popular dishes found in Atlanta restaurants--desserts, main dishes, appetizers, hot sandwiches, and beverages.

2482-74

MANUAL ON HOUSEHOLD FOOD CONSUMPTION SURVEYS.

Anna Beh
New York: UNIPUS, Inc. 96 p. 1962.
TX35.R4 F88 (PAC Nutritional Studies, no. 10)

Dietary surveys, Household surveys, International programs, Program evaluation, Program planning, Research.
Abstract: A guide for use in planning surveys of household food consumption. The details of all aspects of conducting a survey are discussed. Samples of survey forms are included.

2483-74

HYPOGLYCEMIA CONTROL COOKERY.

Dorothy Revell
New York, Berkley Publishing 192 p. 1973.
NH219.R4 F88

Adults, Carbohydrate modifications, Cookbooks, Food composition tables, Hypoglycemia, Protein-high diets, Recipes.
Abstract: This cookbook is intended for the person who suffers from hypoglycemia, low blood sugar, believed to be caused by overstimulation of the pancreas by high intake of carbohydrates, which causes increased amounts of insulin to be produced. In addition to recipes high in protein and low in carbohydrate, there are tables of carbohydrate content of a variety of common foods, and of a number of commercial food products.

2484-74

ON COOKIE TREE, ON COOKIE TREE.

Lois Bone
Sch Foodserv J 28 (10): 48-51. Nov/Dec 1974.
389.8 SC86

Cookies, Holiday foods, Recipes, School food service.

Abstract: Oatmeal cookies are used to construct a miniature Christmas tree. Complete directions for making this child-pleasing decoration and recipes for cookies and frosting are supplied.

2485-74

SALAD DAYS ARE HERE TO STAY.

Bartha Royson
Sch Foodserv J 28 (2): 54-56. Feb 1974.
389.8 SC86

Apricots, Cooking techniques, Food preparation, quantity, Main dishes, Recipes, Salads, School lunch, Side dishes.

Abstract: Here are five quantity salad recipes suitable for the school lunch type A pattern. All five salads make use of apricots--a fruit rich in vitamins C and A.

2486-74

MAKE AHEAD BREAKFASTS.

Beverly Saldare
Sch Foodserv J 28 (5): 34-42. May 1974.
389.8 SC86

Cooking methods, Cooking techniques, Food preparation, quantity, Menu planning, Recipes, School breakfast, School breakfast programs.

Abstract: One of the biggest problems confronting school breakfast programs is scheduling the cooking time. If breakfast menus are to have any variety at all, some extra food preparation must be done. Here are some new recipes that have been designed to make ahead and freeze or refrigerate until the morning they will be served. These recipes fit both the Type A pattern and the Nutrient Standard approach to menu planning. The recipes include cinnamon oatmeal muffins, grape breakfast waffles, grape coffee cake, grape honey, glazed franka and apples, apricot coffee cake, peach coffee cake, and peanut butter fritters.

2487-74

SEVEN GREAT AMERICAN RECIPES FROM WILLIAMSBURG.

Food Technol 36 (9): 22-26. Sept 1974.
389.8 F7398

Chicken, Desserts, Meats, Recipes, Virginia.

Abstract: Recipes are given for cherry pea salad, coconut custard pie with broiled peach topping, baked grits coriander, meat sauce pears, breaded apricots, chicken colonial, and hen braised in Madeira.

2488-74

WILLIAMSBURG FOOD SERVICE: PRESERVING THE FLAVOR OF GREAT AMERICAN CUISINE.

Bruce Smith
Food Technol 36 (9): 19-20. Sept 1974.
389.8 F7398

Commercial food service, Food service industry, Food service management, Merchandising, Restaurants, Virginia.

Abstract: Colonial Williamsburg preserves an essentially American form of food service, an illustrated in these marketing and merchandising notes on taverns and inns of this historic area.

2489-74

NEW YORK: THE CHANGING FACE OF FOOD SERVICE.

Bruce Smith
Food Serv 36 (5): 14-20. May 1974.
389.2538 F732

Commercial food service, Cookery, Cooking techniques, Food preparation, Marketing, Merchandising, New York City, Recipes.

Abstract: From New York City's finest restaurants come the food service marketing, merchandising, and food preparation ideas found in this article. Numerous recipes for everything from appetizers to desserts are included.

2490-74

THE LONDON STYLE: BEST OF PAST AND PRESENT.

Bruce Smith
Food Serv 36 (4): 20-23. Apr 1974.
389.2538 F732

Commercial food service, Food preparation, quantity, Food service management, London (England), Marketing, Menu planning, Merchandising, Recipes, Restaurants.

Abstract: London has become one of the liveliest European capitals in the styling of imaginative food service. Embodying the spirit and special talent of this exciting are in Robert Carrier, whose Huckleberry Hall operation is pictured here, Carrier's approach is a fascinating form of food service, which combines the best of past and present. Accompanying this article are four recipes from Carrier's menu: Brandade of smoked trout; Cold chicken avocado soup; Guinea fowl with juniper berries; and Poiree a la bourguignonne.

2491-74

SOY PROTEIN RECIPE IDEAS: FROM RECIPES D'OYUVIS THROUGH ENTREES TO ENTREES.

Naicy Snider
Chicago, Institutions/Volunteer Feeding Management Magazine 72 p., illus. 1971.
TR55E.3756 F88

Cookery, Food service, Institutional feeding, Restaurants, Soybeans, Textured vegetable proteins.

Abstract: Information on use of soy in cooking through the eyes is given in this booklet. Ideas and suggestions of food combinations and flavors to enhance each other, information on cooking with soy protein, spice information, and quantity recipes using soy throughout the meal are included.

2492-74

THE NATURAL BREAKFAST BOOK.

Carol Stoner
Bannock, Pa., Bedale Press 140 p. [1973].
TR733.47 F88

Adults, Breakfast, Food fads, Health beliefs, Proteins, Recipes, Weight control.

Abstract: This book contains more than seventy recipes of breads, drinks and main dishes suitable for breakfast. There is an emphasis on proteins, and natural foods. Many of the recipes could be adapted for breakfast feeding programs.

2493-74

LEARNING ABOUT PEOPLE THROUGH THEIR FOODS.

Shelle Garner
Forecast Home Econ 19 (5): 1-10-1-20. Jan 1974.
321.8 H752

Cookery, Cooking techniques, Food preparation, Human relations, International foods, Recipe writing, Recipes.

Abstract: The author, who travels a great deal, says, "I find recipe collecting a most satisfying way to relate to the rest of the world. Appreciate a stranger's culinary heritage and you take a giant step toward friendship." In this article she presents recipes collected in Europe's smallest countries (Luxembourg, Liechtenstein, and San Marino), and gives advice on the best ways to acquire new recipes in foreign lands.

2494-74

BAKING FOR PEOPLE WITH FOOD ALLERGIES.

U.S., Agricultural Research Service, Consumer and Food Research Division
Washington 12 p. 1968.

NH219.A405 F88 (U.S. Dept. of Agriculture. Home and garden bulletin no. 147)

