

IV. What can be done?



1. Know the situation in your home and community. Go to your home demonstration agent for findings of the 4-H Club health contest, the school nurse for the situation shown as the results of her examination of school children, the doctors and dentists and local draft boards for results of physical examinations of trainees and for information about the nutritional situation in your community.

2. Provide some means of teaching all mothers what is needed to adequately feed their families.

3. Make protective foods available to farm families through home food production.

4. Promote school lunches in local communities.



V. How well fed are you?

Score your food habits using the accompanying score card.

1. Many have pronounced food likes and dislikes that keep them from eating a wide variety of foods.
2. Some are unable to adapt eating habits to the food needs of the body.
3. Not eating the right foods.
4. Some do not know what is needed for adequate nutrition.
5. Persons who follow food fads and use special restricted diets, or less under the supervision of a physician, may get poorly balanced diets.