

Kids' nutrition: life beyond peanut butter?

Author has fanciful recipe for getting kids to eat properly

Children's cook book authoress Les Bevelander whipped up some "monster mash" for about two dozen mothers last Wednesday night while she doled out advice on good nutrition policy for the home. Along with other recipes in her book, "Beyond Peanut Butter", the "mash", an interesting and tasty conglomeration of nuts, bananas and yogurt, is easy enough for a child to make under a mother's supervision. Having kids help out in the kitchen, Mrs. Bevelander argues, teaches them the importance of eating properly.



(Herald photo)

By CHRIS AAGAARD
Herald Staff Writer

Normally packed with active youngsters, the children's play area in the Georgetown public library was crowded recently with about two dozen mothers looking for solutions to an age-old question: finding, for kids, a dinner table compromise between food that tastes good and is good for them, too.

The focus of attention was authoress Les Bevelander. Her book, "Beyond Peanut Butter" is especially designed to be shared by children and adults and comes during an era when television advertising makes family nutritional goals difficult to set.

"TV is a big influence on what your kids like to eat," Mrs. Bevelander said. "By the time he or she is ten years old, the average child has seen 250,000 commercials. More junk food commercials are aimed at kids and they are selling fun not food."

In its quest for convenience, the western world's infatuation with fast foods has raised some serious questions about our nutritional intake.

"Never before has a generation been raised on a diet like this," Mrs. Bevelander told her audience.

Fortunately, the new nutrition-consciousness currently involving North American families has prompted a number of studies. Findings indicate that poor diets not only lead to unhealthy individuals, the poor health of people eventually takes a toll on tax revenues through added demands on health care.

As far as children are concerned, diet-related studies are beginning to discover why children seem to be squeamish about some foods.

Mrs. Bevelander said that children have more taste buds than adults, gradually losing some of these by the age of 12.

"They're much more sensitive to foods than we are," she said, suggesting that parents preparing spicy foods should set aside a less volatile portion for their kids.

Mrs. Bevelander recommends introducing as many foods as possible by age two and presenting unfamiliar foods with familiar ones. Parents, she adds, shouldn't "cater to kids' food dislikes, but they should at least consider them."

Letting youngsters participate in preparing food is another way of broadening their tastes, Mrs. Bevelander said, and if children are actually doing some of the cooking themselves, parents should always be around to supervise, ensuring that the mess is contained and that there are no accidents.

Parents can also help form good eating habits by teaching children the four good groups and why they are important. Shoppers, Mrs. Bevelander said, should also steer away from buying foods which their children demand because they have seen them advertised on television.

But, in searching for nutritional meals for the kids, or ways to upgrade youngsters' diets, parents should avoid getting trapped in natural foods "myths," Mrs. Bevelander stressed.

Honey, for example, is not necessarily better for you than refined sugar. Sweets, she said, tend to react the same way in the mouth, forming acids which start breaking down the enamel surrounding teeth and leading to cavities.

Concerning "organic" foods, she said, "Unless you grow them yourself, how do you know they are organic?"

TOWN OF HALTON HILLS
MUNICIPALITY SOUTH OF HALTON (MUNICIPALITY OF) 877-5185

THE CORPORATION OF THE TOWN OF HALTON HILLS
PUBLIC NOTICE
NAME OF A STREET

Take notice that the Council for the Corporation of the Town of Halton Hills gave first and second readings to By-law No. 82-36 at a meeting held on 1982 03 15, to name a cul-de-sac "Pine Court" opposite Louisa Street, north side of Highway 7 shown within Part 15 of Reference Plan R20-3902 within the hamlet of Norval.

The Council will hear any person, or by their Counsel, solicitor, or agent, who claims that he or she will be adversely affected by the by-law and who applies to be heard at a meeting to be held in the Council Chambers of the Municipal Offices, Trafalgar Road on the 19th day of April, at the hour of 7:30 p.m. prior to third reading of By-law No. 82-36.

All requests to appear before Council are to be submitted in writing to the undersigned no later than 12 o'clock noon on the 15th day of April, 1982.

This notice published on the 23rd day of March, 1982.

K. R. Richardson, A.M.C.T.
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