- Allareina, Allarey diets, Bahisa, Cooking methods, Food preparation, Hoes, Food substitutions, Recipes, Therapeutic and special diets.
Abstract: Baking bread, cakes, and Pastry for persons allergic to wheat, eggs, or milk calls for special recipes. The recipes in this publication are each with non-wheat flours, oils, or cereals. Some are also made without milk or eggs. Every recipe has been tested for high sensory appeal, but due to the substitution of ingredients, the textures are not the same as in standard products.
- 2495-74**
COOKING FOR TWO.
U.S., Food and Nutrition Service
Washington, GPO 89 p. Nov 1973.
TX661.E3 F88 (Program aid no. 1043)
Food guides, Food selection, Menu planning, Nutrition, Recipes.
Printed in large type.
Abstract: This publication provides menu ideas, helpful hints of planning and serving meals and information on foods needed to maintain health. Most of the recipes are for two servings and would be useful for one and two-person households.
- 2496-74**
FAMILY VARE: A GUIDE TO GOOD NUTRITION. Slightly rev. 1973.
U.S., Agricultural Research Service, Consumer and Food Economics Institute
Washington, GPO 91 p. May 1973.
TX364.U58 F88 (U.S. Dept. of Agriculture, Home and Garden Bulletin no. 1)
Cooking, Food guides, Food storage, Menu planning, Nutrients, Recipes.
Abstract: This is a booklet written for the new homemaker, or an experienced homemaker. The book is simple and interestingly written and includes a daily food guide (Basic Four), tips on meal planning, nutritional facts, as well as some information on buying, storing, measuring, and using foods. More than half of the book is devoted to basic recipes and variations on each of these as well as some suggestions using the recipes. A list of cooking terms, with easily understood meanings is also included for the novice cook.
- 2497-74**
CHEROKEE COOKBOOK: PREPARING CHEROKEE FOODS.
Mary Ulear, Samuel E Bach
Asheville, N.C., The Stephens Press 72 p. illus. [c1951].
TX765.C84 F88
Cookbooks, Cookbooks, Cooking, American Indian, Cooking techniques, Recipes.
Abstract: This booklet contains recipes that have been used by the Cherokee Indians for centuries. These recipes are rich in folklore, retained the quaint mystery with which the forbears of the present-day Cherokee endowed them.
- 2498-74**
THE VERSATILITY OF BEAN.
Cookies for Profit 43 (246): 36-38, 56. Oct 1974.
TX901.C65
Beans, Herbs, Recipes, Sauces, Spice.
Abstract: Recipes for sauces and dressings to accompany canned and crock pot wrapped beans are given. Suggestions for suitable herbs and spices, and side dishes are supplied; fruit is excellent with beans.
- 2499-74**
SOUL FOOD IS AS AMERICAN AS APPLE PIE.
Merilyn Vesel
What's New News Econ 38 (3): 12-13. Mar 1974.
321.8 U55
Cookery, soul food, Cookery, Southern, Cooking methods, Food preparation, Food selection, History, Recipes.
Abstract: "Soul food" is a term applied to the traditional cuisine of southern American Negroes. Actually, soul food comprises elements from the diets of American Indians and poor white colonists with African cooking methods. The core of the Indian's diet was corn and its products such as hominy, mush, corn dumplings, corn soup, and sampers. Rabbit, possum, squirrel, catfish, oysters, vasa, turtle, maple syrup, and succotash were also Indian foods. The white man's main contribution to soul food was pork. From Africa came the seasoned sauce and grease and the deep-fat frying technique. Blacks also initiated the use of okra, Coleslaw, Palmetto pepper, sesame seeds, pale oil, and watermelon. Poor black slaves made the most of the "undesirable" hog parts that were thrown away, from whence come chitterliver, hog nose, scrapple, pig feet, and hog toul. This article goes on to describe other elements of soul food cooking and gives a recipe for sweet potato pie.
- 2500-74**
TIC-TAC-(POTA) TOE.
Sue Shittler
Sch Food Serv J 28 (1): 38-40. Jan 1974.
389.8 U56
Cooking techniques, Food preparation, Sensitivity, Potatoes, Recipes, Peas, Toler and herb vegetables, School lunch, Vegetables.
Abstract: Potatoes are perhaps America's favorite vegetable. School food services should take advantage of this fact, give an additional characteristic of the potato--versatility. Here are 5 sensitivity potato recipes that fit the Type A pattern and that have proved popular with students.
- 2501-74**
BREAD.
Joan Wiener, Dianna Collier
Philadelphia, Lippincott 27C p. illus. [1973].
TX765.U53
Breads.
Available from NAL .
- 2502-74**
COUSCOUS AND OTHER GOOD FOOD FROM MOROCCO [1st ed.]
Paula Wolfert
New York, Harper and Row 351 p. illus. [1973].
TX725.H86A 1973
Cookery, Moroccan, Fresh foods.
Available from NAL. Bibliography: p. 342.
- 2503-74**
A DIRECTORY OF NATIONAL ORGANIZATIONS CONCERNED WITH SCHOOL HEALTH 1974-1975.
American School Health Association
Kent, Ohio 157 p. 1974.
LB3407.J4 F88
Directories, Guides, Health, Health services, School health services.
Abstract: This directory lists 122 national organizations concerned with school health. Information concerning the organization's purpose and objectives, the director, address, number of members, publications, major meetings, and school health interests and responsibilities is given. It is published to facilitate communication with and among organizations concerned with the health of the school child.
- 2504-74**
CHANGES IN FOOD PRACTICES FOR BETTER NUTRITION; AN ANNOTATED BIBLIOGRAPHY.
Arthur C Avery, Purita McRris, Robert B Schafer
West Lafayette, Purdue University Agricultural Experiment Station 44 p. Aug 1973.
Z5776.N49 F88 (North Central Regional Research Publication, no. 108)
Bibliographies, Change agents, Cultural factors, Food habits, Food preferences, Professional education.
Abstract: This publication from the Agricultural Experiment Stations of the North Central Region reviews published material on what foods people select and why, and what some have been used to change food habits. The entries, which are selected, represent chiefly studies made in the U.S. There are few examples of actual induced changes. Of particular interest to the nutrition educator.
- 2505-74**
NUTRITION TEACHING AIDS--SECCPD SET (CHAPTS).
Barcelle A Bailey
Berkeley, Agricultural Extension Service, University of California at Berkeley pocket sized bar graphs on 13 unnumbered sheets. Aug 1971.
TX364.B86 F88 AV
Adults, Food composition tables, Graphs, Instructional aids, Recommended Dietary Allowances.
Abstract: A series of small bar graphs are arranged on heavy weight sheets. They may be used in this form or cut apart. Graphs include comparative accounts of 8 nutrients in various foods, and give the Recommended Daily Dietary Allowances for a woman 35-55 years of age. The set has more foods, especially ethnic foods and economy foods, than the original set that was printed in February, 1970. The two sets can be used together.
- 2506-74**
THE A TO Z OF HEALTH FOOD TERMS.
Michael David Balfour, Judy Allen
U.S.
London, Garnstone Press 140 p. 1973.
TX349.B35
Dictionaries, Health foods.
Available from NAL .
- 2507-74**
THE A TO Z OF HEALTH FOOD TERMS.
Michael Balfour, Judy Allen
London, Garnstone Press 140 p. 1973.
TX364.B37 F88
Food beliefs, Health foods, Organic foods, Vocabulary.
Abstract: This book, written for the consumer, is described in the introduction as a pocket guide or mini-encyclopedia that explains health food terms and encourages more people to incorporate health foods into their daily diets. (sample definition: "macrobiotics is the art of choosing food that will make your life more adventurous, seeing, happy, and

REFERENCE MATERIALS

BIBLIOGRAPHY

2960-74

healthy...these principles are based on common sense.") one hundred end four items are listed in alphabetical order and cover a wide range of subjects including nutrients, specific foods, herbs, types of farming, furlements and diets. It is published in England and when regulations are included, they are of that country.

2961-74

WHAT ABOUT METRIC?
Louis F Farlow
Washington, GPO 16 p. Oct 1973.
OC93.E3 F68

Measurement, Metric system, Heights.
Abstract: This book was prepared for the adult and secondary student that teaches the new language of measurement. This language will be used if the United States converts from the units we are now using to the modernized metric system of measurement. There will be no change in our monetary measurement, in time measurement, or in the use of watts to measure electricity. Changes in the way we measure weight, length, volume, and temperature are discussed, and calculations for the changeover are explained. Visual comparisons are made on easy items in common use. World map of countries using metric measurement is included.

2962-74

NUTRITIONAL SIGNIFICANCE OF MORTALITY STATISTICS.
J H Benque
In Proceedings of the Western Hemisphere Nutrition Congress XI
Miami Beach, Fla., Sept. 2, 1971 p. 27C-279. 1972.
TE345.H4 F68

Age groups, Anemia, Descriptive, Malnutrition, Mortality, Socioeconomic status, Statistical data.
Abstract: This article is of interest to statisticians and nutritionists. It gives vital statistics for the different countries in the Americas on the death rates. The tables included show the different rates of death by age in each country. Also included are the mortality from deficiency diseases and anemia as well as those caused by parasitic diseases. The different tables are interpreted by Dr. Benque, who gives us a good indication as to how to work at the health problems to achieve a healthier and longer-lived population.

2963-74

THE EFFECT OF MALNUTRITION ON MENTAL DEVELOPMENT.
Janet L Casaron
Denver, American School Food Service Association 13 p.
1969.
HC620.C3 F68
Bibliographies, Children, Malnutrition, Mental retardation, Nutrient intake.
Abstract: A bibliography of books, journal articles, nutrition reviews, newsletters, booklets, reprints of talks and magazine articles that gives background for further reading in the field of the effect of malnutrition on mental development.

2964-74

FOOD SERVICE RESEARCH ABSTRACTS AND LISTINGS OF NEEDED FOOD SERVICES ESTABLISH, 1972.
John P Cemberdae
Society for the Advancement of Food Service Research
Chicago, Society for the Advancement of Food Service Research
3 p. 1972.
TE341.F6 1972 F68
Abstracts, Food service industry, Information sources, Reference materials, Research, Research needs, Resource materials.
Abstract: In 1972, the Society for the Advancement of Food Service Research compiled this book of their current abstracts solicited from various organizations involved in food and food service research. These organizations also contributed suggestions for future research projects. The abstracts are arranged in alphabetical order by organizations sponsoring the described research.

2965-74

NUTRITION REFERENCES AND BOOK REVIEWS--REVISED 1972.
Chicago Nutrition Association
Chicago, Chicago Nutrition Assn. 27 p. 1972.
S5776.H6C44 F68
Bibliographies, Book reviews, Nutrition, Reference materials.
Abstract: This bibliography lists nutrition books under three headings: recommended, recommended for special purposes, and not recommended. These lists were compiled as a service to librarians and others responsible for selecting and recommending nutrition books.

2966-74

THE GOOD FOOD BOOKS.
J A Christensen
Media 8 Methods 11 (1): 39-40. Sept 1974.
TE335.A1M4 F68
Book reviews, Gardening, Health foods, Natural foods, Nutrition education, Organic foods.
Abstract: An English teacher reviews several books on health foods and organic gardening.

2967-74

A RESOURCE LIST OF INFORMATION ABOUT MEDIA PRODUCTION.
Lida Cochran, John Johnson
Audiovisual Instruction 19 (4): 37-45. Apr 1974.
LH1043.A9 F68
Audiovisual aids, Audiovisual equipment, Educational resource

case, instructional materials, Merchandise information, Resource guides, Resource materials, Teacher developed materials.
Abstract: Here is a list of audiovisual aids, including books and pamphlets explaining how to use or make audiovisual materials. This annotated compilation includes information on (1) audio products, (2) designing visual materials, (3) creating displays (bulletin boards, dioramas, exhibits, felt boards, paper sculptures, etc.), (4) duplicating techniques (electrostatic, fluid, mimeograph, photocopy, printing, serigraphy, etc.), and (5) the addresses of manufacturers cited in this list.

2968-74

A RESOURCE LIST OF INFORMATION ABOUT MEDIA PRODUCTION.
Lida Cochran, John Johnson
Audiovisual Instruction 19 (5): 53-66. May 1974.
LH1043.A9 F68
Audiovisual aids, Audiovisual equipment, Audiovisual instruction, Evaluation, Individualized instruction, Instructional materials, Teaching methods.
Abstract: Here is a list of audiovisual aids, including books and pamphlets explaining how to use or make audiovisual materials. This annotated compilation includes information on (1) graphics design, (2) multi-image presentations, (3) photography, (4) production programs, facilities, and equipment, (5) production texts, and (6) the addresses of manufacturers cited in this list.

