

# FOOD CONSERVATION EDUCATION IN THE ELEMENTARY SCHOOL PROGRAM

## Why food conservation should be taught in the elementary schools

### *Daily habits not easy to change*

If you eat three times a day, you have had 10,950 meals in the last 10 years. Your likes and dislikes for certain foods have become habitual. As a nation, we have never doubted that there would always be food enough. As individuals, we have prided ourselves on "setting a good table" and being "choosy" about our food. Few of us have been trained to consider intolerable, burning of the toast, scorching of the stew, or discarding of left-overs. A discussion of waste draws from most women a sincere denial that they waste any food. Because of that deep-rooted habit that many of us have formed of eating the best and discarding the rest, the housewife may allow the dry bread to get drier; she may cook fresh food instead of using left-overs; and she may think little of it if Johnnie leaves food on his plate because "he doesn't like it."

### *Attitudes toward food need reshaping*

In the light of recent research and increasing demands on our food supply we are called upon to take a more serious attitude toward food. Nutritionists are telling us that many of the parts of our foods that we now throw away are among the most nutritious. Use of these parts makes for better health for those who consume them. It is doubly important that they be used in view of present-day conditions, when it is necessary to save all possible food not only for ourselves but also for our allies.

Reshaping American thought in such a way as to induce people to respect, appreciate, and conserve food is a big undertaking. It won't be easy, for habits of long standing are hard to change, but it is vitally important that the attitude toward food become one of intelligent concern. When Americans realize the relation of food conservation to the winning of the war, when they understand how much money they are throwing