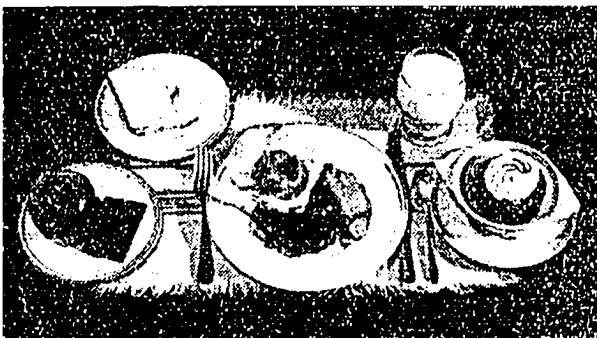


Correct Diet for a 10-Year-Old Child



If your child is ten years old you will be interested in this model diet which has been set up to meet the requirements for growth and activity for that age. The amount of food in the child's diet is not the only important thing to consider; the food must be chosen to supply the proper "building materials" to help him develop strong bones, rich red blood and growing muscles. Three meals a day of the types pictured here will keep him well supplied with protein, minerals and vitamins, and fuel for the boundless energy he uses up in his play.

Breakfast: Orange juice, cereal with sugar and cream, bacon and egg, toast and butter, cocoa.

Lunch: Lamb chop, carrots and peas, vegetable gelatin salad, bread and butter, baked apple, milk. On plate at left, after school snack of apple and chocolate.

Dinner: Cream soup, steak, baked potato, cooked vegetable, grapefruit salad, bread and butter, milk, simple pudding as dessert.