2969-74

CONVENIENCE FOODS FOR CALCULATED DIETS. 3d ed.
Park Ridge, Ill., Lutheran General Hospital 10 p. Sept 1970.
MH222.C6 F68
Diabetic diets, Food exchanges, Weight control.
Abstract: This booklet contains the exchange values for a large variety of foods that are now found in food markets. The objective of this list is to allow patients who are on calculated diets to choose a diet that is as close to the normal pattern of eating as is possible. The tables list the food, size of the serving, and a breakdown of the food into the following exchanges: bread, meat, fat, "H" vegetables, fruit, and milk.

2970-74

DATA BASE FOR "SAFE" ADDITIVES: DECISIONS ESTABLISHED FOR INDUSTRY/AGENCY USE.
Food Prod Dev 8 (3): 65. Apr 1974.
HD9000.1.F68
Additives and adulterants, Computer applications, Food additives, Information centers, Information services, Information sources, Research.
Abstract: Each American today eats an annual quantity of 3.5 pounds of chemical food additives--double the 1955 consumption--mostly from convenience foods and mostly in the form of synthetic chemicals not occurring in nature. In reaction to consumer critics of such additives, the FDA and Informatics, Inc. are establishing a data base to provide up-to-date summaries of the research that has been done on each food additive. With these summaries, scientists can review the safety of additives from time to time and plan for future research.

2971-74

DIRECTORY FOR THE CHILD CARE ADVOCATE.
Day Care and Child Development Council of America
Washington, Day Care and Child Development Council 64 p.
[n.d.].
HV854.D5 F68
Adults, Child care centers, Child development, Day care services, Directorates, Legislative.
Abstract: This book lists national organizations as well as governmental agencies and departments which are active in initiating or supporting legislation for day care and child development programs. The location, contact person and general activities of each organization are presented, each on a separate page. An appendix lists all members of the U.S. Senate and House of Representatives by state. Parents, child care center administrators and others concerned with the welfare of children should all find this publication useful.

2972-74

DIRECTORY OF EQUIPMENT & SUPPLY COMPANIES.
Food Serv 36 (5): 65-89. May 1974.
389.2538 F732
Directorates, Equipment, Food service, Merchandise information, Systems approach.
Abstract: Here is this magazine's third annual directory of equipment and supply companies having a systems capability. Name, address, and telephone number are listed for each organization, along with the type of merchandise each offers.

2973-74

FOOD COST SAVER FOR ALL HOMEMAKERS.
Ecco Housewares Company
Franklin Park, Ill., Ecco Housewares 1 calculator. 1973.
TX356.F6 F68 AV
Cost effectiveness, Food prices, Packaging.
Abstract: A 4" x 6" food dial that can be easily carried by a homemaker on shopping trips. The dial is a calculator that enables the user to determine the price per ounce, pound, pint, or quart, quickly by setting up the package weight against the package price.

- 2521-74
LIST OF FOODS USED IN AFRICA. 2d ed., rev.
Food and Agriculture Organization of the United Nations
[Rome] 328 p. 1970.
TX341.P692 (Food and Agriculture Organization of the United Nations. Nutrition information documents series, 2) Africa, Bibliographies, Foods.
Available from NAL. Bibliography: p. 275-324.
- 2522-74
AMINO-ACID CONTENT OF FOODS: AND BIOLOGICAL DATA ON PROTEINS.
(NUL)
Food and Agriculture Organization of the United Nations, Nutrition Division
Rome, Food and Agriculture Organization of the United Nations 86 p. 1970.
TX553.A544 F6W
Amino acids, Analytical data, Food tables, content, Nutrients, Proteins.
Tri-lingual format, English, French, and Spanish.
Abstract: A detailed breakdown of the amino acid content of 394 different kinds of foods is given. Included is statistical data on the 18 amino acids found in each of the foods. A book that can be used by the biochemist and nutritionist working in research and the food service specialist when planning protein-recommended meals.
- 2523-74
APPROXIMATE COMPOSITION OF GENERAL HILLS READY-TO-EAT CEREALS.
General Mills
Minneapolis, General Mills 1 p. 1972.
TX393.G42 F6W
Breakfast cereals, Food tables, content, Nutrients.
Abstract: A breakdown of the 18 different General Mills ready-to-eat cereals into the amounts of carbohydrate, fat, protein, eight vitamins, iron, sodium content and the calories contained in a one ounce serving is listed.
- 2524-74
GUIDE TO SYSTEMS PLANNING SERVICES.
Food Serv 36 (5): 94-100. May 1974.
389.2538 P732
Directories, Equipment, Food service, Merchandise information, Planning, Systems approach.
Abstract: Some food service supply companies offer services and merchandise not classifiable strictly as food or equipment. Here is a listing of those services and the companies offering them.
- 2525-74
NUTRITION BOOKS AND RESOURCES 1971.
Hawaii Dietetic Association
Washington, D.C., ERIC Document Reproduction Service 16 p. 1971.
Z5776.W8H3 F6W
Audiovisual aids, Bibliographies, Instructional materials, Nutrition, Resource materials.
Available from: Computer Microfilms International Corp., P.O. Box 190, Arlington, Virginia 22210. NP-30.65 HC-\$3.29.
Abstract: This is an annotated bibliography listing books, resources and files and filestrips on the subject of nutrition. Sections include: food sense; controlling your weight; feeding your family; food for teens; learning and teaching nutrition; other sources; and files and filestrips. The material is in pamphlet form. This bibliography could be used by the layman consumer as well as the school teacher and nutrition educator.
- 2526-74
HEALTH AND NUTRITION.
Regina, Saskatchewan, Provincial Library 21 p. 1973.
TX364.H42 F6W
Additives and adulterants, Adults, Allergies, Bibliographies, Cookbooks, Health, Menu planning, Nutrition.
Abstract: This little booklet lists books on health and nutrition available in libraries in the Canadian province of Saskatchewan. They are grouped according to subject: additives in food, nutrition, allergies, and general and cookbooks. The last category includes books on reducing. The list is intended for lay readers.
- 2527-74
THE AUDIO-VISUAL EQUIPMENT DIRECTORY. 20th ed.
National Audio-Visual Association
Sally Herickes
Fairfax, Va. 492 p. illus. 1974.
L21043.W3 1974-5 F6W
Audiovisual aids, Audiovisual equipment, Educational resources, Instructional materials, Instructional media, Merchandise information.
Abstract: Here is an inclusive listing of audiovisual media and equipment sources, arranged alphabetically by proprietary name. Each model description gives technical specifications and the manufacturer's single-unit list price, along with a photograph of the model itself, models of closely similar design and appearance to those pictured, but have significant mechanical or electronic variations are listed separately under "Other Models" in each description. A list of audiovisual dealers appears at the back of the book along with an index to contributors.
- 2528-74
INDEX OF FOOD COMPANIES.
Food Serv 36 (5): 14-20. May 1974.
389.2538 P732
Directories, Food delivery systems, Food preparation and distribution systems, Food service industry, Merchandise information, Systems approach.
Abstract: Here is this magazine's third annual directory of food companies having a systems capability. Name, address, and telephone number are listed for each organization, along with the type of merchandise each offers.
- 2529-74
SELECTED REFERENCES ON NUTRITION AND SCHOOL LUNCH. Rev.
Interagency Committee on Nutrition Education
[Washington], U.S. Agricultural Research Service 20 p. Sept 1963.
Z5776.W854 1963 F6W
Bibliographies, Consumer education, Nutrition, Nutrition education, Reference materials, School food service.
Abstract: This booklet contains references prepared by the Interagency Committee on Nutrition Education. Included are instructions on how to order any of the references listed. The reference list contains selected listings on 1) general nutrition; 2) consumer education and buying guides; 3) food; 4) nutrition education; and 5) school lunch.
- 2530-74
A BOOKSHELF OF NUTRITION PROGRAMS FOR PRESCHOOL CHILDREN--A RECENT SELECTED BIBLIOGRAPHY.
D B Jelliffe, E P Jelliffe
Am J Public Health 62: 469-475. Apr 1972.
449.9 AH3J
Bibliographies, Child nutrition programs, Community programs, International programs, Nutrition programs, Preschool children (2-5 years), Public health programs.
Abstract: This bibliography is a selection of references on nutrition programs for preschool children in various areas of the world as related to public health.
- 2531-74
A BOOKSHELF ON NUTRITION PROGRAMS FOR PRE-SCHOOL CHILDREN--A RECENT SELECTED BIBLIOGRAPHY.
Derrick B Jelliffe, E P Patrice Jelliffe
Am J Public Health 62 (4): 469-475. Apr 1972.
449.9 AH3J
Bibliographies, Child nutrition programs, Evaluation, Malnutrition, Planning, Preschool children (2-5 years), Professional education, Reference materials.
Abstract: This paper presents recent publications on different types of nutrition intervention programs for preschool children concerned with their organization, practical techniques, and cost effectiveness, in developing and technologically developed nations. Materials on related community health services are included, and topics also concern planning and evaluation of such programs for malnourished or at risk children. The bibliography is a useful reference for nutrition educators and other health professionals.
- 2532-74
NUTRITION: A BIBLIOGRAPHY: AN ANNOTATED GUIDE TO THE SOURCES AVAILABLE AT THE BOWLING GREEN MATH SCIENCE LIBRARY.
Dolores A Jones
Bowling Green, Bowling Green State University 79 p. Mar 1973.
Z5776.W8J6 F6W
Adults, Bibliographies, Nutrition, Reference materials.
Abstract: This bibliography, with brief annotations, is a guide for lay as well as professional readers to materials available at the Bowling Green State University on various aspects of nutrition. A wide range of topics is covered. Not all the references cited are scientifically accurate. Some, it is acknowledged by the editor, are out-of-date.
- 2533-74
THE IPT WORLD 1974 DIRECTORY & GUIDE.
John B Ellis
Chicago, Ill., Institute of Food Technologists 296 p. 1974.
TX341.K5 F6W
Directories, Equipment, Food processing, Food technology, Guides, Ingredients, Laboratories, Merchandise information, Purchasing.
Abstract: Here is the 1974 annual membership directory of the Institute of Food Technologists. Members and student members are listed. A buyers' guide of food processing systems and equipment is included as well as a professional directory of consultants, contract services, publishers, and testing labs.
- 2534-74
A USER'S LOOK AT THE AUDIO-VISUAL WORLD. 2d ed.
Dugan Laird
National Audio-Visual Association
Fairfax, Va. National Audio-Visual Association 47 p. 1974.
L21043.L3 1974 F6W
Audiovisual aids, Audiovisual equipment, Equipment maintenance, Instructional materials, Instructional media, Merchandise information, Performance criteria.
Bibliography: p. 45-47.
Abstract: Those who buy and use audiovisual equipment must be sure they are choosing the best equipment for their needs and for their money. Here is a sort of buyer's guide--an accumulation of questions, answers, and tips on getting the most from one's audiovisual buying decisions. The second edition

BIBLIOGRAPHY

2535-74

includes a new chapter on facilities design, additional detail on recent pieces of equipment such as reading devices and video hardware, and an expanded bibliography of textbooks, pamphlets, and magazine articles on the subject of audiovisual materials and techniques.

