

3. Food that will keep each one in a state of vigorous health.
4. Food that will enable each one to work effectively.
5. Well-fed children who can face the future free from physical handicaps caused by inadequate nutrition.
6. Good eating habits that help provide for the body's food needs.
7. The kind of food that will help to prevent many of the ills that show up in middle age or later life.

III. What keeps us from reaching this goal?

1. Too frequently we say, "This may be true some place else, but it doesn't apply here." Check your family for these signs of good nutrition:
  - a. Do they have good teeth?
  - b. Are they free from constipation?
  - c. Do they have strong straight bones?
  - d. Are their skins smooth and free from blemishes?
  - e. Are they susceptible to disease?
  - f. Do they tire easily?
  - g. Have they a good appetite?
  - h. Are they alert and interested in the things they do?
  - i. Is their weight normal?
  - j. Are the children showing a steady gain in weight?
2. Some lack money to buy food.
3. Not enough food is produced on farm homes to supply family needs.
4. Some do not know what is needed for adequate nutrition.
5. Many have pronounced food likes and dislikes that keep them from eating a wide variety of foods.
6. Some are unable to adapt eating customs to the food supply at hand.
7. Persons who follow food fads and use special restricted diets, unless under the supervision of a physician, may get poorly balanced diets.

