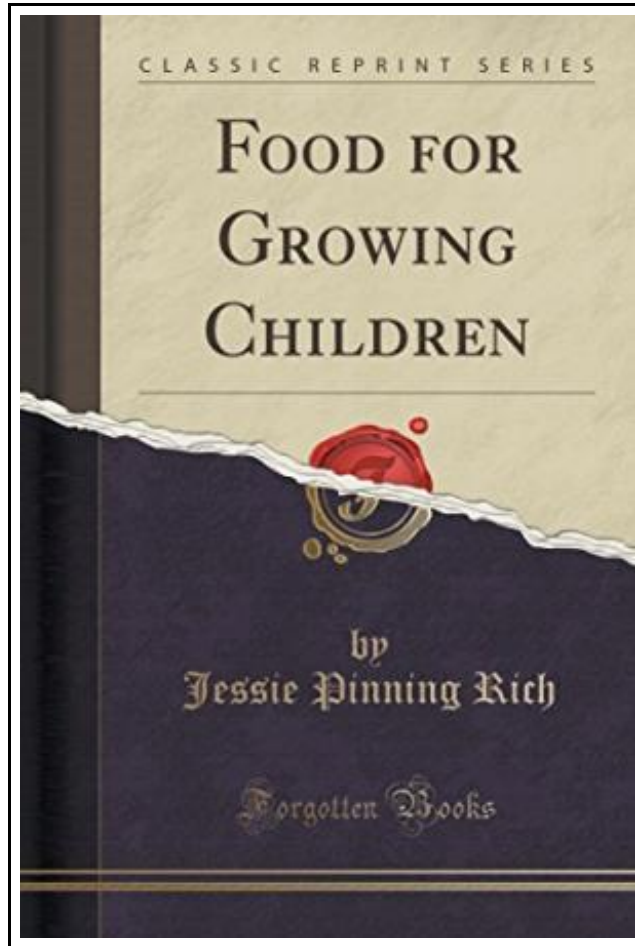


## Food for Growing Children (Classic Reprint) (Paperback)



Filesize: 2.62 MB

### ***Reviews***

*It becomes an remarkable publication that we have at any time study. It is among the most remarkable pdf i have go through. I am just easily can get a satisfaction of reading a published book.  
(Alayna Ankunding DVM)*

## FOOD FOR GROWING CHILDREN (CLASSIC REPRINT) (PAPERBACK)



Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Excerpt from Food for Growing Children It must keep the machine in a state of repair and increase the size from that of the infant to the adult. The machine can never completely shut down its activity for repair or growth. The foods are the means of increasing the size of the growing child. They are the sources of power and activity. The Foods Best Suited to Meet the Requirements of the Growing Child. The food materials are of great variety but analysis shows that all of them are but varying combinations of a few simple foods just as all of our English words are made from twenty-six letters. These basic foods are carbo-hydrates, including starch and sugar, proteins, fats and mineral salts. The starches are well known substances and occur in such vegetables as cereals, potatoes, rice, wheat, corn, and oats. Sugar is largely used in commercial form but occurs also in fruit and vegetables and in some animals products in small quantities. Sugar and starch are specially suited to furnish the heat and energy required by the body. The best starches for children are obtained from such as cereals, rice, wheat, corn, oats, and from potatoes. Sugar furnishes a beneficial source of energy if eaten in small quantities, but for the growing child large amounts of sugar are considered especially harmful. Possibly the best administration of sugar is in the date and figs eaten in small quantities as dessert for luncheon or dinner. The fats are easily recognized and are further sources of heat and energy. The best sources of fat for children are cream, butter, olive oil, cotton-seed oil, nuts, and bacon. The substances...



[Read Food for Growing Children \(Classic Reprint\) \(Paperback\) Online](#)

[Download PDF Food for Growing Children \(Classic Reprint\) \(Paperback\)](#)

## Other Kindle Books

**History of the Town of Sutton Massachusetts from 1704 to 1876 (Paperback)**

Createspace, United States, 2015. Paperback. Book Condition: New. annotated edition. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This version of the History of the Town of Sutton Massachusetts...

[Save eBook »](#)

**The Sunday Kindergarten Game Gift and Story: A Manual for Use in the Sunday, Schools and in the Home (Classic Reprint) (Paperback)**

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Excerpt from The Sunday Kindergarten Game Gift and Story: A Manual for...

[Save eBook »](#)

**Never Invite an Alligator to Lunch! (Paperback)**

Lucky Me Publishing, LLC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. NEVER Invite an Alligator to Lunch! delivers a fun,...

[Save eBook »](#)

**31 Moralistic Motivational Bedtime Short Stories for Kids: 1 Story Daily on Bedtime for 30 Days Which Are Full of Morals, Motivations Inspirations (Paperback)**

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Reading to children is a wonderful activity and past time that both parents...

[Save eBook »](#)

**Jack Drummond s Christmas Present: Adventure Series for Children Ages 9-12 (Paperback)**

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A very warm welcome to Jack Drummond s Christmas Present, the sixth book...

[Save eBook »](#)