2535-74

INTERNATIONAL DICTIONARY OF FOOD AND COOKING.

Ruth Marion (Sussner) Martin
New York: Hastings House, 311 p. 1974.
TX349.H3 P6M

Adults, Cookery, Cooking, Dictionaries, Foods.
Abstract: Intended for a beginning housewife, or any student new to cooking, this dictionary is a compilation of terms and foods used in cooking, including brief descriptions of dishes, in a large part of the Western world. The references are chiefly British, Continental (European) and American.

2536-74

DIET MANUAL FOR LONG-TERM CARE PATIENTS. Rev. ed.
Maryland, State Dept. of Health and Mental Hygiene
Baltimore, Md. 52 p. 1970.
RM222.H3 1970 P6M

Calorie-restricted diets, Diabetic diets, Diets, Food exchanges, Liquid diets, Sodium-restricted diets, Soft diets, Special groups, diets, Therapeutic and special diets.
Abstract: Because of the many and varied illnesses and conditions which necessitate long-term care in various institutional and community settings, nutritional requirements differ in accordance with patients' individual needs and problems. Special therapeutic diets often are necessary, and this Diet Manual has been prepared to assist physicians in prescribing modified diets and also to serve as a reference for dietary personnel who are responsible for planning normal and therapeutic menus for long-term care patients in nursing homes, extended care facilities, home health agencies, and other community health programs.

2537-74

SELECTED NUTRITION REFERENCES.

Massachusetts, Dept. of Public Health
Boston 17 s. 1972.
Z5776.N6M3 P6M

Bibliographies, Food misinformation, Nutrition, Therapeutic diets.
Abstract: This is a compilation of 52 books on general nutrition and therapeutic diets published between May 1966 and July 1971. There is also a listing of 31 non-recommended books. For most of the books, there are annotations. The reading level ranges from that of the lay person to the professional. A few journals, professional organizations, and resources are given in an appendix.

2538-74

FOOD SOURCES OF NUTRIENTS.

Loita Haver
Hayden, Colo. 1 v. (unpaged). 1973.
TX551.H3 P6M (U.S. Dept. of Agriculture. Agriculture handbook no. 8)
Consumer education, Food composition tables, Nutrient values, Professional education.
Abstract: This book reverses the usual order of food composition tables, giving instead the food sources of carbohydrate, fat, protein, water, ash, and most other key nutrients, including pyridoxine and vitamin B₁₂, pantothenic acid and linoleic acid. For each constituent, the food sources are listed in decreasing order of quantity, per 100 grams of the food. Shortcomings, such as distortion due to different water content, are pointed out in the introduction. No data are given for folic acid. The book could be used in teaching at the high school level and above, as well as in adult education classes.

2539-74

NUTRITION EDUCATION MATERIALS.

Kristen W McNutt
Washington, D.C. The Nutrition Foundation var. pag. 1974.
Z5776.N6 H62 P6M
Bibliographies, Nutrition education.
Abstract: Booklets, pamphlets and audio-visual aids acquired during 1973 and early 1974 are listed. Similar materials cited in nutrition publications, or listed as available from federal agencies, professional societies, and health and educational organizations or foundations, supplement this index.

2540-74

ENERGY VALUE OF FOODS: BASIS AND DERIVATION. Rev. ed.

Annabel Laura Merrill, Bernice Kumerth Watt
Washington, GPO 105 p., illus. 1973.
TX353.H6 P6M (U.S. Dept. of Agriculture. Agriculture handbook no. 74)
Analytical data, Carbohydrates, Digestion and absorption, Food tables, content, Proteins.
Rev. Feb. 1973, bibliography: p. 51-57.
Abstract: Details of the determination of fat, protein and carbohydrate content of foods are discussed. The availability of energy from digested nutrients is also included. Tables are included that range from the effects on energy metabolism of replacing portions of dietary carbohydrate and fat by alcohol to tables giving the coefficients of apparent digestibility for grain products. All inclusive on the basis and derivation of the energy value of foods.

2541-74

ALL YOU WILL NEED TO KNOW ABOUT METRIC (CHART).

Metric Information Office
Washington, Dept. of Commerce 1 chart, 16"x21", ccl. [n.d.].
QC93.A6 P6M AV
Measurement, Metric system.
Abstract: A wall chart designed for use in classes where the students are secondary level or above can be used as an aid to adults who are learning about the metric system. Comparative sizes are shown using the meter and yard, the liter and quart, and the kilogram and the pound. A simple temperature chart is shown, showing the temperature in Celsius and Fahrenheit for water to freeze and to boil, and body temperature.

2542-74

FOOD AND NUTRITION EDUCATION SOURCE LIST.

Missouri Dietetic Association, Community Nutrition Committee [Jefferson City], Missouri Division of Health 9 p. [n.d.].
Z5776.N6M5 P6M
Government publications, Professional associations, Publications, Resource materials, Voluntary agencies.
Abstract: This is a compilation of publications available for the general public as well as specialists in the health fields. It consists of 9 pages of sources of these materials categorized as government agencies, professional organizations, voluntary organizations, commercial industries, and publications. Complete addresses are given for each, with state sources being listed to those of Missouri since this was compiled for use by the Missouri Division of Health.

2543-74

HEIGHT AND WEIGHT OF YOUTHS 12-17 YEARS, UNITED STATES.

National Center for Health Statistics
Washington, GPO 81 p. Jan 1973.
NA564.5.M6 P6M (National Center for Health Statistics. Series 11, number 124.)
Adolescents (12-19 years), Growth charts, Height-weight ratio, Physical measurements.
Abstract: Height and weight measurements of youths 12-17 years of age in the United States, 1966-70, are presented and discussed by age and sex, with special attention to the adolescent growth spurt.

2544-74

CANNED FOOD TABLES. 7th ed.

National Canners Association
Washington, National Canners Assn. 8 p. 1965.
TX552.C3 1965 P6M
Canned foods, Nutrient values, Recommended Dietary Allowances.
Abstract: Included in the tables is a table giving the nutritive value of average size servings of canned foods and a few prepared foods. There are also tables giving the Recommended Dietary Allowances, the servings per can or jar of various foods, common container sizes, and a table showing the substitution of one size can for another.

2545-74

FROZEN FOOD INSTITUTIONAL ENCYCLOPEDIA. 7th ed.

National Frozen Food Association, Inc.
Mershey, Pa. 104 p. 1974.
TX628.H3 P6M
Encyclopedias, Food cost, Food preparation, Frozen foods, Institutional feeding, Merchandising.
Abstract: This encyclopedia is designed as a tool for both salespeople and users of frozen foods. Most frozen foods have been assigned to a major category in this encyclopedia for easy reference. Products are listed alphabetically within each major category. Most frozen foods are listed by a general name used for that type of product. Specialized or unique names for the same type of product are listed under the general name.

2546-74

SELECTED READING IN MICROBIOLOGY.

National Institutes of Health
Washington, U.S. Govt. Print. Off. 3 panel fold-out. 1970.
Z5320.S4 P6M
Bacteria, History, Viruses.
Abstract: The annotated reading selections are divided into 4 parts of 4-8 publications each for the general public: bacteria, viruses, microbiology in general, and related reading for fun. They deal with biology of micro-organisms, their practical use, disease, historical information.

2547-74

ANNOTATED BIBLIOGRAPHY (ON NIGHTWORK LABOR).

National Nightwork Information Clearing House
[Austin] National Nightwork Information Clearinghouse 3 p. [n.d.].
Z7166.L1N3 P6M
Bibliographies, Night workers, Program guides, Programs.
Abstract: Ten booklets, newsletters and reports are listed in this bibliography along with three publications currently out of print pending revision and seven pending publications and their projected publication date. The materials included cover various programs, services, and factors affecting the night and seasonal workers. Each item listed is annotated and details for purchasing the material are given. This information could be of interest to those involved in programs for night workers.

