CHAPTER II

FOOD IN GENERAL

Not many years ago, if the question had been asked, "What kinds of food ought one to eat?" most people would have looked a little surprised and replied, "Whatever you like, if it does not make you sick." People in general thought of food as something that tasted good and made them feel more comfortable when they were hungry. Very few realized that different kinds of food served different purposes, and the mistake was often made of using too little or too much of some one kind. This was just about as reasonable as it would be to buy two hats when you had no shoes, or to go without underwear for the sake of a new coat.

We are learning that our food is useful to us in three ways. The first is to give us energy for work and to keep us warm. When a room is cold, we make a fire. The burning of the coal or wood produces heat. If the
fire were under the boiler of an engine, it would turn the water into steam that would furnish the power to run the engine. If you work hard, you need plenty of the kind of food that gives energy; for if you do not have enough food of this sort, the energy will have to come from some of the fat that is stored up in your body. Then you will become thin and lose strength. On the other hand, if you work little and eat much, you may grow too fat, or you may clog the machinery of your body and so put it out of order and make it incapable of doing good work.

The second way in which our food should be of use to us is as material for building up our bodies and keeping them in repair. When a man is building a house or repairing one, he needs wood or stone or brick; he needs glass and putty and nails and plaster, and many other materials. When a house is in use, something is always giving out and must be repaired. If the proper materials for repair cannot be obtained, then one part of the house after another ceases to be useful, and after a while the whole house becomes worthless. It is the same with the body. The muscles, bones, nerves, blood, and all the rest of it must have the proper sort of materials to make them grow and to keep them in good working order. We may eat entirely too much food, but if it is not of the proper sort, our bodies will become worn out and will refuse to do their work.

Besides providing fuel and materials for growth and repair, food must also act as a sort of overseer of the
FOOD IN GENERAL

machinery of the body. If you stop to think, you will realize that in your body there is a great deal of machinery. To digest your dinner, for instance, is an important business and not at all a simple matter. To carry on this business the muscles and blood vessels of the stomach and the whole digestive apparatus must be kept in good running order. Machinery needs great care. Each part must be kept in the proper position to fit into the other parts and work with them. There must be no friction, everything must work smoothly and regularly and everything must be taken to the place where it is needed. When a man sets out to repair his house, he must not only provide the proper materials, but he must see that they are set in the right places and he must see that what is useless and worn out is carried away as rubbish.

All this is the work of the food in the body, and it is high time that we began to think more wisely about it.

*It is worth remembering:*

**That food is useful to us in the three following ways:**

1. **Fuel food to provide power for work, and to keep us warm.**
2. **Building food to provide material for building and repairing the body.**
3. **Regulating food to keep the machinery of the body in good running order.**
Chart 12. Fruit and Fruit Products

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COMPOSITION OF FOOD MATERIALS.

**Grapes**
- **Edible Portion**
  - Water: 77.4%
  - Protein: 1.3%
  - Fat: 1.6%
  - Ash: 0.5%
  - Carbohydrates: 19.2%

**Fuel Value**
- 435 Calories per pound

**Raisins**
- **Edible Portion**
  - Water: 14.6%
  - Protein: 2.6%
  - Fat: 3.3%
  - Carbohydrates: 76.1%
  - Ash: 3.4%

**Fuel Value**
- 1560 Calories per pound

**Grape Juice Unfermented**
- Water: 79.2%
- Carbohydrates: 20.3%
- Ash: 0.3%

**Fuel Value**
- 370 Calories per pound

**Canned Fruit**
- Water: 77.2%
- Protein: 0.2%
- Fat: 0.1%
- Ash: 0.5%
- Carbohydrates: 21.1%

**Fuel Value**
- 405 Calories per pound

**Fruit Jelly**
- Water: 21.0%
- Carbohydrates: 78.3%
- Ash: 0.7%

**Fuel Value**
- 1415 Calories per pound

Fuel Value:
- 1 sq. in. equals 1000 Calories

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