



First Lessons in Food and Diet (Paperback)

By Ellen H Richards

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.From the Introduction - First Lessons in Food and Diet Each living thing has its food, without which it dies. This food may vary within certain limits; beyond them disease sets in, even if life continues. Every child who has kept chickens or rabbits knows how carefully and regularly they need to be fed. Every child who has grown house plants or cultivated a garden plot knows how necessary air, water, and soil are for their life and growth. It is only needful to transfer this knowledge to ourselves to see that we, as living beings, need our food in the same way; and that air and water, as well as meat and milk, sugar and eggs, are our foods, without which we cannot live. The baby s food is milk, which contains all the substances needed except oxygen of the air. This must be breathed in through the lungs. To milk is added for the child of two years starch in various forms, rice, potatoes, wheat bread, corn mush, etc. For the six years old there are added a...



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