- 2540-74
FOOD ADDITIVES.
Miss Miskara
Washington, DC, Library of Congress Reference Section 7 p.
July 1973.
TX553.A374 P68 (Library of Congress. IC science tracer hal-
let 73-12)
Additives and adulterants, Bibliographies, Consumer education,
Reference materials.
Abstract: This bibliography lists references, headlines, jour-
nals and other publications which cover or include information
on food additives, substances or mixtures of substances presen-
t in foods as a result of any aspect of production, process-
ing, storage or packaging. This list emphasizes intentional
additives only. Some selected journal articles are included.
The publications are grouped by source or type with brief
introductory annotations. The list should be useful to consu-
ers, teachers, and research workers.
- 2549-74
PER CAPITA FOOD CONSUMPTION (PER. 1974).
Natl Food Situation afa-107; 13-19. Feb 1974.
1.941 52773
Consumption, Consumer education, Economic influences, Food
consumption, Food economics, Food purchasing, Food supply.
Abstract: Per capita food consumption declined 2% in 1973,
with all the decline due to lower consumption of livestock-
related foods. Consumption of crop foods rose 1% due to increa-
ses for processed fruits and vegetables. 1974 consumption of
livestock items is expected to exceed the 1973 levels.
However, first quarter levels will be less due to reduced meat
and dairy product consumption. Poultry, egg, and meat consu-
ption will probably gain over year-earlier rates by a progres-
sively slower rate through the year. Per capita dairy supplies
will about equal those of 1973.
- 2550-74
THE EFFECT OF HOUSEHOLD SIZE AND COMPOSITION ON THE COST OF
BITS OF EQUIVALENT NUTRITIONAL QUALITY, NEEDY HOUSEHOLDS,
SPRING 1965.
Betty Petarkis, Richard Kerr
Washington, Agricultural Research Service 51 p., tables.
(R.d.).
TX354.P4 P68
Family (Sociological unit), Finance, Food cost analysis, Food
stamp programs, Low income groups, Nutrient density ratio.
Abstract: This is a study of 1,016 families, each family socio-
economically disadvantaged. The size of the families in the study
ranged from one member to eleven or more in a household. The
money value of food used by urban and rural seniors aged
households in Spring 1965 averaged well above the cost of the
USDA '65 economy food plan for the same households. Money value
of the food used exceeded the cost of the plan more for small
than for large household. This report examines the
relationship between the money value of food per person, and
the food energy level, the nutrient density ratio, and the
income level per person.
- 2551-74
NUTRITIONAL INFORMATION CHART FROM PILLBURY (CHART).
Pillbury Company
Minneapolis, Pillsbury 2 charts, 17"x11", b/w. [n.d.].
TX749.P5 P68
Breads (Quick), Breakfast cereals, Cakes, Food analysis.
Abstract: A table gives the caloric, protein, fat, carbohy-
drate, mineral and vitamin breakdown of the various products
manufactured by the Pillsbury Company. Included are their cake
mixes, frosting mixes, pancake mixes, quick bread mixes and
some specialties.
- 2552-74
TOXICITY OF INTENTIONAL FOOD ADDITIVES.
P E Pothier
Bethesda, National Library of Medicine 14 p. 1972.
I5774.P774 P68
Bibliographies, Food additives, Food safety, Toxicity.
Abstract: This pamphlet contains a selected computer generated
bibliography of 264 citations on toxicity of intentional food
additives published from January 1949 through June 1972. Each
citation includes descriptors indicating the content of the
abstract, with major descriptors being headings found in Index
Medicus. This bibliography could be a useful resource to those
involved in the food industry.
- 2553-74
MALNUTRITION AND MENTAL DEVELOPMENT IN MAN: JANUARY 1969 THROU-
GH JUNE 1972.
P E Pothier
Bethesda, National Library of Medicine 5 p. June 1972.
I5774.N6832 P68
Bibliographies, Learning, Malnutrition, Mental development,
Professional education, Reference materials.
Abstract: This bibliography presents published reports of
research in the medical world literature on the interrelations
of malnutrition and mental development in man. The time period
covered is January 1949 through June 1972. Each entry includes
descriptors of the contents of the article. It should be of
use to nutritionists and other health workers, as well as
teachers and school administrators concerned with the subject.
- 2554-74
RESOURCE ITEMS.
Instructor 83 (5); 54. Jan 1974.
L11.15 P68
Bibliographies, Classroom materials, Nutrition education,
Professional education, Reference materials.
Covering title: State out nutrition literacy.
Abstract: This brief list for the classroom teacher offers a
variety of resource material on nutrition for use in the ele-
mentary grades in classes relating to food and nutrition.
- 2555-74
FOOD SERVICE RESEARCH ABSTRACTS AND LISTINGS OF NEEDED FOOD
SERVICE RESEARCH, 1971.
D Dean Rhoads
Society for the Advancement of Food Service Research
Chicago, Society for the Advancement of Food Service Research
9 p. 1971.
TX341.P6 1971 P68
Abstracts, Food service industry, Information sources, Referen-
ce materials, Research, Research needs, Resource materials.
Abstract: In 1971, the Society for the Advancement of Food
Service Research compiled this book of three current abstracts
solicited from various organizations involved in food and food
service research. These organizations also contributed sugges-
tions for future research projects. The abstracts are arranged
in alphabetical order by organizations sponsoring the descri-
bed research.
- 2554-74
FOOD SERVICE RESEARCH ABSTRACTS AND LISTINGS OF NEEDED FOOD
SERVICE RESEARCH, 1973.
D Dean Rhoads
Society for the Advancement of Food Service Research
Chicago, Society for the Advancement of Food Service Research
7 p. 1973.
TX341.P6 1973 P68
Abstracts, Food service industry, Information sources, Referen-
ce materials, Research, Research needs, Resource materials.
Abstract: In 1973, the Society for the Advancement of Food
Service Research compiled this book of three current abstracts
solicited from various organizations involved in food and food
service research. These organizations also contributed sugges-
tions for future research projects. The abstracts are arranged
in alphabetical order by organizations sponsoring the descri-
bed research.
- 2557-74
FOOD SERVICE RESEARCH ABSTRACTS AND LISTINGS OF NEEDED FOOD
SERVICE RESEARCH, 1969.
D Dean Rhoads
Society for the Advancement of Food Service Research
Chicago, Society for the Advancement of Food Service Research
2 p. 1969.
TX341.P6 1969 P68
Abstracts, Food service industry, Information sources, Referen-
ce materials, Research, Research needs, Resource materials.
Abstract: In 1969, the Society for the Advancement of Food
Service Research compiled this book of three current abstracts
solicited from various organizations involved in food and food
service research. These organizations also contributed sugges-
tions for future research projects. The abstracts are arranged
in alphabetical order by organizations sponsoring the descri-
bed research. The index section references the abstracts by
author.
- 2558-74
SCHOOL LUNCH PROGRAM: 50-STATE BOUNDARY.
Instat Distrib 10 (7): 36-39. July 1974.
HD9001.15 P68
Administration, Directorias, Food purchasing, School food
services.
Abstract: Buying authority and practices vary from school sys-
tem to school system. Thus, the best single source for a distri-
butor to get information on school lunch and breakfast pro-
grams and buyers in his area is his state school lunch direc-
tor. Names, addresses and telephone numbers of directors in
all 50 states and the District of Columbia are listed below.
The size of market is indicated by estimated number of lunches
served in the 1973-74 year.
- 2559-74
SELECTED FILMS AND FILMSTRIPS ON FOOD AND NUTRITION.
New York, Columbia University 72 p. 1941.
I5814.V854 P68
Audiovisual aids, Bibliographies, Evaluation, Films, Nutrition
education, Professional education, Reference materials.
Abstract: The audiovisual materials listed in this annotated
bibliography were selected to make educational contributions
to knowledge of food and nutrition, to be accurate, sound,
well organized and presented, and to be suitable for the group
for whom it was intended. The entries are listed by category
as static pictures or filmstrips. Indexes list the items al-
phabetically and indicate audience suitability. Distributors of
the films are listed in the front of the book, the bibliogra-
phy should be useful to nutrition educators and other teachers
of nutrition.
- 2540-74
FOODSERVICE VOCABULARY.
Ser-Vo-Tal Institute
Boston, Cahners Books 72 p. 1974.

2561-7a

TE389.P6 P5N (Foodservice Career Education Series No. P503)
Food service occupations, Glossaries, Instructional materials, Researcability, Vocabulary.
Abstract: This is one of a series of learning units for instruction in food service careers. In addition to definitions, the duties of each worker are described in detail.

2561-7a

BASIC NUTRITION FACTS.
Society for Nutrition Education
Berkeley, Society for Nutrition Education 12 p. July 1973.
TX368.B36 P5N (Nutrition education resource series no. 6)
Basic nutrition facts, Bibliographies, Instructional materials, Nutrition education, Reference materials.
Abstract: This reference list contains a selected list of printed and audio-visual materials useful to persons wishing to learn basic facts about nutrition. Each listing has been evaluated by qualified nutritionists with all listings considered to be reliable and accurate. Materials covering highly specialized subjects or research information are not included. All listings are described by key words which indicate the content of the material.

2562-7a

VEGETARIANS AND VEGETARIAN DIETS.
Society for Nutrition Education
Berkeley, Society for Nutrition Education 11 p. Sept 1974.
Z5776.N8V4 P5N (Nutrition education resource series no. 8)
Bibliographies, Instructional materials, Reference materials, Vegetarian diets, Vegetarians.
Abstract: This resource list contains a selection of educational materials useful as teaching tools and professional references on vegetarian diets, as well as a list of items not recommended for use. The list includes journal articles, pamphlets, leaflets, books, cookbooks, and audio-visual aids for both the nutrition professional and the lay public. Each listing has been evaluated by qualified nutritionists with brief descriptions given for each listing to indicate the content of the material. Those engaged in nutrition education programs for and about vegetarians and their diets should find this bibliography of interest.

2563-7a

WEIGHT CONTROL - OBESITY.
Society for Nutrition Education
Berkeley, Society for Nutrition Education 8 p. 1973.
PC628.W4 P5N (Nutrition education resource series no. 7)
Bibliographies, Instructional materials, Obesity, Reference materials, Weight, Weight control.
Abstract: This reference list contains a selective listing of printed and audio-visual educational materials useful to persons carrying out weight control programs. It contains listings of teaching aids and background reference materials. It is not a compendium of research in problems of weight control and obesity. Each listing has been evaluated by qualified nutritionists and includes descriptors (key words) that can be used as a guide to the scope of the information contained in each material.

2564-7a

HOTEL AND RESTAURANT ADMINISTRATION AND RELATED SUBJECTS: A BIBLIOGRAPHY.
Cornell University, School of Hotel Administration
Katherine Spinney
Ithaca, N.Y. 64 p. 1965.
Z6250.C6 P5N (Cornell University, School of Hotel Administration. Bibliography no. 28)
Bibliographies, Food service management, Resource guides, Restaurants.
Abstract: Current periodicals received in the Library of the School of Hotel Administration have been selectively indexed, addresses of which are listed at the front of this publication. News releases and company announcements, as they are of timely interest, have not been included. In addition, all pamphlets, as well as books purchased during the year, have been recorded. Specific subjects, rather than the general ones, have been assigned; in some instances the same title has been classified under several categories. Cross references have been used as far as possible. The terminology is standard so that references of former issues may be cumulative.

2565-7a

HOTEL AND RESTAURANT ADMINISTRATION AND RELATED SUBJECTS: A BIBLIOGRAPHY.
Katherine Spinney
Cornell Hotel and Restaurant Admin Quarterly 15 (2): 57-124. Aug 1974.
TI901.C67 P5N
Bibliographies, Commercial food service, Food service management, Hotels, Restaurants.
Abstract: Those acquisitions received in the Howard B. Neak Library during 1973 have been cataloged, indexed and compiled in this bibliography for a specialized collection in the field of tourism and the hospitality industries.

2566-7a

HEIGHT, WEIGHT, AND SELECTED BODY DIMENSIONS OF ADULTS, U. S. 1960-62.
Howard Stoudt, Albert Damon, Foes McFarland
National Health Survey
Washington, GPO 84 p. June 1965.
RA564.W.37 P5N (National center for health statistics. Ser-

ies 11, no. 8)
Adults, Anthropometric measurements, Measurement.
Abstract: A nationwide survey was made of 7,710 people from the ages of 18-79. These are the measurements of the group divided into sex and age groupings. Included in the tables are height, weight, sitting height, knee height, elbow rest height, seat breadth, buttock-popliteal length, thigh clearance height, etc. There is a discussion on the result of the set of measurements for each particular body dimension with information about differences in the measurements for different groups of people relating not only to their age differences, but to differences in their jobs.

2567-7a

A SUGGESTED READING LIST ON FOOD HABITS.
Nutr Newlett 12 (1): 31-38. Jan/Mar 1974.
QP141.A1N8
Bibliographies, Food habits, Food taboos, Preschool children (2-5 years), Research, Resistance to change, Social influences.
Abstract: An annotated bibliography of titles on food habits is presented. The areas covered include relations to social context, change, habits of vulnerable groups, food evidences, and research.

2568-7a

SUGGESTED READINGS.
Nutr Rev 32 (suppl. 1): 71-73. 1974.
J89.F M53
Bibliographies, Educational resources, Instructional aids, Instructional materials, Nutrition education.
Abstract: This is a listing of suggested reading material and is organized under four headings: Evaluation of fad diets and promoters, Resource guides, Scientific texts, and general information. The sources for all materials listed are given along with their prices. A few of the listings contain descriptions to indicate content. Nutrition educators desiring further information on nutrition misinformation and food faddies will find these additional sources of interest.

2569-7a

A GUIDE TO SOURCES OF CONSUMER INFORMATION.
Sarah M Thomas, Bernadine Waddington
Washington, Information Resources Press 177 p. 1973.
TI356.T42 P5N
Consumer education, Consumer protection, Information centers, Merchandise information.
With a foreword by Virginia M. Kassar.
Abstract: The purpose of this guide is to provide the reader with sources of information for the consumer, rather than information about the consumer. The guide is divided into two parts, published information and organizations. The published information included material that has been published in the U.S. since 1960, gives information on where to obtain material and price. The organization listings contain descriptions of groups that are concerned with consumer affairs and can be used to good advantage in libraries.

2570-7a

SOME REFERENCES ON METRIC INFORMATION (KIT).
W R Tilly
Washington, GPO references, 2 charts, 1 ruler, 1 card. Apr 1974.
QC93.S6 P5N (National Bureau of Standards. Special publications 389)
History, Measurement, Metric system, Weights.
Abstract: A kit for adults explains why the United States might convert over to the metric system. Enclosed in the kit is an 11 page booklet providing a listing of sources for pertinent metric information, metric ruler, and a pocket conversion card. Articles on the metric system from various points of view, including a short history of the metric system are included.

2571-7a

TITLES, DEFINITIONS, AND RESPONSIBILITIES FOR THE PROFESSION OF DIETETICS--1974.
J Am Diet Assoc 64 (6): 661-665. June 1974.
J89.S AN3
American Dietetic Association, Dietetics, Dietitians, Job analysis.
Abstract: This document is the result of committee effort, with input and review by more than thirty successful dietetic practitioners from all major areas of specialization, as well as an extensive review of the literature and related research publications. Such of the philosophy on which the definitions are based has been drawn from the "Goals of the Lifetime Education of the Dietitian."

2572-7a

BIBLIOGRAPHY OF NUTRITION TEACHING AIDS IN SPANISH.
B T Turrent
J Home Econ 61 (8): 640-642. Oct 1965.
J21.S J82
Bibliographies, Bilingual education, Instructional aids, Instructional materials, Nutrition education, Spanish (language).
Abstract: This is a list of published materials in Spanish that are available free or for a minimal fee and that can be used for teaching nutrition. Subjects covered are food selection and preparation, basic nutrition, prenatal, infant and child nutrition, modified diets, food practices, and food consumption. Sources are named and the subjects briefly annotated.

- 2573-74**
FOOD CONSUMPTION OF HOUSEHOLDS IN THE UNITED STATES, SEASONS AND YEAR 1965-66.
 U. S., Agricultural Research Services
 Washington, GPO 217 P. Mar 1972.
 TE360.06 055 P6W (Household food consumption survey 1965-66, report no. 12)
 Food consumption, Household characteristics, Income groups, Statistical analysis, Surveys, United States.
 Abstract: This is a study done in the United States during the year 1965-66 of the foods used at home. Each separate food is charted with the quantity and the money value of the food used per household per week, and the percentage of the foods used in each of the four seasons. There are 21 different types of food stuffs tabulated, and each table is broken down into the seasons, and the money income after taxes, of the households being interviewed. For example, table 12, fresh vegetables, includes a separate total for each of 24 different vegetables, broken down into seasonal use, income, and percentages of households using each vegetable in a week.
- 2574-74**
FOOD CONSUMPTION OF HOUSEHOLDS IN THE NORTHEAST, SEASONS AND YEAR 1965-66.
 U.S., Agricultural Research Service
 Washington, GPO 215 P. Aug 1972.
 TE360.076 P6W
 Food consumption, Household characteristics, Income groups, Statistical analysis, Surveys.
 Abstract: This report presents survey findings on quantity and money value of food used by households in a week in each season and the average for a year. Averages are given for 12 income groups and for all households for the year 1965-66, and for each season in the year. Fifteen-thousand different households were surveyed for the information. There are 21 different types of food stuffs tabulated, including ingredients as to seasonal use, income of the household using the food, and the percentages of households using each food in a week.
- 2575-74**
SEPARATE EATING PLACES: TYPE, QUANTITY, AND VALUE OF FOODS USED.
 U.S., Dept. of Agriculture, Economic Research Service
 Washington, GPO 223 P. 1972.
 TE911.2.34 P6W
 Food consumption, Food cost, Food habits, Food service, Statistical data.
 Abstract: Estimates are provided of quantity and dollar value of food and nonalcoholic beverages received by separate eating places -- the largest single segment of the foodservice industry. Also presented is information on average amount of meals that diners purchase at restaurants of foodservice operators. Data are broken down by type of foodservice operation. Data in the report are from a comprehensive, two-part study begun in 1966 of the market for food consumed away from home.
- 2576-74**
FOOD CONSUMPTION, PRICES, EXPENDITURES; SUPPLEMENT FOR 1972 TO AGRICULTURAL ECONOMIC REPORT NO. 138.
 U.S., Dept. of Agriculture, Economic Research Service
 Washington, U. S. Dept. of Agriculture 94 P. 1972.
 TE356.763 P6W
 Food consumption, Food prices, Food stamp programs, Food supply.
 Abstract: This booklet contains 118 tables and 41 charts showing the differences in food consumption in the United States as well as differences in prices of the foods and the change in expenditures made by the consumers. Most of the tables begin with data from 1960, but some trace differences from 1909 until the present. The per capita food consumption and a record, but a decline in the consumption of red meats and eggs was evident. The retail price of food rose 4.3%, along with the increased consumption of foods. The share of the nation's income allocated to food is 15.7%.
- 2577-74**
ANNUAL STATISTICAL REVIEW FY-1972; FOOD AND NUTRITION.
 U.S., Food and Nutrition Service
 [Washington] 156 p. 1974.
 TI341.WE3 1972 P6W (U.S. Food and Nutrition Service. FNS no. 117)
 Food Certificate Program, Food distribution programs, Food stamp programs, Milk programs, National School Breakfast Program, National School Lunch Program, Nutrition assistance programs, Special Food Service Program for Children, Supplemental feeding programs.
 Abstract: In this book are compiled the 1972 fiscal year statistics concerning the programs of the USDA Child Nutrition Programs and the Family Food Assistance Programs. Here are some highlights. The total number of recipients in all programs was 59.5 million (an average of 11 million from 1971). For recipient food or cash subsidy increased by over 25% from 1971 figures. Government expenditures for all food and nutrition programs reached \$3.4 billion (as 1971). About 8.3 million children received free or reduced-price lunches in 1972, a gain of 14% over 1971.
- 2578-74**
PROGRAM EVALUATION STATUS REPORTS; II. COMPLETED STUDIES.
 U.S., Food and Nutrition Service
 Washington, D.C. 54 p. Aug 1974.
 LU3475.P72 P6W
 Child nutrition, Conditions, Food economics, Food stamp programs, Low income groups, Nutrition education, Program evaluation, School food service, School lunch programs.
 Abstract: This report contains summaries of completed studies and projects concerning evaluation of Food and Nutrition Service programs conducted or supported by FNS since 1970. The objectives and summary of the findings are reported. Available reports are listed for each project. Child nutrition and family food programs are covered and a list of studies in process is included.
- 2579-74**
SPANISH-LANGUAGE HEALTH COMMUNICATION TRAINING AIDS: A LIST OF PRINTED MATERIALS AND THEIR SOURCES.
 U.S., Health Services and Mental Health Administration, Office of Communications and Public Affairs
 Washington, D.C. 55 p. Oct 1972.
 Z5614.W905 P6W (U.S. Health Services and Mental Health Administration Publication No. (HSW) 73-19)
 Bibliographies, Bilingual education, Catalogs, Educational resources, Health education, Instructional aids, Instructional materials, Nutrition education, Spanish (Language).
 Abstract: This compilation of Spanish-language health education materials is organized by source. Under each source, materials are listed by title along with information as to type of material, length, price, and whether or not the material is bilingual. Often a short descriptive comment is included.
- 2580-74**
SELECTED BODY MEASUREMENTS OF CHILDREN 6-11 YEARS, UNITED STATES; DATA FROM THE NATIONAL HEALTH SURVEY.
 U.S., Health Services and Mental Health Administration
 Washington, GPO 48 P. Jan 1973.
 KJ131.54
 Anthropometric measurements, Height-weight tables, School children (6-11 years), Statistical data.
 Abstract: Age trends, sex differences, and ranges of variation for 21 anthropometric dimensions are reported for a probability sample of 7,417 U.S. school children 6 through 11 years of age. The measurements provide information on child growth and development as well as guidelines for those applying "human engineering" principles to design of children's furniture, clothing and equipment.
- 2581-74**
APPROXIMATE NUTRITIVE VALUES OF COMMON FOODS; THE "N" CHARTS.
 Bill VanderJagt
 Urbana, University of Illinois 16 p., 2 1-p. instruction leaflets. 1971.
 TE551.V3 P6W
 Classroom materials, Food composition tables, Food groups, Instructional materials, Recommended Dietary Allowances, School children (6-11 years).
 Abstract: These food tables showing nutrient composition of 174 common foods translated into percentages of the Recommended Dietary Allowances for a normal 22-35 years of age have been modified to make them easier to understand by younger children and also readers. Instead of actual figures, each 10% is represented by an I. Then 50% is FIVE. Numbers values are given only for calories. The intent is to make it possible to see at a glance the relative nutritive value of a food. For children in grades 3 to 5, accompanying leaflets suggest some uses for the charts and offer some questions for the students.
- 2582-74**
THE WALT DISNEY SPANISH LANGUAGE FILM PROGRAM.
 Walt Disney Educational Materials Company
 Glendale, Calif. asp. 1967.
 TE364.W37 P6W
 Audiovisual aids, Bilingual education, Educational resources, Films, Instructional aids, Instructional materials, Nutrition education, Spanish (Language).
 Folder of promotional materials.
 Abstract: Among a large number of other Spanish-language educational films, the Walt Disney Company has created one entitled "Te--Y Lee Alimentos," also available in English under the title "You--and Your Food". Promotional materials for this film, plus a number of others, are included here.
- 2583-74**
SCIENCE FOR SOCIETY: A BIBLIOGRAPHY, 8th ed.
 Felicia W West
 Washington, DC, American Association for the Advancement of Science 120 p. 1973.
 S7401.W4 1973 P6W
 Aging, Bibliographies, Demography, Education, Environmental factors, Health, Minority groups, Palliation, Technology.
 Abstract: This bibliography is prepared for secondary school and college students and teachers in the natural and social sciences, as well as for graduate students and lay groups interested in science-society issues. All references are annotated and indications are made on each entry as to the interest group that would find it useful.
- 2584-74**
NUTRITIONAL QUALITIES OF FRESH FRUITS AND VEGETABLES.
 Philip I White, Nancy Salvay
 Mount Wisco, N.Z., Patara 106 p. 1974.
 TE557.W6 P6W
 Food composition, Fruits, Nutrient values, Nutritional quality, Synopsis, Vegetables.
 Presented at a symposium held November 9 and 10, 1972 sponsored

2585-74

red by the ANA Council on Foods and Nutrition with the cooperation of the USDA.

Abstract: This book consists of papers on the nutritional qualities, particularly vitamin and mineral content, of fresh fruits and vegetables presented at a symposium held in November 1972. General topics covered include composition; effect of agronomic practices, variety, and environmental factors on nutrient composition; and technology of handling fresh fruits and vegetables. Among other points, considerable information is presented on consumer patterns and nutritive losses in storage and preparation. Nutritionists and food scientists should find this book of interest.

2585-74

NUTRITION EDUCATION AND THE SPANISH-SPEAKING AMERICAN: AN ANNOTATED BIBLIOGRAPHY (1961-72).

Christine S Wilson

Berkeley, Calif., Society for Nutrition Education [21] p. 1973.

TX5776.N8W8 P6N (Journal of nutrition education, v. 5, no. 2, 1973, 11)

Basic health facts, Basic nutrition facts, Bibliographies, Consumer education, Ethnic groups, Nutrition education, Professional education, Spanish Americans.

Abstract: This supplement lists books, pamphlets and other materials, both technical and nontechnical, Spanish and English, on food and nutrition, consumer practices and other health-related subjects, for use in work of health professionals with Spanish-speaking persons. Many of the materials can be used by the client population themselves.

PURCHASING, RECEIVING, AND STORAGE

2586-74

BUYING AND USING CONVENIENCE FOODS.

Bruce H Axler

Indianapolis, ITT Educational Publishing 116 p. 1974.

TX945.D8 P6N

Canned foods, Convenience foods, Dehydrated foods, Equipment, Food cost, Food purchasing, Food service management, Frozen foods.

Abstract: This book treats convenience products as they must be treated: as alternatives. Convenience foods cannot solve every food-preparation problem, and this book concentrates on what convenience products can do and what they cannot do, so that the decision on whether to (1) make a product or (2) buy it already prepared can be made wisely.

2587-74

COLLEGE TRINS OPERATIONS TO FIGHTING SHAPE.

Instit/vol Feeding 74 (12): 21-23. June 15, 1974.

TX1.I55

College food service, Convenience foods, Cost effectiveness, Food delivery, Food purchasing, Food service management, Menu planning.

Abstract: Screensline to overcome the food and energy crises, foodservice operators are desperately tightening their purchases. Luther College in Decorah, Iowa, is ahead of the game--thanks to the foresight of Foodservice Director Lorenzo Price. Outline for convenience foods in 1967. Mr. Price established these objectives: (1) Reduce an existing inventory of some \$70,000 to one not exceeding \$3,000 to \$5,000 per week at any time. (2) Simplify the purchasing function. (3) Simplify cost accounting to make available daily food and labor cost figures. (4) Verify an annual profit and loss statement through an independent accounting firm. (5) Use human resources more efficiently. (6) Create a student foodservice management council to formulate a six-week cyclical menu. No decisions affecting the operation of the foodservice facility are made without discussing the choice with this council.

2588-74

HOW TO STORE FOOD (FILMSTRIP). (SPA)

Victoria A Connelly

Guatemala, C.A., Carlos Caspesino 1 filmstrip, 21 fr, 16, 35mm, col. 1971.

TX601.C62 P6N AV

Refrigeration, Household, Food handling, Food preservation, Food safety, Food spoilage, Food storage, Refrigeration, Shelving. Title of Original: Como guardar alimentos (Filmstrip). With accompanying teacher's guide in Spanish written by Victoria A. Connelly. Entire set produced under the auspices of the Alliance for Progress.

Abstract: Many Guatemalan families have no refrigerators or other cold storage equipment. This filmstrip demonstrates how to build a cabinet for storing perishables. A frame and door faced with sheet metal or plastic, and shelves made of fine-mesh screening material, constitute the body of the cabinet. The legs of the cabinet stand in a large metal tray that is kept filled with water to provide moisture. In cool areas or

seasons of the year, the cabinet does not have to be covered. However, in warm or hot weather, the cabinet must be kept covered with thick cloth to insulate the interior from the heat and so maintain the proper humidity.

2589-74

BUYING FOOD AT THE MARKET (FILMSTRIP). (SPA)

Victoria A Connelly

Guatemala, C.A., Carlos Caspesino 1 filmstrip, 25 fr, 16, 35mm, col. 1971.

TX356.C62 P6N AV

Consumer education, Food handling, Food preparation, Home, Food purchasing, Food safety, Food selection, Food storage, Hygiene.

Title of Original: La compra de alimentos en el mercado (Filmstrip). With accompanying teacher's guide in Spanish written by Victoria A. Connelly. Entire set produced under the auspices of the Alliance for Progress. Title of text Compras de alimentos en el mercado.

Abstract: For Guatemalan housewives who purchase their food at open-air markets, this filmstrip provides helpful suggestions for selecting fruits, meats, and vegetables of good quality, for storing food to prevent spoilage, and for cooking food so as to retain nutrients.

2590-74

THE DISTRIBUTION EVOLUTION.

Instit/vol Feeding 74 (5): 47-48. Mar 1, 1974.

TX1.I55

Consumer economics, Economic influences, Food cost, Food delivery, Food delivery systems, Food economics, Food preparation and distribution systems, Food purchasing, Food service management.

Abstract: Food and energy shortages are rearranging traditional buying patterns throughout foodservice distribution, from operator to manufacturer. Deliveries of foodstuffs over the past 25 years have dropped from an average of 35 per week to about five per week. The energy crisis has severely accelerated the trend. Energy--or lack of it--is forging stronger alliances between operator and distributor, distributor and manufacturer, as each jockey for a more favored position with his supply source. Energy alone is not the problem. Product shortages are popping up daily. Together, they wreak havoc with the distribution pipeline. Out of it all are emerging new patterns of distribution. Chains and buying groups will begin to dominate as the old-line independent dies out or is absorbed. One-stop shopping will come into its own, brought on by the concentrated buying power of both operators and distributors.

2591-74

HOW TO PLAN AND OPERATE A RESTAURANT. Rev. 2d ed.

Peter Dukes, Donald E Lundberg

Rochelle Park, N.J., Hayden Book Co. 268 p. illus. [1973].

TX945.D8 1973 (Ahrens series)

Budgeting, Planning, Restaurants.

Available from NAL.

2592-74

THE EVOLUTION OF DISTRIBUTION: A DISTRIBUTION CENTER WITH SPACE-AGE TECHNOLOGY.

Restaurant Bus 73 (5): 135-135, 162, 232. May 1974.

TX92538 P82 P6N

Computer applications, Food delivery, Food delivery systems, Food distribution programs, Food preparation and distribution systems, Food purchasing, Inventories, Transportation, Warehousing.

Abstract: Outside Philadelphia is a new \$5 million food distribution center channeling supplies from their original source to over 400 operating units in a seven-state area. All the basic operations at the center--ordering, order processing, delivery, inventory, and billing--are computer controlled. The inventory consists of over 2500 different items. Computerized ordering guarantees delivery of a product, within 36 hours. The facility is expected to handle some \$30 million to \$40 million in product turnover yearly. It blends computers with physical distribution know-how, permitting the handling of 288,000-plus cases of product all at one time.

2593-74

FULL-LINE SERVICE BECOMING THE RULE IN DISTRIBUTION SYSTEMS.

Philip F Fittell

Restaurant Bus 73 (6): 70-71. June 1974.

TX92538 P82 P6N

Commercial food service, Contracts, Food delivery systems, Food purchasing, Food service management, Franchisees, Marketing.

Abstract: Food distributors are expanding and in many cases moving toward full-line service. The end-user restaurateur benefits economically from such service, especially in today's market which is fraught with product shortages and cost squeezes. Distributors are strengthening their clout through acquisition, consolidation, and expansion. One very chain restaurateur franchisee and owner/operators achieve food portion and labor control is through purchasing preportioned, prepackaged foods from distributors or suppliers, which initially cost more, but save in labor and equipment costs, while reducing wastage of product and insuring uniformity of quality. Another way is by switching from a single item distribution system to full-line service.

- 2594-74**
CAN YOUR KITCHEN PASS THE FOOD STORAGE TEST?
 Jane Hanson
 FDE Consumer 8 (2): 20-25. Mar 1974.
 TX335.P6 F8H
 Eastwest, Food handling, Food safety, Food storage, Food storage losses, Refrigeration, Storage equipment.
 Abstract: This article is written for the homemaker but would also be beneficial to the educator and food service personnel. In it various checklists for good food storage practices are outlined. These include a discussion of what to store in various kitchen cabinets, the condition of products to be stored in the pantry, how to store foods in the refrigerator or freezer, the proper care and sanitation of these pieces of equipment and the storage period for various refrigerator/freezer products.
- 2595-74**
FOOD PRODUCTS PROCUREMENT, RECEIVING AND STORAGE. Rev. [ed.].
 Kansas Association of School Business Officials
 Nayville 54 1. 1970.
 TR601.K3 1970 F8H
 Financial management, Food delivery, Food purchasing, Food service management, Food storage, Inventories, Recordkeeping, School food service.
 Research bulletin 110. Bibliography: leaf 5a available from: LEASCO Information Products, Inc., 4827 Regly Avenue, Bethesda, Maryland 20814; EDRS price MF-\$6.65, HC-\$3.29; ERIC Report No. ED 070 160.
 Abstract: This guide is intended as a resource document for the business in food services and food purchasing. The publication is divided topically by (1) purchasing procedures, (2) specifications and evaluation, (3) sources for purchasing food products, (4) storage of food products and inventory procedures, (5) type of food service management, and (6) status and future prospects of the school lunch program.
- 2596-74**
FOOD MARKETING IN LOW INCOME AREAS: A REVIEW OF PAST FINDINGS AND A CASE ANALYSIS IN COLUMBUS, OHIO.
 Bruce W. Harris, Lois A. Siondas, Ian E. Moore
 Columbus, Ohio State University Cooperative Extension Service 8 p. 1969.
 TX356.H32 F8H
 Consumer education, Food prices, Food purchasing, Low income areas, Professional education, Surveys.
 Abstract: This study analyzed food shopping behavior of inner city residents, and compared food prices and quality in the area with those of smaller supermarkets outside the city. Half the shoppers bought chiefly at supermarkets in the area, but more than a third traveled to markets outside the area. Independent stores were important supplemental sources. One supermarket in the area and two outside had significantly lower prices than the others studied. Only one store affiliated with a chain in the suburbs was lower in cost than those in the city. However, food prices in neighborhood stores averaged 8 percent higher than in supermarkets in the area. Food quality was more apparently inferior in these stores than in the supermarkets. The report includes the interview form and a list of the items used for comparison shopping.
- 2597-74**
FOOD PURCHASING CONCEPTS.
 John Metz
 Food Management 9 (1): 27-28. Jan 1974.
 TX341.F69
 Financial management, Food purchasing, Food quality, Food selection, Food specifications, Institutional feeding, Labeling.
 Abstract: A major error in food purchasing for institutions is ordering the wrong specifications. Buyers should know as much as possible about grades, sizes, and food production procedures. Giving close attention to sales presentations will help educate buyers and assist them in keeping up with changes in products and packaging. Another purchasing problem is that of excess inventories. Shortages and overages are difficult to forecast, but strong efforts should be made to avoid tying up funds that could be used elsewhere. In determining from whom to buy, important factors include the proximity of warehouses, whether the supplier specializes in institutional accounts, and the quality and on-time-ness of the products. Bidding procedures in purchasing may be helpful, but sometimes they cause problems.
- 2598-74**
PURCHASING KEY TO SAVINGS.
 Amy Odell
 Food Management 9 (5): 25-26. May 1974.
 TX341.F69
 Cooperative purchasing, Cost effectiveness, Financial management, Food purchasing, Food service management, Hospital food service, Purchasing, Specifications.
 Abstract: To stay within one's budget, hospitals and nursing homes should try new purchasing methods. Voluntary purchasing can provide considerable savings. Belonging to an organization or across that purchases from a central supplier can achieve savings, as can belonging to a group that has its own warehouses and whose inventory is a direct reflection of the menu programs used by several institutions.
- 2599-74**
THE SUPERMARKET MYSTERY.
 Richard Scarry
 New York, Random House 34 p., illus., col. 1969.
 TX355.S32 F8M (A Richard Scarry story)
 Children's stories, Food stores.
 Abstract: An illustrated story about the adventures of Sam and Dudley, a cat and pig who are detectives. Young children can be read this story, and the beginning reader can try to solve the mystery of missing foods themselves. Children are introduced to different foods that can be purchased in the supermarket in this tale dealing with anthropomorphic animals and their daily shopping. The foods shown are typical foods.
- 2600-74**
SCHOOL LUNCH REPORT.
 Tentit Distrib 10 (7): 43-49. July 1974.
 ND99001.15 F8W
 Commodities, Convenience foods, Food economics, Food preparation, Food purchasing, Food service management, School breakfast program, School food service.
 Abstract: The school lunch market is a distributor market. The nation's school foodservice directors purchase the overwhelming preponderance of their non-commodity donated foods from wholesale distributors. Because of escalating prices and product scarcity, they are not purchasing as much as they did previously and price protection on bids either tends to be short-term or price at time of delivery. Furthermore, school lunch directors state that price takes second place to product quality and service in awarding bids.
- 2601-74**
FOOD CARE BY FOOD STORAGE.
 Ser-Vo-Tel Institute
 Boston, Cahner's Books 92 p. 1974.
 TX601.F6 F8A (Foodservice Career Education Series no. FS10)
 Food service occupations, Food service workers, Food spoilage, Food storage, Instructional materials.
 Abstract: This is one of a series of learning units for instruction in food service careers. Thorough coverage of all types of food, and size of facilities is supplied.
- 2602-74**
SHELF LIFE OF FOODS.
 Food Technol 28 (8): 45-48. Aug 1974.
 389.8 F7398
 Food Preservation, Food storage, Microbial contaminants, Nutrient retention, Nutrient values, Open dating, Shelf life, Taste, Temperature.
 Abstract: The quality of food products is a fragile thing, because of their very nature. They are susceptible to spoilage, loss of nutrients, insect infestation, changes in color, flavor, or odor, and even package corrosion and leakage. Food technologists use the term "shelf life" when they speak of the period between the manufacture and the retail purchase of a food product. During this finite shelf life, the product is in a state of satisfactory quality in terms of nutritional value, taste, texture, and appearance.
- 2603-74**
CO-OP BUYING FOR SCHOOLS: TWO APPROACHES.
 Katherine G. Thomas
 Food Nutr 4 (6): 14-19. Dec 1974.
 ATX341.F615
 Cooperative purchasing, Food purchasing, Kansas, Michigan, School food service.
 Abstract: The advantages of cooperative purchasing are discussed and two school districts' programs, one in Kansas and the other in Michigan are described. Convenience is the major factor in selecting this method; the probability of actual dollar savings is being studied. Typical problems connected with co-op buying are discussed.
- 2604-74**
HOW TO BUY BEEF STEAKS. (SPA)
 U.S., Consumer and Marketing Service
 Washington, D.C. 15 p. Nov 1971.
 TX556.E4U5 F8R (U.S. Consumer and Marketing Service. Home and garden bulletin no. 145-S)
 Beef, Consumer education, Food purchasing, Food selection, Meat, Meat cuts, Meat grades.
 Title of Original: Cooks compare mistakes.
 Abstract: There are many different cuts of beef that come under the heading of "steak". Any of these cuts can vary in quality, depending upon the carcass from which it came. For this reason, the USDA Consumer and Marketing Service inspects all meat for wholesomeness and grades it for quality. Knowing the USDA grade standards and understanding the characteristics of the various beef cuts will help consumers buy the type of beef steak they want.
- 2605-74**
FOOD BUYING GUIDE FOR CHILD CARE CENTERS.
 U.S., Food and Nutrition Service
 Washington, D.C. 43 p. May 1974.
 TX361.C5U53 F8W (U.S. Dept. of Agriculture. Food and Nutrition Service FNS-108.)
 Child care centers, Food composition, Food guides, Food habits, Food purchasing, Food service management.
 Abstract: Meal patterns for young children are described and a description of food components is supplied. A buying guide for estimating amounts of food needed is supplemented by a

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2605-70

listing of common can and jar sizes and a guide to size substitution. Estimating the number of cans to buy from pound data is included, as is an ounces-to-pounds table. Another table gives abbreviations, symbols, and approximate common food measurements.

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